EMERGENCY - 24 HOURS

Police, Fire, Paramedic.....911
Call 9-1-1 only to report emergencies that threaten human life or property and demand immediate attention.

Contra Costa Crisis Center
24-Hour Hotline ..... (800) 833-2900

Area Code (510) unless otherwise indicated

Adult Day Health Care Centers
Guardian Adult Day Health Center ..669-1005
Adult Daycare Network ..... (925) 682-1000

Care Management
Elders Actualization Project.....234-1839
Jewish Family Services .....(925) 927-2000
Multipurpose Senior Service Program (MSSP) ..... (925) 682-6330
Rubicon 235-1516
Senior Outreach Services ..... (925) 798-8788

Disabilities
Ca State Dept of Rehab.....232-7062
Hawkins Center.....232-6611
Independent Living Resource 232-6611
Lions Center /Visually Impaired(800)750-3937
MedicAlert..... (800) 432-5378
Regional Ctr. of the East Bay . (925) 798-3001
Safe Return Program..... (888) 572-8566

Elder Abuse
Adult Protective Services (24/7 to report abuse)..... (877) 839-4347
STAND! For Families Free of Violence (24/7) ..... (888) 215-5555
Ombudsman (if elder resides in board & care/nursing home)..... (925) 685-2070

Employment
East Bay Works Career Center
Richmond @ 25th St..... 307-8014
Richmond @ 11th St..... 970-7320
San Pablo 412-6740
Home Chore Registry 234-2820
In-Home Support Registry .....(877) 333-1081
Senior Employment Program 412-6740

End of Life Issues
An Elderly Wish Foundation.....(925) 978-1883
Burial/Cremation Assistance..... 412-1920
Hospice of the East Bay.....(925) 887-5678
Sutter Care at Home .....(925) 677-4240

Finances
Consumer Credit Counseling....(866) 331-2227
General Assistance..... 412-1900
Free Income Tax Preparation ...(800) 510-2020
Medi-Cal
To apply.....(800) 709-8348
On-Line.....www.benefitscalwin.org
Medi-Cal current clients .....(866) 663-3225
Opportunity West 236-5812
(Representative Payee/Bill Paying Program)
Social Security .....(800) 772-1213
Veteran's Service Office 374-3241

Food
Brown Bag/Food Bank .....(800) 870-3663
CC Cafes (senior lunch sites)...see Senior Centers
CalFresh (Food Stamps) to apply
Hercules 262-7700
Richmond 412-3000
On-Line.....www.benefitscalwin.org
Current clients .....(866) 663-3225
Meals on Wheels 412-0166

Health Services
Alzheimer's Association..... (800) 272-3900
Brookside Comm. Health Center.....215-9092
Center for Elder's Independence 433-1150
CC Regional Medical Center ..... (925) 370-5000
Clinic appts & 24 hr advice ..... (800) 495-8885
To enroll in Health Plan ..... (800) 211-8040
HIV-AIDS ..... (925) 313-6770
Doctors Hospital - San Pablo.....970-5000
Flu Shots..... (800) 510-2020
Hospice Agencies ..... (800) 510-2020
Kaiser Medical Center.....307-1555
La Clinica 535-4000
Medicare ..... (800) 633-4227
VA Clinic ..... (925) 313-1481

Home Services
Emergency Response Systems... (800) 510-2020
Fall Prevention Program ..... (925) 937-8311
Friendly Visitors 234-2820
Home Chore Registry 234-2820
In Home Supportive Services (IHSS)
To apply.....231-8299
To check status of application.....231-8299
To reach your worker 231-8296
Registry ..... (877) 333-1081
Payroll..... (877) 335-2171
Senior HelpLine Services (Reassurance by phone)..... (925) 284-8328
Tele-Care (phone contact)..... (925) 934-0901
Weatherization ..... (925) 335-1116

Housing
Assisted Living/Board & Care and Skilled Nursing Home Lists .... (800) 510-2020
Homeless Hotline..... (800) 799-6599
Housing Authority
Waiting List/Sec 8 ..... (888) 746-8731
North Richmond (Public Housing) 232-8492
Richmond (City of) Sec 8 621-1300
Rodeo (Public Housing) 799-0400
Low Cost Housing Lists .....(800) 510-2020
Shelter, Inc..... 215-0636

