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

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Day Services Network of Alameda County (personalized referrals &amp; community education)</td>
<td>510-883-0874</td>
</tr>
<tr>
<td>Alzheimer’s Services of the East Bay Adult Day Health Care, Hayward</td>
<td>510-888-1411</td>
</tr>
<tr>
<td>Bay Area Community Services Adult Day Care (serves Hayward), Fremont</td>
<td>510-656-7742</td>
</tr>
<tr>
<td>Boston House Adult Day Care, Hayward</td>
<td>510-276-1018</td>
</tr>
<tr>
<td>Center for Elders Independence (PACE—A Program of All-inclusive Care for the Elderly), Oakland</td>
<td>510-433-1150</td>
</tr>
<tr>
<td>East Island Adult Day Care, Alameda (services include weekend adult day care)</td>
<td>510-865-3380</td>
</tr>
<tr>
<td>LifeLong Medical Care Adult Day Health Care, East Oakland</td>
<td>510-563-4390</td>
</tr>
<tr>
<td>St. Peter’s Community Adult Day Care, San Leandro</td>
<td>510-562-4037</td>
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ALCOHOLISM & DRUG ABUSE PREVENTION PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alameda County Health Care ACCESS (referrals to substance abuse services in Alameda County)</td>
<td>1-800-491-9099</td>
</tr>
<tr>
<td>Alcoholics Anonymous Central Office, Oakland</td>
<td>510-839-8900</td>
</tr>
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ALZHEIMER’S SERVICES

<table>
<thead>
<tr>
<th>Program</th>
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</tr>
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<tbody>
<tr>
<td>Alzheimer’s Association Helpline</td>
<td>1-800-272-3900</td>
</tr>
<tr>
<td>Alzheimer’s Services of the East Bay, Berkeley</td>
<td>510-644-8292</td>
</tr>
<tr>
<td>Ethnic Elders Care</td>
<td><a href="http://www.ethnicelderscare.net">www.ethnicelderscare.net</a></td>
</tr>
<tr>
<td>Family Caregiver Alliance (caregiver respite), San Francisco</td>
<td>1-800-445-8106</td>
</tr>
<tr>
<td>U.C. Davis Alzheimer’s Disease Center, Martinez</td>
<td>1-925-372-2485</td>
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CAREGIVER SUPPORT PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td>Adult Day Services Network of Alameda County</td>
<td>510-883-0874</td>
</tr>
<tr>
<td>Alzheimer’s Association of Northern California</td>
<td>1-800-272-3900</td>
</tr>
<tr>
<td>Family Caregiver Alliance</td>
<td>1-800-445-8106</td>
</tr>
<tr>
<td>Lincoln Child Center Kinship Support Services Program (grandparent &amp; relative caregivers)</td>
<td>510-583-8026</td>
</tr>
<tr>
<td>Spectrum Community Services</td>
<td>510-881-0300</td>
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</table>

CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND ELDERS

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Alzheimer’s Services of the East Bay, Berkeley</td>
<td>510-644-8292</td>
</tr>
<tr>
<td>Bay Area Community Services (BACS)</td>
<td>510-271-8843</td>
</tr>
<tr>
<td>MSSP ( Medi-Cal; Hayward only)</td>
<td>510-574-2041</td>
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DISABLED ADULTS SERVICES/PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>American Cancer Society</td>
<td>1-800-227-2345</td>
</tr>
<tr>
<td>American Diabetes Association</td>
<td>510-654-4499</td>
</tr>
<tr>
<td>American Heart Association / American Stroke Association</td>
<td>510-904-4000</td>
</tr>
</tbody>
</table>
DISABLED ADULTS SERVICES/PROGRAMS (continued)

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
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, Oakland ........................................................................................ 510-450-1580
National Multiple Sclerosis Society ........................................................................................ 1-800-344-4867
Parkinson’s Institute ............................................................................................................... 1-800-786-2958
Regional Center 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:
  Eden Area (24100 Amador St., Hayward, 94544) ................................................................... 510-670-5700
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:
  Eden Area Multi-Service Center (24100 Amador St., Hayward, 94544) .......................... 510-670-6000
CANHR (California Advocates for Nursing Home Reform), San Francisco .............................. 1-415-974-5171
  (estate planning for long term care) .................................................................................... (“consumers only” line) 1-800-474-1116
CAPI (Cash Assistance Program for Immigrants) .................................................................. 1-800-648-0954
ECHO Housing (rental assistance; Hayward & San Leandro only). ............................................. 510-581-9380
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**
- S.O.S. Meals on Wheels ................................................................. 510-582-1264

**Senior Group Dining (congregate meals)**
- Hayward Senior Center (Tuesday & Thursday: meals prepared on site) ............... 510-881-6766
- K.C. Altken Senior Center (Monday & Wednesday: meals prepared on site) ........ 510-881-6738
- Spectrum Community Services (senior community dining; call for list of sites) .................. 510-881-0300

**Alameda County Community Food Bank** ........................................ 510-635-3663, 1-800-870-3663
**Brown Bag Program** .................................................................................. 510-534-8540
**Food Stamps** ................................................................................................. 510-670-6000

