

# Senior Resource Guide for Central County

Nonprofit and Public Agencies Serving  
Castro Valley ● Hayward ● San Leandro ● San Lorenzo

Alameda County Area Agency on Aging  
6955 Foothill Boulevard, Suite 300, Oakland CA 94605, 1-800-510-2020  
<http://alamedasocialservices.org> (Rev. 5/2006)

## ADULT DAY CARE/RESPITE (useful web site: [www.adsnac.org](http://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
Bay Area Community Services Adult Day Care (serves Hayward), Fremont.....	510-656-7742
Boston House Adult Day Care, Hayward .....	510-276-1018
Center for Elders Independence (a long-term comprehensive health care program), Oakland.....	510-433-1150
East Island Adult Day Care, Alameda (services include weekend adult day care) .....	510-865-3380
LifeLong Medical Care Adult Day Health Care, East Oakland.....	510-563-4390
St. Peter's Community Adult Day Care, San Leandro .....	510-562-4037

## 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

## ALZHEIMER'S SERVICES

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

## 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
Spectrum Community Services .....	510-881-0300

## CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND ELDER

Alzheimer's Services of the East Bay, Berkeley .....	510-644-8292
Bay Area Community Services (BACS).....	510-271-8826
MSSP (Medi-Cal; Hayward only).....	510-574-2041

## DISABLED ADULTS SERVICES/PROGRAMS

American Diabetes Association.....	510-654-4499
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

**DISABLED ADULTS SERVICES/PROGRAMS (continued)**

Bay Area Hearing Society, San Francisco .....	1-415-693-5870
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
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
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
Spectrum Community Services .....	510-881-0300

**ETHNIC / CULTURALLY SPECIFIC SENIOR PROGRAMS**

Ethnic Elders Care .....	<a href="http://www.ethnicelderscare.net">www.ethnicelderscare.net</a>
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](http://www.benefitscheckup.org) & [www.govbenefits.gov](http://www.govbenefits.gov))**

Alameda County Social Services Agency (Self-Sufficiency Center / Food Stamps).....	510-670-6000
CANHR (estate planning for long term care), San Francisco .....	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
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**Senior Group Dining (congregate meals)**

Hayward Senior Center (Tuesday & Thursday: meals prepared on site).....	510-881-6766
K.C. Aitken Senior Center (Monday & Wednesday: meals prepared on site) .....	510-881-6738
Spectrum Community Services .....	510-881-0300
Alameda County Community Food Bank .....	510-834-3663
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 (San Leandro area) .....	510-347-4620

**HEALTH INSURANCE PROGRAMS**

HICAP (Health Insurance Counseling and Advocacy Program) .....	510-839-0393
Medi-Cal (Social Services Agency) .....	510-777-2300
Medicare .....	1-800-633-4227
Medicare Savings Programs (QMB, SLMB, QI)/Medi-Cal Long Term Care.....	510-577-1900

**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**

Alameda County Housing Authority .....	510-538-8876
Community Resources for Independent Living (CRIL) (disabled housing assistance) .....	510-881-5743
ECHO Housing (home seeking, rental assistance) .....	510-581-9380
ECHO Housing (reverse mortgage counseling) .....	510-271-7931
Eden Information & Referral (emergency shelter referrals).....	510-537-2552
HOPE Housing Program.....	510-881-0300

**IN-HOME SERVICES**

Alameda County In-Home Supportive Services (IHSS Intake) .....	510-577-1800
Community Resources for Independent Living (CRIL) – Public Authority Registry (IHSS & private pay referrals).....	510-881-5743
.....	TTY – 510-881-0218
Rapid Response (emergency worker replacement for IHSS consumers) .....	510-357-4222

