

Emergencias - 24 horas

Policía, Bomberos, Paramédicos911

Centro de crisis de Contra Costa
Línea directa de 24 horas211

Código de área (510) 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)..... (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

Centros de cuidado diurno para adultos
El Cerrito Respite Program (Tues)..(510) 559-7000

Alzheimer/Demencia
Alzheimer’s Association (800) 272-3900
UC Davis Alzheimer’s Disease Center
Walnut Creek (925) 357-6515

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

Orientación/salud mental/socialización
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

Discapacidades
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

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

ECuestiones relacionadas con el final de la vida
An Elderly Wish Foundation (925) 978-1883
CCC Burial/Cremation Assistance (925) 942-3670
Hospice of the East Bay/Bruns House(925) 887-5678
Kaiser Hospice 752-6390
Pathways Home Health & Hospice (888) 755-7855
Sutter Care at Home.....450-8596

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)
El Cerrito.....559-7000
Hercules799-8219
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 West Contra Costa County
.....412-0166

Servicios médicos
Alta Bates Summit Medical Center204-4444
LifeLong Brookside Health Center.....215-9092
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
Onlinebenefitscal.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

Cuidado y seguridad en casa
Meals on Wheels Diablo Region
Fall Prevention Program..... (925) 937-8311
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

Vivienda, reparación de casas y personas sin hogar
Assisted Living/Board & Care/Skilled Nursing
Empowered Aging(925) 685-2070
Home Match (shared housing).....(925) 956-7400
Home Preservation Dept/Habitat for Humanity
East Bay Silicon Valley.....251-6304
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.....(888) 746-8731
Low Cost Housing List.....(800) 510-2020
Rebuilding Together (repair homes).....644-8979
Richmond Home Improvement Program
.....307-8140
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) 674-2714

Legal y defensa
Advisory Council on Aging..... (925) 655-0773
Automotive Complaints.....964-3030
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

Lesbianas/Gays/Bisexuales/Transgénero
LGBT National Help Center (888) 843-4564
Rainbow Comm Ctr Senior Svcs .. (925) 692-0090

Recreación y educación
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

Centros para adultos mayores

El Cerrito Community Center-Senior Services559-7000

Hercules 799-8219

North Richmond..... 232-3511

Pinole 724-9800

Richmond.....307-8087

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

Transporte

AC Transit..... 891-4700

BART 236-2278

East Bay Paratransit Info. (800) 555-8085

Easy Ride (El Cerrito Residents only)..... 559-7000

General Information 511

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 Services 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

Asistencia de servicios públicos

CA Alternate Rates for Energy (CARE)

Assistance for low income residents (866) 743-2273

Energy Savings Assistance (ESA). (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

Servicios para veteranos

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

Oportunidades de voluntariado

AARP Tax Preparer..... www.aarp.org/taxvolunteer

CC Volunteer & Emergency Svcs . (925) 655-1208

Friendly Visitors (925) 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 County412-0166

Mobility Matters Drivers (925) 284-6161

Senior Peer Counseling..... (925) 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

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 Securitywww.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 Oeste de Contra Costa. 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 (I&A)
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

West
Oeste
Del Condado
Miniguía
de los servicios
para adultos
mayores y adultos

Si llama en el Condado de Contra Costa
(800) 510-2020

If Si llama fuera del Condado de Contra Costa o desde un teléfono celular
(925) 229-8434

For 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