### ADULT DAY CARE/RESPITE (useful web site: www.adsnac.org)

- Adult Day Services Network of Alameda County (personalized referrals & community education) .... 510-883-0874
- Alzheimer's Services of the East Bay Adult Day Health Care, Hayward .......................... 510-888-1411
- Boston House Adult Day Care, Hayward ........................................................................... 510-276-1018
- The Friendship Center, Livermore ..................................................................................... 925-960-2420

### ALCOHOLISM & DRUG ABUSE PREVENTION PROGRAMS

- Alameda County Health Care ACCESS (referrals to substance abuse services in Alameda County) ...1-800-491-9099
- Alcoholics Anonymous Central Office, Oakland ................................................................. 510-839-8900
- Senior Support of the Tri-Valley .......................................................................................... 925-931-5379

### ALZHEIMER’S SERVICES

- Alzheimer’s Association Helpline ...................................................................................... 1-800-272-3900
- Alzheimer’s Support Group ............................................................................................... 925-931-5379
- Ethnic Elders Care .................................................................................................................. www.ethnicelderscare.net
- Family Caregiver Alliance (caregiver respite), San Francisco ............................................. 1-800-445-8106
- Senior Support Program of the Tri-Valley ............................................................................. 925-931-5379
- U.C. Davis Alzheimer’s Disease Center, Martinez ................................................................. 925-372-2485

### CAREGIVER SUPPORT PROGRAMS

- Adult Day Services Network of Alameda County ................................................................. 510-883-0874
- Alzheimer’s Association of Northern California ................................................................. 1-800-272-3900
- Family Caregiver Alliance ................................................................................................. 1-800-445-8106
- Lincoln Child Center Kinship Support Services Program (grandparent & relative caregivers) .... 510-583-8026
- Senior Support Program of the Tri-Valley Caregiver Support ........................................... 925-931-5379

### CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND ELDERS

- Senior Support Program of the Tri-Valley ............................................................................. 925-931-5379

### DISABLED ADULTS SERVICES/PROGRAMS

- American Cancer Society .................................................................................................... 1-800-227-2345
- American Diabetes Association ........................................................................................... 510-654-4499
- American Heart Association / American Stroke Association ........................................... 510-904-4000
- Americans with Disabilities Act (ADA), General Information ............................................. 1-800-949-4232
- Aphasia Center of California (services for persons who have had strokes) ....................... 510-336-0112
- Arthritis Foundation ............................................................................................................ 1-800-464-6240
- Braille & Talking Book Library ........................................................................................... 1-800-952-5666
- California Telephone Access Program (accessible phone products/services) .................... 1-800-806-1191
DISABLED ADULTS SERVICES/PROGRAMS (continued)

Community Resources for Independent Living (CRIL) ............................................................ 510-881-5743
DCARA (Deaf Counseling, Advocacy and Referral Agency) ....................................................... 1-800-970-8652
Hearing and Speech Center of Northern California, San Francisco ...................................... 1-415-921-7658
Lighthouse for the Blind (consumer products), San Francisco .................................................... 1-415-431-1481
Lions Center for the Blind ..................................................................................................... 510-450-1580
National Multiple Sclerosis Society ........................................................................................ 1-800-344-4867
Parkinson's Institute ............................................................................................................... 1-800-786-2958
Wheelchair Breakdown Service (emergency wheelchair transportation and breakdown assistance) ... 1-877-509-4335

ELDER ABUSE PREVENTION PROGRAMS

Alameda County Adult Protective Services, Oakland ............................................................. 1-866-225-5277
District Attorney Consumer and Environmental Protection Division – Elder Abuse Unit ... 510-569-9281
District Attorney Victim/Witness Assistance Division .......................................................... 510-272-6180
Legal Assistance for Seniors (services for persons 60 and older), Oakland .................................. 1-800-393-0363

EMPLOYMENT PROGRAMS

ASSETS Senior Employment Program (for persons 55 and older) ............................................. 510-238-3535
Eastbay Works One-Stop Business and Career Centers:
  Tri-Valley (5020 Franklin Dr., Pleasanton, 94588) ........................................................ 925-485-5262
Forty Plus of Northern California (for 40+ professionals, executives in transition; program fee) ........ 510-568-7587
SCORE—Service Corps of Retired Employees (provides free business counseling) .................... 510-273-6611

