

## 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 Services  
(Restraining Orders) ..... 609-7900  
Empowered Aging (For Board & Care/Skilled Nursing Abuse) ..... 685-2070  
Family Justice Center ..... 521-6366  
STAND! For Families Free of Violence (24/7) ..... (888) 215-5555

#### Adult Day Care Centers

Bedford Center Adult Day Health Care ... 778-4171  
Celebration Center Senior Day Program. 240-5437  
St. Anne Village Inc. .... 240-4757

#### Alzheimer's/Dementia

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

#### Caregiver Services

Alzheimer's Association ..... (800) 272-3900  
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) 356-6777  
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  
Friendly Visitors ..... 937-8311  
Friendship Line 24/7 ..... (800) 971-0016  
Front Porch/Social Call ..... (877) 797-7299  
Grief Counseling ..... (800) 837-1818  
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 ..... 754-7700  
Hearing Loss Assoc. of America ..... 264-1199  
..... HLAADV@hearinglossdv.org  
Independent Living Resource ..... 754-0539  
Lions Center for the Blind ..... (510) 450-1580  
Lions Center for Visually Impaired ..... 432-3013  
Regional Ctr. 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 ..... 706-4760  
East Bay Conversation Project (Advance care planning) ..... www.eastbayacp.org  
Hope Hospice, Inc. .... 829-8770  
Hospice of the East Bay & Bruns House. 887-5678  
Kaiser Hospice ..... 229-7800  
Sutter Care at Home ..... 677-4240

#### Finances

Free Income Tax Preparation ..... (800) 510-2020  
General Assistance ..... 706-4980  
Money Management International. (866) 331-2227  
Social Security ..... (800) 772-1213

#### Food

CalFresh (Food Stamps)  
Current clients ..... (866) 663-3225  
Online ..... benefitscal.com  
To apply ..... option #4 (887) 505-4630  
Café Costa (Senior lunch sites, call to reserve 24 hrs in advance)  
Ambrose Comm. Ctr. (Bay Point) ..... 458-2662  
Antioch ..... 757-7325 or 778-1158

Brentwood (Call between 9am & noon) ..... 516-5398  
Pittsburg ..... 439-2136  
Oakley Senior Center (Wed only 11am-1pm) ..... 626-7223  
Food Bank/Senior Food Program ..... 676-7543  
Loaves & Fishes (Meals) ..... 293-4792  
Meals on Wheels ..... 937-8607  
Far East County ..... 625-4545

#### Health Services

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  
Brentwood Outpatient Campus ..... 308-8100  
Concord Campus ..... 682-8200  
Walnut Creek Campus ..... 939-3000  
Kaiser Medical Center  
Deer Valley Campus - Antioch ..... 813-6500  
Delta Fair Outpatient Campus - Antioch 779-5000  
La Clinica de la Raza  
Oakley, Pittsburg ..... 363-2000  
Medi-Cal  
Current clients ..... (866) 663-3225  
Online ..... benefitscal.com  
To apply ..... (800) 709-8348  
Medi-Cal Health Plan Options Counseling ..... (800) 430-4263  
MediAlert (Medical I.D.s) ..... (800) 432-5378  
Medicare ..... (800) 633-4227  
Rotacare Free Health Care Clinic (Weds 4 to 7pm only)  
Call only between 1 & 3 pm Weds for appt 439-2009  
Sutter Delta Medical Center ..... 779-7200

#### 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 ..... 522-7665  
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  
Home Match Contra Costa ..... 956-7385  
Homeless Hotline ..... 211  
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 ..... 954-8004  
Section 8/Waiting List ..... (888) 746-8731  
Low Cost Housing List ..... (800) 510-2020  
Neighborhood Preservation Program/Home Rehab  
Contra Costa County ..... 655-7207  
Rotary HOME Team  
(minor repairs) ..... (888) 204-5573  
Senior Housing Search Workshop  
(Call to register) ..... 229-8434  
Shelter, Inc. .... 335-0698  
Weatherization ..... 655-7214

#### 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  
Conflict Resolution ..... 687-8844  
Conservatorship/Guardianship ..... 608-9000  
Contra Costa Senior Legal Services ..... 609-7900  
Empowered Aging (For Board & Care/Skilled Nursing 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  
 Pacific Community Services ..... (800) 914-6874  
 (Housing counseling & tenant/landlord disputes)  
 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  
 Antioch Adult School.....779-7940  
 Clubs, Organizations  
 & Exercise Program Lists ..... (800) 510-2020  
 Liberty Adult School.....634-2565  
 Los Medanos College  
 Brentwood Campus .....513-1625  
 Pittsburg Campus .....439-2181  
 Pittsburg Adult School .....473-4460

**Senior Centers**

Antioch .....779-7074  
 Brentwood.....516-5380  
 Pittsburg .....252-4890  
 Well Connected (Activities, conversation,  
 classes, and support over the phone)..... (877) 797-7299  
 Well Connected Espanol.....(877) 400-5867

**Transportation**

BART .....676-2278  
 Dial-A-Ride (Paratransit)  
 Schedule rides .....754-3060  
 General Information ..... 511  
 Mobility Matters (Information & Rides) .....284-6109  
 Tri-Delta Dial-A-Ride.....754-3060  
 Tri-Delta Transit Route Info .....754-4040

**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  
 Delta Veterans Group .....222-7596  
 East County Veterans Resource Center .206-4976

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..... 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  
 East County Senior Coalition  
 .....www.eastcountyseniors.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

This Mini Guide lists only some of the resources that  
 are available in East 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.

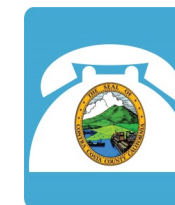
Hours of Operation:  
 Monday to Friday, 8:00 a.m. to 5:00 p.m.

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"



CONTRA COSTA COUNTY  
**Information  
 & Assistance**  
 SENIOR & DISABLED HELPLINE

800-510-2020 • 925-229-8434

**East  
 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**