

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 (510)，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)..... (925) 609-7900
Empowered Aging (For Board & Care/Skilled Nursing Abuse).....(925) 685-2070
Family Justice Center 965-4949
..... (925) 685-2070
STAND! For Families Free of Violence (24/7)
..... (888) 215-5555
成人日间照护中心
El Cerrito Respite Program (Tues). (510) 559-7000

阿尔茨海默症/痴呆症
Alzheimer's Association (800) 272-3900
UC Davis Alzheimer's Disease Center
Walnut Creek (925) 357-6515

照护服务
Alzheimer's Association..... (800) 272-3900
Choice in Aging (training and support groups).....
..... (925) 682-6330
Family Caregiver Alliance (800) 445-8106
Jewish Family & Community Svcs.(925) 927-2000
Pacific Clinics.....(925) 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.(925) 927-2000
Multipurpose Senior Service Program (MSSP)
.....(925) 682-6330
Meals on Wheels Diablo Region....(925) 937-8311

心理咨询/心理健康/社交互动
A3 Crisis Response (Mental Health) ...(844) 844-5544
Al-Anon.....528-4379
Alcohol/Drug Treatment..... (800) 846-1652
Alcoholics Anonymous..... (925) 939-4155

Contra Costa Crisis Center 24/7 211
Contra Costa Regional Medical Center
Psychiatric Emergency 24/7..... (925) 646-2800
Friendly Visitors (925) 937-8311
Friendship Line 24/7.....(800) 971-0016
Front Porch/Social Call..... (877) 797-7299
Mental Access Health Line 24/7.... (888) 678-7277
Nar-Anon.....(800) 477-6291
Narcotics Anonymous..... (925) 685-4357
Older Adult Mental Health (888) 678-7277
Rainbow Comm Ctr Senior Svcs...(925) 692-0090
Senior Peer Counseling..... (925) 521-5640
Suicide and Crisis Lifeline.....988
Support Group List (800) 510-2020
Tele-Care (Telephone contact)..... (925) 934-0901
Telephone Reassurance Program ..(925) 937-8311

残疾人
CA State Department of Rehab.....232-7062
Hearing Loss Assoc. of America ... (925) 264-1199
Independent Living Resource..... (925) 363-7293
Lions Center for Visually Impaired (925) 432-3013
Regional Center of the East Bay ... (925) 691-2300

就业
East Bay Works Career Center307-8014
IHSS Public Authority (In-home care) (800) 333-1081
Senior Employment Program (510) 336-0144

临终问题
An Elderly Wish Foundation (925) 978-1883
CCC Burial/Cremation Assistance942-3670
Hospice of the East Bay/Bruns House(925) 887-5678
Kaiser Hospice752-6390
Pathways Home Health & Hospice (888) 755-7855
Sutter Care at Home.....450-8596

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
Onlinebenefitscal.com
Café Costa (Senior lunch sites, call to reserve 24 hrs in advance)
El Cerrito.....559-7000
Hercules 799-8219
North Richmond.....255-7799
Richmond307-8087
Rodeo (Tues & Thurs only 11am-1pm).....(925) 482-8427
San Pablo215-3090

Food Bank/Senior Food Program.. (925) 676-7543
Greater Richmond Interfaith Program (GRIP)
(Meals).....233-2141
Meals on Wheels of Diablo Region.(925)937-8311
.....412-0166

健康服务
Alta Bates Summit Medical Center204-4444
LifeLong Brookside Health Center215-9092
Center For Elders' Independence.....433-1150
Communicable Diseases (925) 313-6740
Contra Costa Health Plan (CCHP).(877) 661-6230
Contra Costa Regional Medical Center
Main Line (925) 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
Kaiser Medical Center
Pinole Campus243-4000
Richmond Campus307-1500
LifeLong Medical Care981-4100
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 (Tues 4 to 7 pm only)
Call only between 1 & 3 pm Tues for appt ..213-6678
West County Health Center231-9400

家庭护理与安全
Fall Prevention Program (925) 891-4761
In-Home Support Services (IHSS)
Apply (800) 510-2020 or (925) 229-8434
Current client.....231-8577 or 231-8204
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 (925) 685-2070
Home Match Contra Costa.....(925) 956-7400
Home Preservation Dept/Habitat for Humanity
East Bay Silicon Valley251-6304
Homeless Hotline.....211