ETHNIC / CULTURALLY SPECIFIC SENIOR PROGRAMS

Catholic Charities of the East Bay, Oakland (Immigration and Naturalization Services,
  Refugee Resettlement Program, Southeast Asian Senior Services) ........................................ 510-768-3100
Ethnic Elders Care .............................................................................................................. www.ethnicelderscare.net
International Institute of the East Bay (immigration legal services) ....................................... 510-451-2846
Jewish Family & Children’s Services of the East Bay – Older Adult Services ...................... 510-558-7800
Lavender Seniors (support services for LGBT—lesbian/gay/bisexual/transgendered—elders) ........ 510-667-9655

FINANCIAL ASSISTANCE (useful websites: www.benefitscheckup.org & www.govbenefits.gov)

Alameda County Social Services Agency:
  Livermore Outstation (3311 Pacific Ave., Livermore, 94550) ........................................... 925-455-0747
CANHR (California Advocates for Nursing Home Reform), San Francisco ....................... 1-415-974-5171
  (estate planning for long term care) ..................................................................................... 1-800-474-1116
CAPI (Cash Assistance Program for Immigrants) .............................................................. 1-800-648-0954
ECHO Housing (rental assistance) ......................................................................................... 925-449-7340
Money Management Assistance Program (Rep Payee/Bill Payer program for low-income persons) ... 510-271-4149
Property Tax Postponement ................................................................................................. 1-800-952-5661
Renter/Homeowner Assistance (yearly) .............................................................................. 1-800-868-4171
Social Security / SSI ............................................................................................................. 1-800-772-1213
Veterans Assistance Benefits Counseling (Adult & Aging Services) .................................. 510-577-3547

FOOD AND NUTRITION

Home Delivered Meals
  Livermore Senior Services Center ..................................................................................... 925-373-5764
  Pleasanton Senior Center (Pleasanton, Dublin, and Sunol) .................................................. 925-931-5385
FOOD AND NUTRITION (continued)

**Senior Group Dining** *(congregate meals)*
- Dublin Senior Center ............................................................. 925-556-4511
- Livermore Senior Services Center ........................................ 925-373-5764
- Pleasanton Senior Center ...................................................... 925-931-5385
- Ridgeview Commons, Open Heart Kitchen ................................ 925-580-1616
- Alameda County Community Food Bank .................................. 510-635-3663, 1-800-870-3663
- Food Stamps ........................................................................... 925-455-0747

**FRIENDLY VISITORS/TELEPHONE REASSURANCE PROGRAMS**
- Are You OK? *(Pleasanton PD will call seniors for health/safety check-up)* ........................................ 925-931-5100
- Lavender Seniors *(support services for LGBT—lesbian/gay/bisexual/transgendered—elders)* .......... 510-667-9655
- Senior Center Without Walls *(group activities for homebound seniors thru telephone conference calls)* .... 510-444-0243
- Senior Support Program of the Tri-Valley ................................ 925-931-5379
- Tele-Care *(daily phone calls to people who are homebound or isolated)*, Alta Bates Medical Center .... 510-204-4487

**HEALTH INSURANCE PROGRAMS**
- HICAP *(Health Insurance Counseling and Advocacy Program)* ................................................................. 1-800-393-0363
- Medi-Cal *(Alameda County Social Services Agency)*:
  - Livermore Outstation *(3311 Pacific Ave., Livermore, 94550)* .............................................................. 925-455-0747
  - Medi-Cal Long Term Care *(new applicants contact County Medi-Cal Center)* ..................................... 510-777-2300, 1-800-698-1118
  - Medi-Cal Long Term Care *(ongoing cases only)* .................................................................................... 510-577-1900
- Medicare .................................................................................. 1-800-633-4227
- Alameda County Adult and Aging Services Department:
  - Medi-Cal Long Term Care *(new applicants contact County Medi-Cal Center)* ..................................... 510-777-2300, 1-800-698-1118
  - Medi-Cal Long Term Care *(ongoing cases only)* .................................................................................... 510-577-1900
- Medicare Savings Programs *(QMB, SLMB, QI-1)* ................. 510-577-1900
  *(QMB—Qualified Medicare Beneficiary Program, SLMB—Specified Low-Income Medicare Beneficiary, QI—Qualified Individual)*

**HOME IMPROVEMENT PROGRAMS FOR LOW TO MODERATE INCOME HOUSEHOLDS**
- Alameda County Housing & Community Development ............... 925-551-6770

