Emergency - 24 Hours

Police, Fire, Paramedic 911

Contra Costa Crisis Center
24-hour hotline 211

Area Code (510) unless otherwise indicated

Abuse & Neglect
Adult Protective Services 24/7 ..... (877) 839-4347
Contra Costa Senior Legal Svcs
(Restraining Orders).....(925) 609-7900
Family Justice Center 965-4949
Ombudsman (For Board & Care/Skilled Nursing Abuse)
..... (925) 685-2070
STAND! For Families Free of Violence (24/7)
..... (888) 215-5555

Adult Day Care Centers
Alzheimer's Respite Program 559-7677
Alzheimer's Respite & Adult Day Care
Center of West Contra Costa 235-6276
Guardian Adult Day Health Center 669-1005

Alzheimer's/Dementia
Alzheimer's Association..... (800) 272-3900
UC Davis Alzheimer's Disease Center
Walnut Creek..... (925) 357-6515

Caregiver Services
Alzheimer's Association……..... .... (800) 272-3900
Family Caregiver Alliance..... (800) 445-8106
Jewish Family & Community Svcs. (925) 927-2000
Meals on Wheels Diablo Region
Caregiver Training ..... (925) 937-8311
Uplift Family Services ..... (925) 602-1750
(Grandparents raising grandchildren)

Case Management
Family Caregiver Alliance..... (800) 445-8106
Jewish Family & Community Svcs. (925) 927-2000
Multipurpose Senior Service Program (MSSP)
..... (925) 682-6330
Meals on Wheels Diablo Region ... (925) 937-8311

Counseling/Mental Health/Socialization
Al-Anon 528-4379
Alcohol/Drug Treatment..... (800) 846-1652
Alcoholics Anonymous ..... (925) 939-4155
Contra Costa Crisis Center 24/7.....211
Contra Costa Regional Medical Center
Psychiatric Emergency 24/7..... (925) 646-2800
Covia/Social Call ..... (877) 797-7299
Friendly Visitors ..... (925) 937-8311
Friendship Line 24/7..... (800) 971-0016
Grief Counseling..... (800) 837-1818
Mental Access Health Line 24/7..... (888) 678-7277
Nar-Anon 496-2708
Narcotics Anonymous..... (925) 685-4357
Older Adult Mental Health ..... (888) 678-7277
Rainbow Comm Ctr Senior Svcs….(925)338-1372
Senior Peer Counseling..... (925) 521-5640
Support Group List ..... (800) 510-2020
Tele-Care (Telephone contact)..... (925) 934-0901
Telephone Reassurance Program..(925)937-8311

Disabilities
CA State Department of Rehab.....232-7062
Hearing Loss Assoc. of America ... (925) 264-1199
..... HLAADV@hearinglossdv.org
Independent Living Resource..... (925) 363-7293
Lions Center for Visually Impaired (925) 432-3013
Regional Center of the East Bay ... (925) 691-2300

Employment
East Bay Works Career Center 307-8014
IHSS Public Authority (In-home care) (800) 333-1081
Senior Employment Program 412-6740

End of Life Issues
An Elderly Wish Foundation ..... (925) 978-1883
CCC Burial/Cremation Assistance 412-1920
East Bay Conversation Project (Advance care planning)
..... www.eastbayacp.org
Hope Hospice, Inc ..... (925) 829-8770
Hospice of the East Bay/Bruns House(925) 887-5678
Kaiser Hospice 752-6390
Pathways Home Health & Hospice (888) 755-7855
Sutter Care at Home.....450-8596

Finances
Free Income Tax Preparation..... (800) 510-2020
General Assistance 412-1900
Money Management International. (866) 331-2227
Social Security..... (800) 772-1213

Food
CalFresh (Food Stamps)
Current clients ..... (866) 663-3225
Hercules 262-7700
Online ..... www.mybenefitscalwin.org
Richmond 412-3000
To apply..... (800) 709-8348

CC Café (Senior lunch sites, call to reserve 24 hrs in advance)
Crockett 787-1341
El Cerrito.....559-7677
Hercules.....799-8219
North Richmond.....255-7799
Richmond.....307-8087
Rodeo 799-2706
San Pablo 215-3090
Food Bank/Senior Food Program.. (925) 676-7543
Greater Richmond Interfaith Program (GRIP)
(Meals) 233-2141
Meals on Wheels 412-0166

Health Services
Alta Bates Summit Medical Center.....204-4444
LifeLong Brookside Health Center.....215-9092
Center For Elders' Independence.....433-1150
Communicable Diseases..... (925) 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 ..... (925) 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 ..... (925) 313-6770
Kaiser Medical Center
Pinole Campus 243-4000
Richmond Campus 307-1500
LifeLong Medical Care.....981-4100
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 (Tues 4 to 7 pm only)
Call only between 1 & 3 pm Tues for appt ..213-6678
West County Health Center.....231-9400