Legal/Advocacy
Advisory Council on Aging.....(925) 229-8434
Automotive complaints 335-1111
Bankruptcy Clinic.....(925) 969-3341
Bay Area Legal Aid (office)..... 233-9954
Advice line..... 250-5270
CA Senior Legal Hotline .....(800) 222-1753
Conflict Resolution.....(925) 687-8844 ext 301
Conservatorship/Guardianship ...(925) 646-2901
Health Insurance Counseling & Advocacy (HICAP) .....(800) 510-2020
Nursing Home Ombudsman 685-2070
Pacific Community Services .....(800) 914-6874
(Housing Cnsling & Tenant/Landlord disputes)
Senior Law Center.....(866) 543-8017
Senior Legal Services..... 374-3712

Lesbian, Gay, Bisexual, Transgender
Local Resources .....www.eastbaypride.com
Rainbow Community Center.....(925) 692-0090

Loneliness/Counseling/Mental Health
Alcoholic's Anonymous .....(925) 939-4155
CC Regional Medical Center
Psychiatric Emergency (24 hrs)(925) 646-2800
Mental Health Appointments
Access line.....(888) 678-7277
Alcohol/Drug Treatment (800) 846-1652
Older Adult Mental Hlth (888) 678-7277
Contra Costa Crisis Center (24/7)...(800) 833-2900
Friendship Line 8am-11pm .....(800) 971-0016
Grief Counseling .....(800) 837-1818
Senior Peer Counseling .....(925) 521-5640
Suicide Prevention 11pm-8am...(800) 971-0016
Support Group List.....(800) 510-2020

Recreation/Education

AARP Driver Safety Program ... (888) 227-7668
Clubs, Organizations, and Exercise programs lists ... (800) 510-2020
Contra Costa College ... 235-7800
Richmond Adult Education ... 215-4666
Senior Center w/o Walls ... (877) 797-7299

Senior Centers/CC Cafes* (Senior Lunch Sites)

Crocket Community Center* ... 787-1341
El Cerrito Open House* ... 559-7677
Hercules* ... 799-8219
North Richmond* ... 232-3511
Richmond Annex ... 620-6812
Richmond* ... 307-8087
Rodeo* ... 799-2706
San Pablo* ... 215-3095

Transportation (Dial 511) or:

A. C. Transit ... 891-4700
BART ... 236-2278
East Bay Paratransit Info. ... 287-5035
or ... (800) 555-8085
Easy Ride (El Cerrito Residents only) ... 599-7677
Hercules Senior Center ... 799-8219
Richmond Paratransit, Scrip ... 307-8026
or ... 307-8027
Rides for Seniors ... (925) 284-6699
WestCAT-Information ... 724-7993
Appointments ... 724-7433

Utility Assistance

CA Alternate Rates for Energy . (800) 743-2273
Home Energy Assistance Prog. (925) 335-8900
Medical Baseline Program Relief for Energy ... (800) 743-5000
Relief for Energy Assistance through Community Help (REACH) ... (800) 933-9677

Volunteer Opportunities

CC Volunteer & Emergency Services ... (925) 521-5062
Friendly Visitor ... 234-2820 ext 130
Health Insurance Counseling & Advocacy Program (HICAP) ... (800) 510-2020
Retired & Senior Volunteer Program (RSVP) ... 232-0163
Senior Peer Counseling ... (925) 521-5640

Web Sites

Benefits ... www.benefitscheckup.org
... www.benefits.gov
CC Social Services ... www.cccounty.us/ehsd
Legal ... www.courts.ca.gov
Medicare ... www.cchicap.org
... www.medicare.gov
Online Resource ... www.211database.org
Social Security ... www.ssa.gov

FREE INCOME TAX PREPARATION
Available for persons with limited to moderate income. Sites are located county wide. Please Call (800) 510-2020 or (925) 229-8434

This Mini Guide lists only a few of the resources available to you and your family in West Contra Costa County. If you do not find what you need here, please call Information & Assistance. We will help you find the community services that fit your specific needs.

Information & Assistance Services Include:

- Help in problem solving
- Referrals to services
- Assistance in obtaining services
- Follow-up calls
- Fact sheets on many topics
- Translation services when needed to communicate with Information & Assistance

To Contact Information & Assistance:

Inside Contra Costa County:
(800) 510-2020
Outside Contra Costa County:
(925) 229-8434
From a cell phone, always call:
(925) 229-8434
For hearing impaired using a telecommunication device:
TTY (925) 602-4198
www.cccounty.us/ehsd

Contra Costa County
Aging & Adult Services
A bureau of the
Employment & Human Services Department

Contra Costa County

West COUNTY Mini Guide to Aging & Adult Services

If calling within Contra Costa County
(800) 510-2020
If calling from outside Contra Costa County
(925) 229-8434
From a cell phone, always dial
(925) 229-8434