

**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  
 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 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. 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 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  
 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 ..... option #4 (877) 505-4630  
 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/City of Concord  
 ..... (510) 803-3388  
 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 ..... 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  
 Conservatorship/Guardianship ..... 335-3900  
 Contra Costa Senior Legal Services ..... 609-7900  
 Elder Mediation ..... 349-7344  
 Empowered Aging (Board & Care/Skilled Nursing Homes)  
 ..... 685-2070  
 Family Justice Center ..... 521-6366



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

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](mailto:infoandassist@ehsd.cccounty.us)

[www.ehsd.org](http://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](mailto:infoandassist@ehsd.cccounty.us), or mail letter to the above address.

Donations accepted, checks payable to "Contra Costa County"

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](http://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](http://www.crisis-center.org)  
 Benefits [www.benefitscheckup.org](http://www.benefitscheckup.org) & [www.benefits.gov](http://www.benefits.gov)  
 Contra Costa County Employment & Human Services Department (Social Services) .[www.ehsd.org](http://www.ehsd.org)  
 Covered California (Affordable health insurance) ..... [www.coveredca.com](http://www.coveredca.com)  
 Legal..... [www.cc-courts.org](http://www.cc-courts.org) & [www.courts.ca.gov](http://www.courts.ca.gov)  
 Medicare . [www.cchicap.org](http://www.cchicap.org) or [www.medicare.gov](http://www.medicare.gov)  
 Section 8 Waiting Lists.....  
[www.affordablehousingonline.com/open-section-8-waiting-lists](http://www.affordablehousingonline.com/open-section-8-waiting-lists)  
 Social Security.....[www.ssa.gov](http://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](http://www.cococws.us).

Hawkins Center (SSI / SSDI Advocacy)(510) 232-6611  
 Health Insurance Counseling & Advocacy Program HICAP (Medicare Counseling)(800) 510-2020  
 LawHelpCA ..... [www.lawhelpca.org](http://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](http://www.eastbaypride.com)  
 Rainbow Comm Center Senior Services 692-0090

### Recreation & Education

AARP Driver Safety Program.....(888) 687-2277  
 ..... [www.aarp.org/drive](http://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 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