Home Care & Safety
Fall Prevention Program..... (925) 937-8311
In-Home Support Services (IHSS)
Apply..... (800) 510-2020 or (925) 229-8434
Application status 231-8577
Reach worker.....231-8204
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
Ombudsman ..... (925) 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)
.....803-3388
Home Match Contra Costa……..(925) 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…….. .957-8004
Section 8/Waiting List……..(888) 746-8731
Low Cost Housing List……..(800) 510-2020
Neighborhood Preservation Program/Home Rehab
Contra Costa County…… (925) 674-7207
Senior Housing Search Workshop
(Call to register) ..... (925) 229-8434
Shelter, Inc……..(925) 335-0698
Weatherization..... (925) 674-7214

Legal & Advocacy
Advisory Council on Aging..... (925) 602-4175
Automotive Complaints.....964-3030
Bankruptcy Clinic ..... (925) 370-2540
Bay Area Legal Aid (office).....233-9954
Advice Line 250-5270
California Advocates for Nursing Home Reform
(CANHR) ..... (800) 474-1116
Conservatorship/Guardianship ..... (925) 335-3900
Contra Costa Senior Legal Svcs ... (925) 609-7900
Elder Mediation…….. (925) 349-7344
Family Justice Center 974-2000
Hawkins Center (SSI & SSDI Advocacy) 232-6611
Health Insurance Counseling & Advocacy
Program HICAP (Medicare Counseling)(800) 510-2020
LawHelpCA.....www.lawhelpca.org
Lawyer Referral & Info Service..... (925) 825-5700
Legal Clinic for Elders..... (925) 969-3433
Moderate Means Legal Program .. (925) 677-0234
Ombudsman (For Board & Care/Skilled Nursing Homes)
..... (925) 685-2070

Rubicon Legal Center 232-6611

Lesbian/Gay/Bisexual/Transgender

Local Resources ..... www.eastbaypride.com
..... www.richmondrainbowpride.org
Rainbow Comm Ctr Senior Svcs .. (925) 338-1372

Recreation & Education

AARP Driver Safety Program ..... (888) 687-2277
..... www.aarp.org/drive
Clubs, Organizations
& Exercise Program Lists ..... (800) 510-2020
Contra Costa College 235-7800
West Contra Costa Adult Education 231-1453

Senior Centers

Covia/Well Connected (Activities, conversation, classes, and support over the phone) ..... (877) 797-7299
Covia/Well Connected Espanol..... (877) 400-5867
Crockett Community Center 787-2414
El Cerrito Senior Center (Midtown Activity Center)
..... 559-7677
Hercules 799-8219
Jewish Community Center East Bay 848-0237
North Richmond 232-3511
Pinole 724-9800
Richmond 307-8087
Richmond Annex 620-6812
San Pablo 215-3090

Transportation

AC Transit 891-4700
BART 236-2278
East Bay Paratransit Info. ..... (800) 555-8085
Easy Ride (El Cerrito Residents only) 559-7677
General Information 511
Mobility Matters (Information & Rides) . (925) 284-6109
R-Transit (Van and Taxi Service for East Richmond Heights, El Sobrante, Hasford Heights, Kensington, North Richmond, Richmond, and Rollingwood Residents only) 307-8026
San Pablo Senior & Disabled Transport.. 215-3095
WestCAT
Information 724-7993
Appointments 724-7433

Utility Assistance

CA Alternate Rates for Energy (CARE) Assistance for low income residents ..... (800) 743-2273
Home Energy Assistance Program (HEAP)
..... (925) 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 ..... (925) 680-4526
Martinez VA Medical Center ..... (925) 372-2000
Rides 4 Veteran (Information & Rides) (925) 284-6109
Swords to Plowshares (Multi-service) 844-7500
VA Urgent Care ..... (925) 372-2179
Veterans Crisis Line 24/7 ..... (800) 273-8255
Veterans Homeless Outreach ..... (925) 404-4887
Veterans Resource Program 233-9313
Veterans Service Office 374-3241

Volunteer Opportunities

AARP Tax Preparer ..... www.aarp.org/taxvolunteer
CC Volunteer & Emergency Svcs . (925) 521-5060
Friendly Visitors ..... (925) 937-8311
Health Insurance Counseling & Advocacy Program (HICAP)(Medicare Counseling) (800) 510-2020
Meals on Wheels Drivers ..... (925) 937-8311
Mobility Matters Drivers ..... (925) 284-6161
Senior Peer Counseling ..... (925) 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 or 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.

This Mini Guide lists only some of the resources available in West Contra Costa County. If you do not find what you need here, please call Information & Assistance (I&A). We will help you find the community services 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 Information & 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 resources, and support in problem solving to seniors age 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.

CONTRA COSTA COUNTY
Information & Assistance
SENIOR & DISABLED HELPLINE
800-510-2020 • 925-229-8434

West 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