**HOSPICE PROGRAMS**
- Crisis Support Services of Alameda County *(Grief Counseling Project)* .................................................. 1-800-260-0094
- Hope Hospice, Inc., Dublin ....................................................... 925-829-8770
- Kaiser Hayward Hospice *(and bereavement services)* ............... 510-675-5777
- Pathways Hospice *(and grief counseling)*, Oakland .................. 510-632-4390
- Sutter VNA & Hospice *(and grief support)*, Emeryville .............. 1-800-698-1273

**HOUSING ASSISTANCE PROGRAMS**
- Alameda County Housing Authority ......................................... 510-538-8876
- Community Resources for Independent Living *(CRIL)* *(disabled housing assistance)* ......................... 510-881-5743
- Dublin Housing Authority *(public housing information only; no Section 8 administration)* ............... 925-828-3132
- ECHO Housing *(home seeking, rental assistance)* ...................... 925-449-7340
- ECHO Housing *(reverse mortgage counseling)* ....................... 510-271-7931
- Eden Information & Referral *(emergency shelter referrals)* ........ 510-537-2552
- Livermore Housing Authority ................................................... 925-447-3600
**IN-HOME SERVICES**

Alameda County In-Home Supportive Services (IHSS Intake & Client Information Services) 510-577-1800
Rapid Response (emergency worker replacement for IHSS consumers) 510-357-4222
Senior Support Program of the Tri-Valley – Public Authority Registry (private pay referrals) 925-931-5379
Senior Support Program of the Tri-Valley – Public Authority Registry (IHSS referrals) 925-931-5384

**INJURY PREVENTION**

Senior Support Program of the Tri-Valley (fall risk screening education and referrals, home modifications, physical activity support, medication management) 925-931-5379
Senior Injury Prevention Project (falls prevention and older driver safety discussion groups) 510-577-3535

**LEGAL SERVICES**

AARP Legal Assistance Services Network (will refer AARP members to local lawyers: www.aarp.org/lsn/California)
Alameda County Bar Association / Lawyer Referral Service ($25 fee for ½ hr consultation and referral) 510-302-2222
Alameda County Bar Association / Volunteer Legal Services (free assistance for low-income persons) 510-302-2222
Bay Area Legal Aid, Oakland 510-663-4744
CANHR (California Advocates for Nursing Home Reform), San Francisco 1-415-974-5171
(estate planning for long term care, lawyer referral service) 1-800-474-1116
Legal Assistance for Seniors (services for persons 60 and older), Oakland 1-800-393-0363
Senior Legal Hotline of Northern California (free legal advice by phone for persons over 60) 1-800-222-1753

**MEDICAL/DENTAL CLINICS & SERVICES**

Alameda-Contra Costa Medical Association (doctor referrals) 510-654-5383
Axis Community Health 925-462-1755
Denti-Cal (information on Medi-Cal dental benefits & dentists) 1-800-322-6384
Home CARES Equipment Recyclers 510-251-2273
Senior Support Program of the Tri-Valley (Health Promotion/Fitness/Nutrition; mobile health screening) 925-931-5383
Southern Alameda County Dental Society (referrals) 510-782-5442
Tiburcio Vasquez Health Center 510-471-5880
Tri-City Health Center 510-770-8040
U.C. Berkeley School of Optometry Eye Clinic 510-642-2020
University of the Pacific Dental Care Center, Union City 510-489-5200

**MENTAL HEALTH/COUNSELING PROGRAMS**

Alameda County Health Care ACCESS (referrals to mental health services in Alameda County) 1-800-491-9099
Asian Community Mental Health Services, Oakland 510-451-6729
Axis Community Health 925-462-5544
Grief Counseling Project 1-800-260-0094
Suicide Prevention/Crisis Support (24 hr line) 1-800-309-2131
Senior Support of the Tri-Valley In-Home Counseling 925-931-5379

**NURSING HOME ASSISTANCE / LONG TERM CARE FACILITIES**

(CANHR (California Advocates for Nursing Home Reform), San Francisco 1-415-974-5171
(advice on nursing home selection; residents’ rights advocacy) 1-800-474-1116
Ombudsman, Inc. 510-638-6878
...... (care facility complaint resolution & advocacy; lists of RCFEs, Residential Care Facilities for the Elderly, and SNFs, Skilled Nursing Facilities)
State of California Community Care Licensing (RCFE Licensing) 650-266-8800
State of California Department of Health Services (SNF & Home Health Care Agency Licensing) 1-800-554-0352
| PUBLIC GUARDIAN’S OFFICE (court appointed conservatorships) | 510-577-1900 |
| SENIOR CENTERS See also: Ethnic/Culturally Specific Senior Programs |
| Dublin (7600 Amador Valley Blvd., Dublin, 94568) | 925-556-4511 |
| Livermore (4444 East Avenue, Livermore, 94550) | 925-373-5760 |
| Pleasanton (5353 Sunol Blvd., Pleasanton, 94566) | 925-931-5365 |
| Senior Center Without Walls (group activities for homebound seniors thru telephone conference calls) | 510-444-0243 |

