

Senior Resource Guide for East County

Nonprofit and Public Agencies Serving
Dublin ● Livermore ● Pleasanton ● Sunol

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)

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
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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
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)	925-371-1531

DISABLED ADULTS SERVICES/PROGRAMS (continued)

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
Spectrum Community Services	510-881-0300

ETHNIC / CULTURALLY SPECIFIC SENIOR PROGRAMS

Ethnic Elders Care	www.ethnicelderscare.net
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 (Self-Sufficiency Center / Food Stamps).....	925-455-0747
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).....	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

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	510-834-3663
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

HEALTH INSURANCE PROGRAMS

HICAP (Health Insurance Counseling and Advocacy Program)	1-800-393-0363
Medi-Cal (Social Services Agency)	925-455-0747
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
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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)	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

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)	510-893-7160
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 (services for persons 60 and older), Oakland	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
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 (useful web sites: www.calnhs.org and 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

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).....	925-371-4795
Weatherization (for low-income households).....	510-889-0921

IMPORTANT PHONE NUMBERS: OTHER

Alameda County Area Agency on Aging Senior Information	1-800-510-2020
Alameda-Contra Costa County Medical Association (to locate doctors who accept Medi-Cal)	510-654-5383
Alameda County Social Services Agency (Self-Sufficiency Center / Food Stamps).....	925-455-0747
Contra Costa County Senior Information	1-925-335-8720
Eden Information & Referral.....	510-537-2552
Eldercare Locator (information on services outside Alameda County/California).....	1-800-677-1116
55 Alive Driving Classes:	go to www.aarp.org/55alive 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