

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 Center521-6366
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 Svcs927-2000
Multipurpose Senior Svc Program (MSSP)682-6330
Meals on Wheels Diablo Region937-8311

Counseling/Mental Health/Socialization

Al-Anon.....932-6770
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 Visitors.....937-8311
Friendship Line 24/7..... (800) 971-0016
Front Porch/Social Call.....(877) 797-7299
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
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

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 Hospice829-8770
Hospice of the East Bay & Bruns House.887-5678
Kaiser Hospice229-7800
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
Onlinebenefitscal.com
To apply.....option #4 (877) 505-4630
Café Costa (Senior lunch sites, call to reserve 24 hrs in advance)
Concord825-1488
Danville.....314-3430
Martinez.....646-2598
Pleasant Hill798-8788
Rossmoor (Rossmoor residents only).....988-7703
San Ramon.....973-3250
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
Onlinebenefitscal.com
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

Fall Prevention Program 891-4761
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/City of Concord
..... (510) 803-3388
Habitat for Humanity (Homes & Home Rehab)
..... (510) 803-3388
Homeless Hotline211
Home Match Contra Costa956-7385
Housing Authority, City of Pittsburg
Waiting List/Section 8252-4830
Housing Authority, City of Richmond
Waiting List/Section 8 (510) 621-1300
Housing Authority, Contra Costa957-8001
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 (888) 746-8731
Low Cost Housing List (800) 510-2020
Neighborhood Preservation Program/Home Rehab
Contra Costa County655-7207
Rotary HOME Team
(minor repairs).....(888) 204-5573
Senior Housing Search Workshop
(Call to register)229-8434
Shelter, Inc.....335-0698
Weatherization655-7214
Legal & Advocacy
Advisory Council on Aging602-4175
Automotive Complaints (510) 964-3030
Bankruptcy Clinic370-2540
Bay Area Legal Aid (office) (510) 233-9954
Advice Line219-3325
California Advocates for Nursing Home Reform
(CANHR) (800) 474-1116
Conservatorship/Guardianship608-9000
Contra Costa Senior Legal Services.....609-7900
Elder Mediation.....349-7344
Empowered Aging (Board & Care/Skilled Nursing Homes)
.....685-2070



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 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.

All calls are confidential. Interpreters are available to assist in any language.



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.

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

I&A does not guarantee information or services provided by agencies in the Mini-Guide. Please report any errors to I&A.

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.

Donations accepted, checks payable to "Contra Costa County"

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-DR Drivers.....(925) 937-8311
Meals on Wheels-WC Drivers..... (510) 412-0166
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) 655-0111 or visit www.cwsalerts.com

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 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
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 692-0090
Rossmoor..... 988-7703
San Ramon 973-3250
Walnut Creek 943-5851
Well Connected (Activities, conversation,
classes, and support over the phone)(877) 797-7299
Well Connected Espanol.....(877) 400-5867

Transportation

BART 676-2278
County Connection and LINK 676-7500
General Information511
Lamorinda Spirit (Lafayette, Moraga, Orinda residents only)
..... 283-3534
Mobility Matters (Information & Rides) 284-6109
Pleasant Hill Senior Van (PH residents only) 671-5272