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 (925) unless otherwise indicated

Adult Day Health Care Centers
The Bedford Center.....778-4171
Adult Daycare Network.....682-1000

Care Management
Diablo Valley Foundation for Aging...945-8040
Multipurpose Senior Service Program
(MSSP).....682-6330
Senior Outreach Services 937-8311
Jewish Family Services.....927-2000

Disabilities
CA State Dept of Rehab.....754-7700
Hawkins Center ..... (510) 232-6611
Independent Living Resource 754-0539
Lions Cntr/Visually Impaired....(800) 750-3937
Medic Alert ..... (800) 432-5378
Regional Ctr. of the East Bay.....798-3001
Safe Return Program ..... (888) 572-8566

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

End of Life Issues
An Elderly Wish Foundation.....978-1883
Hospice of the East Bay.....887-5678
Sutter Visiting Nurse Foundation 677-4258

Employment
East Bay Works Career Center
Antioch.....706-4830
Bay Point/Pittsburg.....427-8392
Brentwood 634-2195
Home Chore Registry 937-8311
IHSS Registry..... (877) 333-1081
Senior Employment Program.....602-0151

Finances
Consumer Credit Counseling.. (866) 331-2227
General Assistance.....706-4760
Medi-Cal
To apply ..... (800) 709-8348
Online ..... www.benefitscalwin.org
Current clients..... (866) 663-3225
Social Security ..... (800) 772-1213
Veteran's Service Office.....313-1481

Food
Brown Bag/Food Bank 676-7543
CC Cafes (Senior Lunch Sites) See Senior Centers
CalFresh (Food Stamps) to apply.....706-4980
Online ..... www.benefitscalwin.org
Current clients ..... (866) 663-3225
Loaves and Fishes
Antioch, Bay Point, Oakley, Pittsburg.....
.....687-6760
Meals on Wheels
Antioch, Bay Point, Pittsburg.....778-4379
Oakley, Brentwood, Byron.....625-4545

Health Services
Alzheimer's Association ..... (800) 272-3900
CC Regional Medical Center 370-5000
Flu Shots (Aging Adult) ..... (800) 510-2020
John Muir Medical Center
Brentwood Campus.....308-8100
Kaiser
Deer Valley.....813-6500
Delta Fair.....779-5000
La Clinica 431-1230
Medicare ..... (800) 633-4227
Sutter Delta Medical Center.....779-7200
Veteran's Outpatient Clinic.....313-1481

Home Services
Caring Hands 952-2999
Emergency Response Systems... (800) 510-2020
Fall Prevention Program 937-8311
Friendly Visitors.....937-8311
Home Chore Registry 937-8311
In Home Support Services (IHSS)
To apply.....522-7673
Check status of app..... (888) 335-8830
To reach your worker.....522-7665
Registry ..... (800) 333-1081
Payroll..... (877) 335-2171
Senior Help Line Services.....284-6161
(Reassurance by phone)
Tele-Care 934-0901
(Assistance League phone contact)
Weatherization 335-1116

Housing
Assisted Living/Board & Care and Skilled
Nursing Home Lists ..... (800) 510-2020
Homeless Hotline..... (800) 799-6599
Housing Authority
Central Waiting List/Sec. 8 (888) 746-8731
Oakley (Public Housing) 957-8005
Pittsburg (City of) Sec. 8.....252-4830
Pittsburg (Public Housing) 957-8006
Low Cost Housing Lists ..... (800) 510-2020
Rivertown Resource Center.....779-1404
Shelter, Inc 778-0298

Legal/Advocacy
Advisory Council on Aging 229-8434
Automotive complaints ..... (510) 243-9410
Bay Area Legal Aid 219-3325
CA Senior Legal Hotline..... (800) 222-1753
Conflict Resolution 687-8844
Conservatorship/Guardianship 646-2901
Delta 2000 (a referral service) 779-1404
Elder Law Center ..... (866) 543-8017
Health Insurance Counseling & Advocacy
(HICAP) ..... (800) 510-2020
Legal Clinic for Elders 969-3341
Nursing Home Ombudsman.....685-2070
Pacific Community Services.....439-1056
(Housing counseling & tenant/landlord disputes)
Senior Legal Services 706-4852

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

Loneliness/Counseling/Mental Health
Alcoholic's Anonymous 939-4155
CC Regional Medical Center
Psychiatric Emergency (24 hrs) ..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 Cntr (24 hr)....(800) 833-2900
Friendship Line 8am-11pm ..... (800) 971-0016
Grief Counseling ..... (800) 837-1818
Senior Peer Counseling 521-5640
Suicide Prevention 11pm-8am (800) 971-0016
Support Group Lists ..... (800) 510-2020

Recreation/Education
AARP Driver Safety Program.. (888) 227-7669
Liberty Adult School 634-2565
Los Medanos College
Brentwood Campus.....513-1625
Pittsburg Campus.....439-2181
Senior Center w/o Walls ..... (877) 797-7299
Senior Centers, Clubs, Organizations
& Exercise programs lists .. (800) 510-2020

Senior Centers/CC Cafes*(Senior Lunch Sites)
Ambrose Comm. Ctr. (Bay Point)*....458-1601
Antioch*.....778-1158
Brentwood*.....516-5380
Oakley 679-0623
Pittsburg*.....252-4890

Transportation (dial 511) or:
Antioch Senior Bus 778-1158
BART.....676-2278

Transportation (cont'd)

Brentwood Dimes-A-Ride.....754-4040
Dial-A-Ride (Paratransit)
Schedule rides 754-3060
Rides for Seniors.....284-6699
Tri-Delta Transit Route Info.....754-4040

Utility Assistance

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

Volunteer Opportunities

Caring Hands 952-2999
CC Volunteer & Emergency Services 521-5062
Friendly Visitors.....937-8311
Health Insurance Counseling & Advocacy
Program (HICAP)..... (800) 510-2020
Retired & Senior Volunteer Program
(RSVP).....472-5760
Senior Peer Counseling 521-5640
Volunteer Center of the East Bay.....472-5766

Web Sites

Benefits ..... www.benefitscheckup.org
..... www.benefits.gov
CC Social Services .....www.cccounty.us/ehsd
East County Senior Coalition
..... www.ecscseniors.org
Legal ..... www.courts.ca.gov
Medicare ..... www.cchicap.org
.....www.medicare.gov
Online Resource www.211database.org
Social Secu0rity ..... www.ssa.gov

FREE INCOME TAX PREPARATION
Available for seniors and adults with limited to moderate income. Sites are located county wide. Please Call 1-800-510-2020 or 229-8434

This Mini Guide lists only a few of the resources available to you and your family in East 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

East 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