**FRIENDLY VISITORS/TELEPHONE REASSURANCE PROGRAMS**
- 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 Services Foundation Friendly Visitor Program .................................................. 510-347-4620
- 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) ............................... 510-839-0393
- Medi-Cal (Alameda County Social Services Agency):
  - Eden Area Multi-Service Center (24100 Amador St., Hayward, 94544) .................. 510-670-6000
  - ................................................................. 1-800-698-1118
- 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 .............................................. 510-670-5398
- City of Hayward Housing Conservation Program (Hayward residents only, minor repairs also) ..... 510-583-4225
- City of San Leandro ................................................................................................. 510-577-6008

**HOSPICE PROGRAMS**
- Crisis Support Services of Alameda County (Grief Counseling Project) ..................... 1-800-260-0094
- 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**
- Housing Authorities:
  - Alameda (County) – Housing Authority of the County of Alameda ...................... 510-538-8876
- Community Resources for Independent Living (CRIL) (disabled housing assistance) .................. 510-881-5743
- East Bay Community Mediation .............................................................................. 510-548-2377
- ECHO Housing (home seeking, rental assistance) ................................................... 510-581-9380
- ECHO Housing (reverse mortgage counseling) ....................................................... 510-271-7931
- Eden Information & Referral (rental housing information and emergency shelter referrals) ........ 510-537-2552
IN-HOME SERVICES

Alameda County In-Home Supportive Services (IHSS Intake & Client Information Services) 510-577-1800
Community Resources for Independent Living (CRIL) – Public Authority Registry (IHSS & private pay referrals) .......................................................... 510-881-5743
Rapid Response (emergency worker replacement for IHSS consumers) .................................................. 510-357-4222

INJURY PREVENTION

Bay Area Community Services (home modification program) .......................................................... 510-271-8843
Spectrum Community Services (exercise and medication management programs) .................. 510-881-0300
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) 510-302-2222
Alameda County Bar Association / Lawyer Referral Service ($30 fee for ½ hr consultation and referral) 510-302-2222
Alameda County Bar Association / Volunteer Legal Services (free assistance for low-income persons) 510-663-4744
Bay Area Legal Aid, Oakland ........................................................................................................ 1-415-974-5171
CANHR (California Advocates for Nursing Home Reform), San Francisco ........................................ 1-800-474-1116
Eviction Defense Center ........................................................................................................... 510-452-4541
Legal Assistance for Seniors, Oakland (services for persons 60 and older) .................................. 510-832-3040
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
Denti-Cal (information on Medi-Cal dental benefits & dentists) ....................................................... 1-800-322-6384
Home CARES Equipment Recyclers ............................................................................................ 510-251-2273
Southern Alameda County Dental Society (referrals) ..................................................................... 510-782-5442
Tiburcio Vasquez Health Center ................................................................................................... 510-471-5880
U.C. Berkeley School of Optometry Eye Clinic ........................................................................... 510-642-2020
University of the Pacific Dental Care Center, Union City .......................................................... 510-489-5200
Winton Wellness Center ............................................................................................................. 510-266-1700

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
Crisis Support Services of Alameda County (Senior In-Home Counseling; Grief Counseling) ...... 1-800-260-0094
Eden Hospital Adult Psychiatric Services ......................................................................................... 510-889-5016
Family Service Counseling Center (outpatient and crisis response) ............................................. 510-483-6715
La Familia Counseling Service (referrals only) ............................................................................ 510-881-5921
Suicide Prevention/Crisis Support (24 hr line) ............................................................................. 1-800-309-2131

NURSING HOME ASSISTANCE / LONG TERM CARE FACILITIES

(Can refer to these sites: www.calnhs.org, www.canhr.org, www.acombuds.org, and www.nursinghomeguide.org) CANHR (California Advocates for Nursing Home Reform), San Francisco ........................................ 1-415-974-5171
Ombudsman, Inc., ....................................................................................................................... 510-638-6878
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

Central (5/07)
### SENIOR CENTERS  See also: Ethnic/Culturally Specific Senior Programs

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Castro Valley</td>
<td>17800 Redwood Rd., Castro Valley, 94546</td>
<td>510-881-6738</td>
</tr>
<tr>
<td>Hayward</td>
<td>22325 North 3rd St., Hayward, 94546</td>
<td>510-881-6766</td>
</tr>
<tr>
<td>San Leandro, Bancroft Senior Center</td>
<td>14235 Bancroft Ave., San Leandro, 94577</td>
<td>510-351-3299</td>
</tr>
<tr>
<td>San Leandro, Marina Community Center</td>
<td>15301 Wicks Blvd., San Leandro, 94579</td>
<td>510-577-3462</td>
</tr>
<tr>
<td>Senior Center Without Walls</td>
<td>(group activities for homebound seniors thru telephone conference calls)</td>
<td>510-444-0243</td>
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### TRANSPORTATION PROGRAMS AND SERVICES

