

Senior Resource Guide for South County

Nonprofit and Public Agencies Serving
Fremont ● Newark ● Union City

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
Bay Area Community Services Adult Day Care, Fremont.....	510-656-7742
Boston House Adult Day Care, Hayward.....	510-276-1018
OnLok SeniorHealth (a long-term comprehensive health care program), Fremont	510-870-6262

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	www.ethnicelderscare.net
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, Berkeley	510-883-0874
Alzheimer's Association of Northern California	1-800-272-3900
City of Fremont (serves Fremont, Union City, Newark)	510-574-2035
Family Caregiver Alliance.....	1-800-445-8106
Lincoln Child Center Kinship Support Services Program (grandparent & relative caregivers).....	510-583-8026

CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND SENIORS

Alzheimer's Services of the East Bay	510-644-8292
City of Fremont (Fremont, Union City)	510-574-2041
City of Newark (Newark seniors only)	510 742-4840
MSSP (Medi-Cal; serves Hayward, Fremont, Newark, Union City)	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
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

DISABLED ADULTS SERVICES/ PROGRAMS (continued)

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 years 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-Cities, Fremont (39155 Liberty St., Suite B200, Fremont, 94538).....	510-794-3669
Tri-Cities, Newark (39899 Balentine Dr., Suite 220, Newark, 94560).....	510-742-2323
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

Afghan Elderly Association.....	510-574-2059
City of Fremont Senior Center.....	510-790-6600
Ethnic Elders Care.....	www.ethnicelderscare.net
Jewish Family & Children's Services of the East Bay – Older Adult Services.....	510-558-7800
Indian Community Center, Milpitas (serves South Alameda County residents).....	408-934-1130, ext.15
Lavender Seniors (support services for LGBT—lesbian/gay/bisexual/transgendered—elders).....	510-667-9655

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

Alameda County Social Services Agency (Self-Sufficiency Center / Food Stamps).....	510-795-2428
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).....	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 (Fremont, Tuesday/Thursday).....	510-795-2686

FOOD AND NUTRITION

Home Delivered Meals

Life Elder Care Meals on Wheels (Fremont, Newark, Union City).....	510-574-2092
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Senior Group Dining (congregate meals)

Afghan Meal Program (Wednesdays only), Fremont.....	510-574-2059
Fremont Multi-Service Senior Center (meals prepared on site).....	510-790-6605
Newark Senior Center.....	510-742-4840
Ralph and Mary Ruggieri Senior Center.....	510-675-5497
Spectrum Community Services.....	510-881-0300

FOOD AND NUTRITION (continued)

Alameda County Community Food Bank.....	510-834-3663
Brown Bag Program.....	510-742-4840
Food Stamps.....	510-795-2428
Tri-City Volunteers (emergency food).....	510-793-4583

FRIENDLY VISITORS/TELEPHONE REASSURANCE PROGRAMS

Lavender Seniors (support services for LGBT—lesbian/gay/bisexual/transgendered—elders)	510-667-9655
LIFE Elder Care (friendly visitors, home helpers)	510-574-2097
Senior Center Without Walls (group activities for homebound seniors thru telephone conference calls)	510-444-0243

HEALTH INSURANCE PROGRAMS (useful website : www.lashicap.org)

HICAP (Health Insurance Counseling and Advocacy Program).....	1-800-393-0363
Medi-Cal (Social Services Agency)	510-777-2300
Medicare	1-800-633-4227
Medicare Savings Program (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 Fremont Housing Rehabilitation Program (Fremont residents only).....	510-494-4500
City of Newark Senior Property Maintenance Program (yard work or small outside maint.).....	510-793-1400,ext.727

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
City of Fremont Office of Housing & Redevelopment.....	510-494-4500
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
Fremont Fair Housing and Landlord/Tenant Program (Family Resource Center)	510-574-2270
HOPE Housing Program	510-881-0300
Tri-City Volunteers (emergency housing)	510-793-4583

IN-HOME SERVICES

Alameda County In- Home Supportive Services (IHSS Intake).....	510-577-1800
Public Authority Registry in Fremont (IHSS & private pay referrals).....	510-574-2095
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: 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
East Bay Community Law Center (for low income person needing legal advice/counsel).....	510-548-4040
Legal Assistance for Seniors (services for persons 60 years and older)	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
Denti-Cal (information on Medi-Cal dental benefits & dentists)	1-800-322-6384
Home CARES Equipment Recyclers	510-251-2273
Newark Health Center	510-795-2414
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.....	510-489-5200
Washington Hospital (Clinics – Fremont, Newark, Union City).....	510-797-1111

MENTAL HEALTH / COUNSELING

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
City of Fremont Human Services (includes Senior Peer Counseling)	510-574-2041
Family Service of the Tri-Cities (outpatient and crisis counseling)	510-791-3322
Grief Counseling Project	1-800-260-0094
Suicide Prevention/Crisis Support (24 hr line)	1-800-309-2131

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

Fremont (40086 Paseo Padre Parkway, Fremont, 94538).....	510-790-6600
Newark (7401 Enterprise Drive, Newark, 94560).....	510-742-4840
Senior Center Without Walls (group activities for homebound seniors thru telephone conference calls)	510-444-0243
Union City (33997 Alvarado-Niles Road, Union City, 94587)	510-489-6629

TRANSPORTATION PROGRAMS & 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
Fremont Paratransit.....	510-574-2053
Newark Paratransit.....	510-791-7879
Travel Information (public transportation information for Bay Area, dial 511).....	510-817-1717
Union City Paratransit	510-675-5373

UTILITIES ASSISTANCE

California Telephone Access Program	1-800-806-1191
Energy Assistance Programs, PG&E Customer Service (medical 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 Asst. for persons with income at or below 130% of poverty) (Spectrum Community Services)	510-881-0300 ext 214
Lifeline (telephone discounts)	1-800-310-2355
REACH, Salvation Army (delinquent PG&E bills)	510-793-6319
Weatherization (for low-income households)	510-889-0921

IMPORTANT PHONE NUMBERS : Other Programs & Services

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)	510-795-2428
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	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