

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

Centros y villas para adultos mayores

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

Transporte

BART..... 676-2278
County Connection and LINK 676-7500
General Information511
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

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
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

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.....(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

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
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

Esta miniguía menciona solo algunos de los
recursos disponibles en el condado de Contra Costa
Central. Si no encuentra lo que necesita aquí, llame
a Información y Asistencia (I&A). Informe cualquier
error a I&A.

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.

Todas las llamadas son confidenciales. Hay In-
térpretes disponibles para ayudar en cualquier idio-
ma.



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

Descargo de responsabilidad: I&A no garantiza la infor-
mación o los servicios prestados por las agencias en la
Miniguía.

Política de reclamaciones: Los clientes tienen derecho a
expresar cualquier inquietud o queja sobre los servicios de
I&A sin temor a represalias. Las inquietudes pueden co-
municarse en persona, por teléfono, por correo electrónico
o por escrito.

Contribuciones Voluntarias: Se aceptan con-
tribuciones voluntarias y confidenciales; los servicios no
se ven afectados por la decisión de una persona de con-
tribuir o no.

I&A se financia en parte a través de la Ley para las Per-
sonas Mayores de Estados Unidos, Título III.



CONTRA COSTA COUNTY
**Information
& Assistance**
SENIOR & DISABLED HELPLINE

800-510-2020 • 925-229-8434

Central 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

www.ehsd.org

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 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

Centros de cuidado diurno para adultos
Caring Haven (at Rainbow Community Center)
 (service available thru 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/Demencia
Alzheimer's Association..... (800) 272-3900
UC Davis Alzheimer's Disease Center
 Walnut Creek..... 357-6515

Servicios para cuidadores
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 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 Svcs927-2000
Multipurpose Senior Svc Program (MSSP)682-6330
Meals on Wheels Diablo Region937-8311

Orientación/salud mental/socialización
A3 Crisis Response (mental health)...(844) 844-5544
Al-Anon 932-6770
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 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

Discapacidades
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 Bay.....691-2300

Empleo
East Bay Works Career Center671-4500
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 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

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)
Concord671-3320

Danville.....314-3430
Martinez.....370-8770
Pleasant Hill798-8788

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

Servicios médicos
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
Program (HICAP) (Medicare Counseling) (800) 510-2020
John Muir Medical Center
 Concord Campus682-8200
 Tice Valley/Rossmoor.....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

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 229-8434
 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

Vivienda, reparación de casas y personas sin hogar
Assisted Living/Board & Care/Skilled Nursing
 Empowered Aging685-2070
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(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 y defensa
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 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 Service825-5700
Moderate Means Legal Program677-0234

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