Housing Authority, City of Pittsburg
Waiting List/Section 8 (925) 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).....(925) 957-8008
San Pablo.....(925) 957-8004
Section 8/Waiting List.....(925) 957-7021
Low Cost Housing List.....(800) 510-2020
Rebuilding Together (repair homes).....644-8979
Richmond Neighborhood Housing Services, Inc
.....237-6459
Richmond Rent Program.....234-7368
Rotary HOME Team/Lamorinda Village
(minor repairs)..... (888) 204-5573
Shelter, Inc.....(925) 335-0698
Weatherization (925) 655-2714

法律与倡导
Advisory Council on Aging..... (925) 655-0773
Automotive Complaints964-3030
Bay Area Legal Aid (office).....663-4755
Advice Line250-5270
California Advocates for Nursing Home Reform
(CANHR) (800) 474-1116
Conservatorship/Guardianship (925) 608-9000
Contra Costa Senior Legal Svcs ... (925) 609-7900
Elder Mediation..... (925) 349-7344
Empowered Aging (For Board & Care/Skilled Nursing Homes).....(925) 685-2070
Family Justice Center974-7200
Hawkins Center (SSI & SSDI Advocacy)232-6611
Health Insurance Counseling & Advocacy Program
HICAP (Medicare Counseling) (800) 510-2020
Lawyer Referral & Info Service (925) 825-5700
Moderate Means Legal Program ..(925) 677-0234
Richmond Rent Program..... 234-7368

女同性恋/男同性恋/双性恋/跨性别者
LGBT National Help Center.....(888) 843-4564
Rainbow Comm Ctr Senior Svcs ..(925) 692-0090

娱乐与教育
AARP Smart Driver (877) 846-3299
.....www.aarp.org/drive
Clubs, Organizations
& Exercise Program Lists (800) 510-2020
Contra Costa College235-7800
West Contra Costa Adult Education231-1453

老年中心和老年村
El Cerrito Community Center-Senior Services
.....559-7000
Hercules 799-8219
North Richmond 255-7799
Pinole 724-9800
Richmond307-8087
Richmond Annex 620-6812
San Pablo 215-3090
Well Connected (Activities, conversation,
classes, and support over the phone)(877) 797-7299
Well Connected Espanol..... (877) 400-5867

交通
AC Transit..... 891-4700
BART 236-2278
East Bay Paratransit Info. (800) 555-8085
Easy Ride (El Cerrito Residents only)..... 559-7000
General Information511
Mobility Matters (Information & Rides) . (925) 284-6109
R-Transit and Lyft (Van & Taxi Service for
East Richmond Heights, El Sobrante, Hasford Heights,
Kensington, North Richmond, Richmond, and Rollingwood
Residents only)..... 307-8026
R-Transit Richmond Moves
(Seniors & Students-Free) Individual ride \$2.00
Service Hours Mon-Fri 7:00am to 7:00pm
Customer Service.....937-3657
San Pablo Senior & Disabled Transport.. 215-3095
WestCAT
Information 724-7993
Appointments..... 724-7433

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)..... (925) 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 (925) 680-4526
Martinez VA Medical Center (925) 372-2000
Rides 4 Veteran (Information & Rides) (925) 284-6109
Swords to Plowshares (Multi-service) 844-7500
VA Urgent Care..... (925) 372-2179
Veterans Crisis Line 24/7..... (800) 273-8255

Veterans Service Office.....374-3241
志愿者机会
AARP Tax Preparer www.aarp.org/taxvolunteer
CC Volunteer & Emergency Svcs . (925) 655-1203
Friendly Visitors (925) 937-8311
Health Insurance Counseling & Advocacy
Program (HICAP)(Medicare Counseling)(800) 510-2020
Meals on Wheels Diablo Region....(925) 937-8311
Mobility Matters Drivers (925) 284-6161
Senior Peer Counseling..... (925) 521-5640

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
Legalwww.cc-courts.org or 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：
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

免责声明：对于“简易指南”中各机构提供的信息或服务，I&A 不作保证。

申诉政策：客户有权就 I&A 服务提出任何疑虑或投诉，且无需担心遭到报复。您可以通过面谈、电话、电子邮件或书面形式表达您的疑虑。

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

West 西县

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