

Emergency - 24 Hours
Police, Fire, Paramedic..... 9-1-1

Contra Costa Crisis Center
24-hour hotline (800) 833-2900

Area Code (925) unless otherwise indicated

Abuse & Neglect

Adult Protective Services 24/7 (877) 839-4347
 Contra Costa Senior Legal Svcs
 (Restraining Orders)..... 609-7900
 Family Justice Center 521-6366
 Ombudsman (For Board & Care/Skilled Nursing Abuse)
 685-2070
 STAND! For Families Free of Violence (24/7)
 (888) 215-5555

Adult Day Health Care Centers

Adult Day Services Network..... 682-1000
 Mt. Diablo Center for Adult Day Health Care
 682-6330

Alzheimer's/Dementia

Alzheimer's Association..... (800) 272-3900
 UC Davis Alzheimer's Disease Center
 Walnut Creek..... 357-6515

Caregiver Services

Alzheimer's Association..... 284-7942
 Family Caregiver Alliance..... (800) 445-8106
 Jewish Family & Community Svcs..... 927-2000
 Meals on Wheels Diablo Region
 Caregiver Training 937-8311
 Uplift Family Services 602-1750
 (Grandparents raising grandchildren)

Case Management

Center for Elders' Independence .. (844) 319-1150
 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

Counseling/Mental Health/Loneliness

Al-Anon 932-6770
 Alcohol/Drug Treatment..... (800) 846-1652
 Alcoholics Anonymous 939-4155
 Contra Costa Crisis Center 24/7....(800) 833-2900
 Contra Costa Regional Medical Center
 Psychiatric Emergency 24/7 646-2800

Covia/Social Call956-7396
 Friendly Visitors937-8311
 Friendly Visitors-Rainbow Com Ctr.....692-0090
 Friendship Line 24/7..... (800) 971-0016
 Grief Counseling..... (800) 837-1818
 John Muir Behavioral Health Center674-4100
 Mental Health Access Line 24/7.... (888) 678-7277
 Nar-Anon (510) 496-2708
 Narcotics Anonymous.....685-4357
 Older Adult Mental Health (888) 678-7277
 Senior Peer Counseling.....521-5640
 Support Group List (800) 510-2020
 Tele-Care (Telephone contact).....934-0901

Disabilities

CA State Department of Rehab.....602-3953
 Hearing Loss Assoc. of America264-1199
 HLAADV@hearinglossdv.org
 Independent Living Resource.....363-7293
 Lions Center for Visually Impaired432-3013
 Regional Center of the East Bay691-2300

Employment

East Bay Works Career Center671-4500
 IHSS Public Authority (In-home care) (800) 333-1081
 Senior Employment Program671-4540

End of Life Issues

An Elderly Wish Foundation978-1883
 CCC Burial/Cremation Assistance521-5001
 East Bay Conversation Project (Advance care planning)
 www.eastbayacp.org
 Hope Hospice 829-8770
 Hospice of the East Bay & Bruns House.887-5678
 Kaiser Hospice229-7800
 Pathways Home Health & Hospice (888) 755-7855
 Sutter Care at Home.....677-4240

Finances

Diablo Valley Foundation for Aging
 (Fiduciary) 945-8040
 Free Income Tax Preparation..... (800) 510-2020
 General Assistance602-9379
 Money Management International. (866) 331-2227
 Social Security..... (800) 772-1213

Food

CalFresh (Food Stamps)
 Current clients (866) 663-3225
 Online www.mybenefitscalwin.org
 To apply..... (800) 709-8348
 CC Café (Senior lunch sites, call to reserve 24 hrs in advance)
 Concord825-1488
 Martinez.....646-2598
 Pleasant Hill.....771-7641

San Ramon.....973-3250
 Rossmoor (Rossmoor residents only)..... 988-7703
 Walnut Creek.....280-7310
 Food Bank/Senior Food Program676-7543
 Loaves & Fishes (Meals)293-4792
 Meals on Wheels937-8607

Health Services

Center for Elders' Independence . (844) 319-1150
 Communicable Diseases.....313-6740
 Contra Costa Health Plan (CCHP)
 Health Plan Member Services.... (877) 661-6230
 To enroll in Health Plan (800) 211-8040
 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
 HIV/AIDS313-6770
 John Muir Medical Center
 Concord Campus682-8200
 Rossmoor Campus.....939-1220
 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
 Current clients (866) 663-3225
 Online www.mybenefitscalwin.org
 To apply..... (800) 709-8348
 Medi-Cal Health Plan Options Counseling
 (800) 430-4263
 MedicAlert (Medical I.D.s) (800) 432-5378
 Medicare..... (800) 633-4227
 Rotacare Free Health Care Clinic429-6409
 San Ramon Regional Medical Center....275-9200

Home Care & Safety

Center for Elders' Independence . (844) 319-1150
 Fall Prevention Program.....937-8311
 In-Home Support Services (IHSS)
 Apply..... (800) 510-2020 or (925) 229-8434
 Application status (510) 231-8577
 Reach worker363-3690
 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

