

## 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  
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) 356-6777  
Meals on Wheels Diablo Region ..... 937-8311

#### **Counseling/Mental Health/Socialization**

AI-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 ..... (887) 505-4630 (#4)

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  
Current clients..... 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  
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  
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)

## 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)  
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](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.....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)  
East County Senior Coalition  
.....[www.eastcountyseniors.com](http://www.eastcountyseniors.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 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.

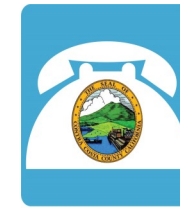
Hours of Operation:  
Monday to Friday, 8:00 a.m. to 5:00 p.m.

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](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

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

[www.ehsd.org](http://www.ehsd.org)