

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 Svcs (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	
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
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.....	284-7942
Choice in Aging (training and support groups)	682-6330
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
John Muir Behavioral Health Center	674-4100
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
残疾人	
CA State Department of Rehab.....	602-3953
Hearing Loss Assoc. of America	264-1199
Independent Living Resource.....	363-7293
Lions Center for Visually Impaired	432-3013
Regional Center 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.....	655-1221
Hope Hospice	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) Concord	671-3320

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 Program	676-7543
Loaves & Fishes (Meals)	293-4792
Meals on Wheels Diablo Region	937-8607
健康服务	
Center for Elders' Independence .	(844) 319-1150
Communicable Diseases.....	313-6740
Contra Costa Health Plan (CCHP).....	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 Concord Campus	682-8200
Tice Valley/Rossmoor.....	988-7533
Walnut Creek Campus	939-3000
Kaiser Medical Center Martinez Campus	372-1000
Park Shadelands Campus.....	906-2000
San Ramon Campus	244-7400
Walnut Creek Campus	295-4000
La Clinica de la Raza	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	429-6409
San Ramon Regional Medical Center	275-9200
家庭护理与安全	
Meals on Wheels Diablo Region Fall Prevention Program.....	937-8311
In-Home Support Services (IHSS) Apply.....	(800) 510-2020 or 229-8434
Current clients	655-1240
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

住房、房屋修缮与无家可归	
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
Residential Tenant Protection (Concord)	671-5050
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) 663-4755
Advice Line	219-3325
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 (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 Service	825-5700
Moderate Means Legal Program	677-0234

女同性恋/男同性恋/双性恋/跨性别者	
LGBT National Help 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	
Acalanes Adult Education	280-3980
Clubs, Orgs & Exercise Lists	(800) 510-2020
Diablo Valley College Community Ed.....	969-4600
Mt. Diablo Adult Education.....	685-7340
老年中心和老年村	
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
交通	
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
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 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

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.....	(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

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
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) 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—I&A)”。如有任何错误，请向 I&A 报告。

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。

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。



工作时间：
M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

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自愿捐款：可以接受自愿捐款，但任何个人是否捐款的决定都不会影响其获得服务或享受服务的权利。

I&A 的部分资金由以下机构提供 Older American’s Act, Title III



CONTRA COSTA COUNTY

Information & Assistance

SENIOR & DISABLED HELPLINE

800-510-2020 • 925-229-8434

Central 中心县

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