

Emergency - 24 Hours

Police, Fire, Paramedic 911

Contra Costa Crisis Center
24-hour hotline 211

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
 Empowered Aging (For Board & Care/Skilled Nursing Abuse).....685-2070
 Family Justice Center 521-6366
 Empowered Aging (For Board & Care/Skilled Nursing Abuse) 685-2070
 STAND! For Families Free of Violence (24/7) (888) 215-5555

Adult Day Care Centers

Mt. Diablo Center for Adult Day Health Care 682-6330
 Alzheimer's Respite Day Program.....370-8772
 Lafayette-Orinda Presbyterian Church
 Thursday Fellowship.....283-8722
 Lamorinda Adult Respite Center.....254-3465
 Martinez Alzheimer's Respite Program...370-8772
 Mt. Diablo Center-Adult Day Health Care
 Choice in Aging.....682-6330
 Valley Oak Respite Center.....945-8040

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

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/Socialization

Al-Anon..... 932-6770
 Alcohol/Drug Treatment..... (800) 846-1652
 Alcoholics Anonymous 939-4155
 Contra Costa Crisis Center 24/7.....211
 Contra Costa Regional Medical Center
 Psychiatric Emergency 24/7..... 646-2800
 Covia/Social Call.....(877) 797-7299
 Friendly Visitors..... 937-8311
 Friendship Line 24/7..... (800) 971-0016
 Grief Counseling..... (800) 837-1818
 John Muir Behavioral Health Center 674-4100
 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
 Rainbow Comm Center Senior Services..338-1372
 Senior Peer Counseling..... 521-5640
 Support Group List (800) 510-2020
 Tele-Care (Telephone contact)..... 934-0901
 Telephone Reassurance Program..... 937-8311

Disabilities

CA State Department of Rehab.....602-3953
 Hearing Loss Assoc. of America 264-1199
 HLAADV@hearinglossdv.org
 Independent Living Resource..... 363-7293
 Lions Center for Visually Impaired 432-3013
 Regional Center of the East Bay 691-2300

Employment

East Bay Works Career Center 671-4500
 IHSS Public Authority (In-home care) (800) 333-1081
 Senior Employment Program 671-4540

End of Life Issues

An Elderly Wish Foundation 978-1883
 CCC Burial/Cremation Assistance 521-5001
 East Bay Conversation Project (Advance care planning) www.eastbayacp.org
 Hope Hospice 829-8770
 Hospice of the East Bay & Bruns House.887-5678
 Kaiser Hospice 229-7800
 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 Assistance 602-9379
 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
 Café Costa (Senior lunch sites, call to reserve 24 hrs in advance)
 Concord..... 825-1488
 Danville..... 314-3430
 Martinez..... 646-2598
 Pleasant Hill 798-8788
 Rossmoor (Rossmoor residents only)..... 988-7703
 San Ramon..... 973-3250
 Walnut Creek..... 280-7310
 Food Bank/Senior Food Program 676-7543
 Loaves & Fishes (Meals) 293-4792
 Meals on Wheels 937-8607

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 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
 HIV/AIDS 313-6770
 John Muir Medical Center
 Concord Campus 682-8200
 Rossmoor Campus..... 939-1220
 Walnut Creek Campus 939-3000
 Kaiser Medical Center
 Martinez Campus 372-1000
 Park Shadelands Campus..... 906-2000
 San Ramon Campus 244-7400
 Walnut Creek Campus 295-4000
 La Clinica de la Raza 363-2000
 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 Clinic 429-6409
 San Ramon Regional Medical Center 275-9200

Home Care & Safety

Fall Prevention Program 937-8311
 In-Home Support Services (IHSS)
 Apply (800) 510-2020 or (925) 229-8434
 Application status..... (510) 231-8577
 Reach worker 363-3690
 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
 Empowered Aging..... 685-2070
 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 Hotline 211
 Home Match Contra Costa 956-7385
 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
 Empowered Aging (For Board & Care/Skilled Nursing

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 or speech impaired
using a telecommunication device,
call Relay Service

711

infoandassist@ehsd.cccounty.us

www.ehsd.org

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 Information & Assistance. We will help you find community resources that fit your specific needs.

Interpreters available to help limited English speakers communicate with Information & Assistance Social Workers. All calls are confidential.

Please report any errors in the Mini Guide to Information & Assistance.



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 resources, and support in problem solving to seniors aged 60 and older, adults with disabilities, and caregivers. Interpreters are available to assist in any language.

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

Information & Assistance (I&A)
400 Ellinwood Way
Pleasant Hill, CA 94523

Donations accepted, checks
payable to "Contra Costa County"

If you have a concern or complaint about the I&A Program, please contact the Program Supervisor: (925) 229-8434, infoandassist@ehsd.cccounty.us, or mail letter to the above address.

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 emergency alerts on your cell
phone, please call (925) 313-9622 or visit
www.cococws.us.

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

Lesbian/Gay/Bisexual/Transgender

Local Resources www.eastbaypride.com
Rainbow Comm Center Senior Services 338-1372

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
Covia/Well Connected Espanol..... (877) 400-5867
Danville 314-3430
Golden Crane (Chinese American)..... 820-0500
Lafayette 284-5050
Lamorinda Village 283-3500
Martinez 370-8770
Orinda 254-2445
Pleasant Hill 798-8788
Rainbow Comm Center Senior Services 338-1372
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