**LEGAL SERVICES**

AARP Legal Assistance Services Network (will refer AARP members to local lawyers: <a href="http://www.aarp.org/lisn/California">www.aarp.org/lisn/California</a> )	
Alameda County Bar Association / Lawyer Referral Service (\$25 fee for ½ hr consultation and referral)	510-893-7160
Alameda County Bar Association / Volunteer Legal Services (free assistance for low-income persons)	510-893-7160
Bay Area Legal Aid, Oakland .....	510-663-4744
CANHR (estate planning for long term care, lawyer referral service), San Francisco.....	1- 800-474-1116
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 (useful web sites: [www.calnhs.org](http://www.calnhs.org) and [www.nursinghomeguide.org](http://www.nursinghomeguide.org))

CANHR (advice on nursing home selection) .....	1-800-474-1116
Ombudsman, Inc.....	510-638-6878
(long-term care facility complaint resolution & advocacy; lists of Alameda Cty Residential Care Facilities for the Elderly and Skilled Nursing Facilities)	

## PUBLIC GUARDIAN'S OFFICE (court appointed conservatorships)

**510-577-1900**

## SENIOR CENTERS See also: Ethnic/Culturally Specific Senior Programs

Castro Valley (17800 Redwood Rd., Castro Valley, 94546) .....	510-881-6738
Hayward (22325 North 3 <sup>rd</sup> St., Hayward, 94546) .....	510-881-6766
San Leandro, Bancroft Senior Center (14235 Bancroft Ave., San Leandro, 94577) .....	510-351-3299
San Leandro, Marina Community Center (15301 Wicks Blvd., San Leandro, 94579).....	510-577-3462
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
East Bay Paratransit Service (for those who meet ADA criteria) .....	510-287-5040
Flex Route Shuttle (San Leandro only) .....	510-577-3462
Hayward Paratransit Program (Measure B door to door service, except San Leandro city) .....	510-583-4230
Travel Information (public transportation information for Bay Area, dial 511).....	510-817-1717

## UTILITIES ASSISTANCE

CAP, Salvation Army (water discounts, low-income EBMUD customers) Oakland.....	510-268-0647
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, Spectrum Community Services (Energy Asst. for persons with income at or below 130% of poverty level)	
.....	510-881-0300,ext. 214

**UTILITIES ASSISTANCE (continued)**

Lifeline (telephone discounts).....	1-800-310-2355
REACH, Davis Street Community Center (delinquent PG&E bills, San Leandro only) .....	510-635-8200
REACH, Salvation Army (delinquent PG&E bills, Hayward & Castro Valley only).....	510-581-6444
Weatherization (for low-income households).....	510-889-0921

**IMPORTANT PHONE NUMBERS: OTHER**

<b>Alameda County Area Agency on Aging Senior Information .....</b>	<b>1-800-510-2020</b>
Alameda County Social Services Agency (Self-Sufficiency Center / Food Stamps).....	510-670-6000
Alameda/Contra Costa County Medical Association (to locate doctors who accept Medi-Cal) .....	510-654-5383
Contra Costa County Senior Information .....	1-925-335-8720
Eden Information and Referral .....	510-537-2552
Eldercare Locator (information on services outside Alameda County/California).....	1-800-677-1116
55 Alive Driving Classes: .....	go to <a href="http://www.aarp.org/55alive">www.aarp.org/55alive</a> for a class near you
Immigration Questions: International Institute of the East Bay.....	510-451-2846
MedicAlert Service (for persons with special medical needs; call for information) .....	1-800-432-5378
Public Authority (IHSS Worker Group Benefits) .....	510-577-3551
Public Authority (IHSS Worker and Consumer Training) .....	510-577-3554
Public Authority (IHSS Registry Referral).....	510-577-3550
Retired Senior Volunteer Program (RSVP) .....	510-464-3179
Senior Injury Prevention Project (SIPP) .....	510-577-3535
Social Security / SSI .....	1-800-772-1213
State of California Community Care Licensing – Central CA Senior Care Licensing Office .....	650-266-8800
U.S. Department of Veteran’s Affairs Counseling.....	1-800-827-1000