

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
Family Justice Center521-6366
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
Caring Haven (at Bedford Center) and Caring Haven(at The Lemon Tree)- service *available through end of 2025*331-0590
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 Svcs927-2000
Pacific Clinics602-1750
(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 Region 937-8311

Orientación/salud mental/socialización
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 Visitors937-8311
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 America264-1199
Independent Living Resource.....754-0539
Lions Center for Visually Impaired432-3013
Regional Ctr. of the East Bay691-2300

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 Assistance608-5990
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 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)
Ambrose Comm. Ctr. (Bay Point)482-8746

Antioch.....779-7074 or 779-7072
Brentwood (Call between 9am & noon).....516-5398
Oakley.....(209) 400-1673
Pittsburg439-2136
Food Bank/Senior Food Program676-7543
Loaves & Fishes (Meals)293-4792
Meals on Wheels.....937-8607

Servicios médicos
Communicable Diseases313-6740
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 Campus308-8100
Concord Campus682-8200
Walnut Creek Campus939-3000
Kaiser Medical Center
Deer Valley Campus - Antioch813-6500
Delta Fair Outpatient Campus - Antioch779-5000
La Clinica de la Raza
Oakley, Pittsburg363-2000
Medi-Cal.....(866) 663-3225
Onlinebenefitscal.com
Medi-Cal Health Plan Options Counseling
.....(800) 430-4263
Medicare.....(800) 633-4227
Rotacare Free Health Care Clinic (Weds 4 to 7pm only)
Call only between 1 & 3 pm Weds for appt 439-2009
Sutter Delta Medical Center779-7200

Cuidado y seguridad en casa
Meals on Wheels Diablo Region
Fall Prevention Program937-8311
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 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 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 Pablo957-8004
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
Weatherization655-7214

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/Guardianship608-9000
Contra Costa Senior Legal Services609-7900
Elder/Conflict Mediation.....349-7344
Empowered Aging (For Board & Care/Skilled Nursing Homes).....685-2070
Family Justice Center Antioch281-0970
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 Service825-5700
Moderate Means Legal Program677-0234
Pacifc 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

Esta miniguía menciona solo algunos de los recursos disponibles en el Este de Contra Costa Este. Si no encuentra lo que necesita aquí, llame a Información y asistencia.. 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 intérpretes disponibles para ayudar en cualquier idioma.



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

Descargo de responsabilidad: I&A no garantiza la información 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 comunicarse en persona, por teléfono, por correo electrónico o por escrito.

Contribuciones Voluntarias: Se aceptan contribuciones voluntarias y confidenciales; los servicios no se ven afectados por la decisión de una persona de contribuir o no.

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



CONTRA COSTA COUNTY
Information & Assistance
SENIOR & DISABLED HELPLINE

800-510-2020 • 925-229-8434

East
Este
Del Condado
Miniguía
de los servicios
para adultos

mayoes 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