

**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  
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  
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  
Pacific Clinics .....602-1750  
(Grandparents raising grandchildren)

**Case Management**

Enhanced Care Mgmt .....(877) 661-6230 (#2)  
(Must be Contra Costa Health Plan Member)  
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**

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 .....benefitscal.com  
To apply.....(877) 505-4630 (#4)  
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.....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 Diablo Region .....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 .....benefitscal.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 Clinic .....429-6409  
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 ..... 229-8434  
Current clients .....655-1240  
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  
Home Match Contra Costa .....956-7385  
Home Preservation Dept/Habitat for Humanity  
East Bay Silicon Valley.....(510) 803-3388  
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  
Rotary HOME Team/Lamorinda Village  
(minor repairs).....(888) 204-5573  
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 .....608-9000  
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  
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



**Lesbian/Gay/Bisexual/Transgender**  
Local Resources ..... [www.eastbaypride.com](http://www.eastbaypride.com)  
Rainbow Comm Center Senior Services 692-0090

**Recreation & Education**  
AARP Smart Driver ..... (877) 846-3299  
..... [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  
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 Diablo Region..... (925) 937-8311  
Meals on Wheels of West Contra Costa County  
..... (510) 412-0166  
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) 655-0111 or visit  
[www.cwsalerts.com](http://www.cwsalerts.com)

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”



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

# Central COUNTY

## Mini Guide to Aging and Adult Services

**f 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)**