

Emergency - 24 Hours

Police, Fire, Paramedic911

**Contra Costa Crisis Center
24-hour hotline211**

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
Empowered Aging (For Board & Care/Skilled Nursing
Abuse).....(925) 685-2070
Family Justice Center 965-4949
..... (925) 685-2070
STAND! For Families Free of Violence (24/7)
..... (888) 215-5555

Adult Day Care Centers

Alzheimer’s Services
of the East Bay..... 644-8292

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
Pacific Clinics(925) 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.(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
Friendly Visitors (925) 937-8311
Friendship Line 24/7.....(800) 971-0016
Front Porch/Social Call..... (877) 797-7299
Grief Counseling (800) 837-1818
Mental Access Health Line 24/7.... (888) 678-7277
Nar-Anon496-2708
Narcotics Anonymous..... (925) 685-4357
Older Adult Mental Health (888) 678-7277
Rainbow Comm Ctr Senior Svcs...(925) 692-0090
Senior Peer Counseling..... (925) 521-5640
Suicide and Crisis Lifeline.....988
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 Center307-8014
IHSS Public Authority (In-home care) (800) 333-1081
Senior Employment Program412-6740

End of Life Issues

An Elderly Wish Foundation (925) 978-1883
CCC Burial/Cremation Assistance412-1920
East Bay Conversation Project (Advance care planning)
..... www.eastbayacp.org
Hospice of the East Bay/Bruns House(925) 887-5678
Kaiser Hospice752-6390
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
Hercules262-7700
Online benefitscal.com
Richmond412-3000
To apply..... (877) 505-4630 (#4)

Café Costa (Senior lunch sites, call to reserve 24 hrs in advance)
Crockett787-1341
El Cerrito559-7000
Hercules.....799-8219
North Richmond.....255-7799
Richmond.....307-8087
Rodeo (Tues & Thurs only 11am-1pm)799-2706
San Pablo215-3090
Food Bank/Senior Food Program .. (925) 676-7543
Greater Richmond Interfaith Program (GRIP)
(Meals)233-2141
Meals on Wheels of West Contra Costa County
.....412-0166

Health Services

Alta Bates Summit Medical Center204-4444
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 Campus243-4000
Richmond Campus307-1500
LifeLong Medical Care.....981-4100
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 (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) 891-4761
In-Home Support Services (IHSS)
Apply..... (800) 510-2020 or (925) 229-8434
Current client.....231-8577 or 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
Empowered Aging (925) 685-2070
Home Match Contra Costa.....(925) 956-7385
Home Preservation Dept/Habitat for Humanity
East Bay Silicon Valley803-3388
Homeless Hotline.....211
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 Costa.....957-8001
Bay Point, Brentwood, Martinez, Oakley (Public
Housing).....957-8005
Pittsburg (Public Housing)..... 957-8006
Rodeo (Public Housing).....(925)957-8008
San Pablo.....(925)957-8004
Section 8/Waiting List.....(888) 746-8731
Low Cost Housing List.....(800) 510-2020
Richmond Home Improvement Program
.....307-8140
Richmond Neighborhood Housing Services, Inc
.....237-6459
Rotary HOME Team/Lamorinda Village
(minor repairs)..... (888) 204-5573
Shelter, Inc.....(925) 335-0698
Weatherization (925) 655-7214

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 Line250-5270
California Advocates for Nursing Home Reform
(CANHR) (800) 474-1116
Conservatorship/Guardianship (925) 608-9000
Contra Costa Senior Legal Svcs ... (925) 609-7900
Elder Mediation..... (925) 349-7344
Empowered Aging (For Board & Care/Skilled Nursing
Homes).....(925) 685-2070
Family Justice Center974-2000
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
Richmond Rent Program..... 234-7368

Lesbian/Gay/Bisexual/Transgender

Local Resources www.eastbaypride.com
..... www.richmondrainbowpride.org
Rainbow Comm Ctr Senior Svcs ..(925) 692-0090

Recreation & Education

AARP Smart Driver(877) 846-3299
.....www.aarp.org/drive
Clubs, Organizations
& Exercise Program Lists(800) 510-2020
Contra Costa College235-7800
West Contra Costa Adult Education231-1453

Senior Centers

Crockett Community Center 787-2414
El Cerrito Community Center-Senior Services
.....559-7000
Hercules 799-8219
North Richmond..... 232-3511
Pinole 724-9800
Richmond.....307-8087
Richmond Annex 620-6812
San Pablo 215-3090
Well Connected (Activities, conversation,
classes, and support over the phone)(877) 797-7299
Well Connected Espanol..... (877) 400-5867

Transportation

AC Transit..... 891-4700
BART 236-2278
East Bay Paratransit Info.(800) 555-8085
Easy Ride (El Cerrito Residents only)..... 559-7677
General Information511
Mobility Matters (Information & Rides) .(925) 284-6109
R-Transit and Lyft (Van & 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 Diablo Region....(925) 937-8311
Meals on Wheels of West Contra Costa County
.....412-0166
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
Legalwww.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 Securitywww.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 West 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

**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 or speech impaired
using a telecommunication device,
call Relay Service
711

infoandassist@ehsd.cccounty.us

www.ehsd.org