| TRANSPORTATION PROGRAMS AND SERVICES |
| AC Transit Senior Discount | 510-891-4706 |
| American Cancer Society (program for cancer patients), Oakland | 510-832-7012 |
| BART Senior Discount | 510-464-7133 |
| DMV Parking Placards for Disabled Drivers | 1-800-777-0133 |
| Pleasanton Paratransit | 925-931-5376 |
| Travel Information (public transportation information for Bay Area, dial 511) | 510-817-1717 |
| Wheels Dial-A-Ride (Dublin, Livermore, also Pleasanton before/after Pleasanton Paratransit hrs) | 925-455-7510 |

| UTILITIES ASSISTANCE |
| California Telephone Access Program | 1-800-806-1191 |
| Energy Assistance Programs, PG&E Customer Service (medical care baseline service, multi-lingual) | 1-800-743-5000 |
| Energy Partners (weatherization measures, energy-efficient appliances for qualified low-income PG&E customers) | 1-800-989-9744 |
| HEAP (Energy Assistance for persons with income at or below 130% of poverty level) | 510-881-0300, ext. 214 |
| Lifeline (telephone discounts) | 1-800-310-2355 |

| UTILITIES ASSISTANCE (continued) |
| REACH, Salvation Army (delinquent PG&E bills) | 1-800-933-9677 |
| Weatherization (for low-income households) | 510-889-0921 |

| VETERANS SERVICES |
| Veterans Assistance Benefits Counseling (Adult & Aging Services) | 510-577-3547 |
| U.S. Department of Veteran’s Affairs Counseling | 1-800-827-1000 |

<p>| VOLUNTEER OPPORTUNITIES |
| (See also Friendly Visitor/Telephone Reassurance &amp; Food and Nutrition categories, etc.) |
| Alameda County Library Homeword Bound Program (home delivery of library materials) | 510-745-1491 |
| Ombudsman, Inc. (volunteer advocates for persons in long term care facilities) | 510-638-6878 |
| Retired Senior Volunteer Program (RSVP), Oakland | 510-452-0868 |
| Stagebridge (senior actors and storytellers), Oakland | 510-444-4755 |
| Volunteer Center of the East Bay | 510-232-0163 |</p>
<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Alameda County Area Agency on Aging Senior Information</td>
<td>510-577-3530 / 1-800-510-2020</td>
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<tr>
<td>Alameda-Contra Costa County Medical Association (to locate doctors who accept Medi-Cal)</td>
<td>510-654-5383</td>
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<tr>
<td>Alameda County Library Services to Older Adults (Homework Bound, Programs for Older Adults, Library Computer Training and more)</td>
<td>510-745-1499</td>
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<tr>
<td>Alameda County Social Services Agency (Self-Sufficiency Center / Food Stamps)</td>
<td>925-455-0747</td>
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<tr>
<td>Contra Costa County Senior Information</td>
<td>1-925-335-8720</td>
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<tr>
<td>Eden Information &amp; Referral</td>
<td>510-537-2552</td>
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<tr>
<td>Eldercare Locator (information on services outside Alameda County/California)</td>
<td>1-800-677-1116</td>
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<tr>
<td>55 Alive Driving Classes: check <a href="http://www.aarp.org/55alive">www.aarp.org/55alive</a> for a class near you</td>
<td>1-888-227-7669</td>
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<tr>
<td>Immigration Questions: International Institute of the East Bay</td>
<td>510-451-2846</td>
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<tr>
<td>MedicAlert Service (for persons with special medical needs; call for information)</td>
<td>1-800-432-5378</td>
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<td>Public Authority (IHSS Worker Group Benefits)</td>
<td>510-577-3551</td>
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<td>Public Authority (IHSS Worker and Consumer Training)</td>
<td>510-577-3554</td>
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<td>Retired Senior Volunteer Program (RSVP)</td>
<td>510-464-3179</td>
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