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>AC Transit Senior Discount</td>
<td>510-891-4706</td>
</tr>
<tr>
<td>American Cancer Society</td>
<td>510-832-7012</td>
</tr>
<tr>
<td>BART Senior Discount</td>
<td>510-464-7133</td>
</tr>
<tr>
<td>DMV Parking Placards for Disabled Drivers</td>
<td>1-800-777-0133</td>
</tr>
<tr>
<td>East Bay ParaTransit Service</td>
<td>510-287-5040</td>
</tr>
<tr>
<td>Flex Route Shuttle</td>
<td>510-577-3462</td>
</tr>
<tr>
<td>Hayward ParaTransit Program</td>
<td>510-583-4230</td>
</tr>
<tr>
<td>Travel Information</td>
<td>510-817-1717</td>
</tr>
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### UTILITIES ASSISTANCE

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAP, Salvation Army (water discounts, low-income EBMUD customers)</td>
<td>510-268-0647</td>
</tr>
<tr>
<td>California Telephone Access Program</td>
<td>1-800-806-1191</td>
</tr>
<tr>
<td>Energy Assistance Programs, PG&amp;E Customer Service</td>
<td>1-800-743-5000</td>
</tr>
<tr>
<td>Energy Partners</td>
<td>1-800-989-9744</td>
</tr>
<tr>
<td>HEAP, Spectrum Community Services (Energy Asst. for persons with income at or below 130% of poverty level)</td>
<td>510-881-0300, ext. 214</td>
</tr>
<tr>
<td>Lifeline</td>
<td>1-800-310-2355</td>
</tr>
<tr>
<td>REACH, Davis Street Community Center</td>
<td>510-635-8200</td>
</tr>
<tr>
<td>REACH, Salvation Army</td>
<td>510-581-6444</td>
</tr>
<tr>
<td>Weatherization</td>
<td>510-889-0921</td>
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### VETERANS SERVICES

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Veterans Assistance Benefits Counseling</td>
<td>510-577-3547</td>
</tr>
<tr>
<td>Veterans Assistance, Hayward Office</td>
<td>510-265-8271</td>
</tr>
<tr>
<td>U.S. Department of Veteran’s Affairs Counseling</td>
<td>1-800-827-1000</td>
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### VOLUNTEER OPPORTUNITIES

(See also Friendly Visitor/Telephone Reassurance & Food and Nutrition categories, etc.)

<table>
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<tr>
<th>Organization</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Alameda County Library Homeward Bound Program</td>
<td>510-745-1491</td>
</tr>
<tr>
<td>Ombudsman, Inc.</td>
<td>510-638-6878</td>
</tr>
<tr>
<td>Retired Senior Volunteer Program (RSVP), Oakland</td>
<td>510-452-0868</td>
</tr>
<tr>
<td>Stagebridge</td>
<td>510-444-4755</td>
</tr>
<tr>
<td>Volunteer Center of the East Bay</td>
<td>510-232-0163</td>
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<tr>
<td>Service</td>
<td>Phone Number</td>
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<tr>
<td>-------------------------------------------------------------------------------------------------</td>
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<tr>
<td>Alameda County Area Agency on Aging Senior Information</td>
<td>510-577-3530 / 1-800-510-2020</td>
</tr>
<tr>
<td>Alameda-Contra Costa County Medical Association (to locate doctors who accept Medi-Cal)</td>
<td>510-654-5383</td>
</tr>
<tr>
<td>Alameda County Library Services to Older Adults (Homeword Bound, Programs for Older Adults, Library Computer Training and more)</td>
<td>510-745-1499</td>
</tr>
<tr>
<td>Alameda County Social Services Agency (Self-Sufficiency Center / Food Stamps)</td>
<td>510-670-6000</td>
</tr>
<tr>
<td>Contra Costa County Senior Information</td>
<td>1-925-335-8720</td>
</tr>
<tr>
<td>Eden Information and Referral</td>
<td>510-537-2552</td>
</tr>
<tr>
<td>ElderCare Locator (information on services outside Alameda County/California)</td>
<td>1-800-677-1116</td>
</tr>
<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>
</tr>
<tr>
<td>Immigration Questions: International Institute of the East Bay</td>
<td>510-451-2846</td>
</tr>
<tr>
<td>MedicAlert Service (for persons with special medical needs; call for information)</td>
<td>1-800-432-5378</td>
</tr>
<tr>
<td>Public Authority (IHSS Worker Group Benefits)</td>
<td>510-577-3551</td>
</tr>
<tr>
<td>Public Authority (IHSS Worker and Consumer Training)</td>
<td>510-577-3554</td>
</tr>
<tr>
<td>Public Authority (IHSS Registry Referral)</td>
<td>510-577-3550</td>
</tr>
<tr>
<td>Retired Senior Volunteer Program (RSVP)</td>
<td>510-464-3179</td>
</tr>
<tr>
<td>Senior Injury Prevention Project (SIPP)</td>
<td>510-577-3535</td>
</tr>
<tr>
<td>Social Security / SSI</td>
<td>1-800-772-1213</td>
</tr>
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