Housing, Home Repair & Homelessness

Assisted Living/Board & Care/Skilled Nursing
 Ombudsman685-2070
 Concord Hsng Rehab Loan Prgm/Hello Housing
 (415) 863-3036
 Covia/Rotary HOME Team
 (minor repairs) (888) 204-5573
 Habitat for Humanity (Homes & Home Rehab)
 (510) 803-3388
 Homeless Hotline211
 Home Match Contra Costa 451-9890
 Housing Authority, City of Pittsburg
 Waiting List/Section 8 252-4830
 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 (888) 746-8731
 Low Cost Housing List (800) 510-2020
 Neighborhood Preservation Program/Home Rehab
 Contra Costa County 674-7207
 Senior Housing Search Workshop
 (Call to register) 229-8434
 Shelter, Inc. 335-0698
 Weatherization 674-7214

Legal & Advocacy

Advisory Council on Aging 602-4175
 Automotive Complaints (510) 964-3030
 Bankruptcy Clinic 370-2540
 Bay Area Legal Aid (office) (510) 233-9954
 Advice Line 219-3325
 California Advocates for Nursing Home Reform
 (CANHR) (800) 474-1116
 Conservatorship/Guardianship 335-3900
 Contra Costa Senior Legal Services..... 609-7900
 Elder Mediation.....349-7344
 Family Justice Center 521-6366
 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 Service 825-5700
 Legal Clinic for Elders 969-3433
 Moderate Means Legal Program 677-0234
 Ombudsman (For Board & Care/Skilled Nursing Homes)

..... 685-2070
 Rubicon Legal Center (510) 232-6611

Lesbian/Gay/Bisexual/Transgender
 Local Resources www.eastbaypride.com
 Rainbow Community Center 692-0090

Recreation & Education
 AARP Driver Safety Program..... (888) 687-2277
 www.aarp.org/drive
 Acalanes Adult Education 280-3980
 Clubs, Orgs & Exercise Lists (800) 510-2020
 Diablo Valley College
 Emeritus College (DVC)..... 685-1230 x 2388
 Pleasant Hill Campus..... 685-1230
 San Ramon Campus..... 866-1822
 Mt. Diablo Adult Education
 Concord..... 685-7340
 Pleasant Hill 937-1530

Senior Centers and Villages
 Clayton Valley Village 626-0411
 Concord..... 671-3320
 Covia/Well Connected (Activities, conversation,
 classes, and support over the phone) (877) 797-7299
 Danville 314-3490
 Golden Crane (Chinese American)..... 820-0500
 Lafayette 284-5050
 Lamorinda Village 283-3500
 Martinez 370-8770
 Orinda 254-2445
 Pleasant Hill 798-8788
 Rainbow Community Center 692-0090
 Rossmoor..... 988-7703
 San Ramon 973-3250
 Walnut Creek 943-5851

Transportation
 BART 676-2278
 County Connection and LINK 676-7500
 General Information 511
 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

Utility Assistance
 CA Alternate Rates for Energy (CARE)

Assistance for low income residents..... (800) 743-2273
 Home Energy Assistance Program (HEAP)
 681-6380
 Medical Baseline Program Relief for Energy
 (800) 743-5000
 Relief for Energy Assistance Through Community
 Help (REACH)..... (800) 933-9677

Veterans Services
 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 Homeless Outreach..... 404-4887
 Veterans Service Office 313-1481

Volunteer Opportunities
 AARP Tax Preparer www.aarp.org/taxvolunteer
 CC Volunteer & Emergency Services 521-5060
 Friendly Visitors..... 937-8311
 Health Insurance Counseling & Advocacy
 Program (HICAP)(Medicare Counseling) (800) 510-2020
 Meals on Wheels Drivers..... 937-8311
 Mobility Matters Drivers 284-6161
 Senior Peer Counseling 521-5640

Web Sites
 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

**Contra Costa County Community
 Warning System (CWS) Registration**
 To receive alerts on your cell phone in the case
 of an emergency, please call (925) 313-9622 or
 visit www.cococws.us.

This Mini Guide lists only some of the resources
 available in Central Contra Costa County. If you
 do not find what you need here, please call Infor-
 mation & Assistance (I&A). We will help you find
 community resources that fit your specific needs.
 All calls are confidential.

Please report any errors in the Mini Guide to I&A.

**Information & Assistance (I&A)
 Services:**

- Help in problem solving
- Referrals to services
- Assistance in obtaining services
- Follow-up calls
- Fact sheets on many topics
- Translation services to communicate with Infor-
 mation & Assistance Social Workers



Information & Assistance (I&A) is a program of
 Contra Costa County Area Agency on Aging,
 under the umbrella of the Employment & Human
 Services Department. Knowledgeable social
 workers provide information, referrals to re-
 sources, and support in problem solving to se-
 niors aged 60 and older, adults with disabilities,
 and caregivers. Interpreters are available to as-
 sist in any language.

Hours of Operation:
 Monday to Friday, 8:00 a.m. to 5:00 p.m.



800-510-2020 • 925-229-8434

**Central
 COUNTY**
**Mini Guide
 to Aging and Adult
 Services**

If calling within Contra Costa County
(800) 510-2020

If calling from outside Contra Costa County
 or from a cell phone
(925) 229-8434

For hearing impaired using a
 telecommunication device
TTY (925) 602-4198

infoandassist@ehsd.cccounty.us

www.ehsd.org