

# Senior Resource Guide for North County

Nonprofit and Public Agencies Serving

Alameda • Albany • Berkeley • Emeryville • Oakland • Piedmont

Alameda County Area Agency on Aging

6955 Foothill Boulevard, 3<sup>rd</sup> Floor, Oakland CA 94605, 1-800-510-2020 / 510-577-3530

<http://alamedasocialservices.org> (Revised 10/2011)

## **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, Berkeley .....	510-644-8292
Bay Area Community Services Adult Day Care, Oakland.....	510-601-1074
Berkeley Adult Day Health Care, Berkeley.....	510-601-0167
Center for Elders Independence (PACE—A Program of All-inclusive Care for the Elderly) .	510-433-1150
Hong Fook Adult Day Health Care, Oakland (14 <sup>th</sup> Street site).....	510-839-9673
Hong Fook Adult Day Health Care, Oakland (Harrison Street site) .....	510-302-0460
LifeLong Medical Care Adult Day Health Care, 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 (website focuses on ethnic elders with Alzheimer's and related disorders) <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**

**(Note: for support group information, contact also adult day care programs and local hospitals)**

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
Family Education and Resource Center (support for family/caregivers of people with mental illness)..	510-746-1700
Family Support Services of the Bay Area (kinship support for grandparents/relative caregivers) .....	510-834-2443

## **CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND ELDER**

Bay Area Community Services (BACS).....	510-271-8827
City of Berkeley (case management for Berkeley residents 55+, based at the Berkeley senior centers) .....	510-981-7700
MSSP (Medi-Cal; Oakland, Emeryville, & parts of Berkeley).....	510-238-3762
St. Mary's Senior Homeless Case Management .....	510-923-9600

## **DISABLED ADULTS SERVICES/PROGRAMS**

Alameda County Public Health Department Diabetes Program (free classes for County residents with Type 2 Diabetes).....	510-383-5185
Alta Bates Summit Diabetes Center (diabetes self-management classes, support groups).....	510-204-1081
American Cancer Society.....	1-800-227-2345
American Diabetes Association.....	510-654-4499
American Heart Association / American Stroke Association.....	510-904-4000
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)**

Berkeley Place Deaf/Hearing Project, Berkeley .....	510-644-2003
.....TTY -	510-644-2000
Braille & Talking Book Library .....	1-800-952-5666
California Telephone Access Program (CTAP) (accessible phone products/services) .....	1-800-806-1191
.....TTY	1-800-806-4474
Center for Independent Living (CIL): Berkeley .....	510-841-4776
Oakland (Downtown) .....	510-763-9999
Oakland (Fruitvale) .....	510-536-2271
DCARA (Deaf Counseling, Advocacy and Referral Agency) .....	1-866-680-0515
.....TTY	1-877-322-7288
Disability Rights California (formerly Protection & Advocacy, Inc.) .....	510-267-1200
.....TTY	1-800-719-5798
Easy Does It (emergency services for people with severe disabilities and elders in Berkeley) .....	510-704-2111
Hearing and Speech Center of Northern California, San Francisco (testing and product info)....	1-415-921-7658
Lighthouse for the Blind (consumer products), San Francisco .....	1-415-431-1481
Lions Center for the Blind (free services for blind and low vision seniors) .....	510-450-1580
MS Friends Support Line (multiple sclerosis peer phone helpline) .....	1-866-673-7436
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
Women's Cancer Resource Center, Oakland.....	510-420-7900

**EDUCATION (See also Senior Centers)**

Alameda Adult School.....	510-522-3858
Albany Adult School.....	510-558-2516
Berkeley Adult School.....	510-644-6130
Eastmont Computing Center, Oakland.....	510-382-0555
Piedmont Adult School.....	510-594-2716
U.C. Berkeley (Osher Lifelong Learning Institute – OLLI, <a href="http://www.lli.berkeley.edu">www.lli.berkeley.edu</a> ).....	510-642-9934

**ELDER ABUSE PREVENTION PROGRAMS**

Alameda County Adult Protective Services, Oakland .....	1-866-225-5277
District Attorney Consumer & Environmental Protection Division Unit .....	510-383-8600
District Attorney Elder Abuse Unit .....	510-267-8800
District Attorney Victim/Witness Assistance Division .....	510-272-6180
Legal Assistance for Seniors (services for persons 60 and older), Oakland .....	510-832-3040

**EMERGENCY PREPAREDNESS PROGRAMS**

**(Note: Contact your local Fire Departments and Offices of Emergency Services)**

American Red Cross (preparedness training for groups) .....	510-595-4459
CARD (Collaborating Agencies Responding to Disasters) (preparedness training for nonprofit/community agencies) .....	510-451-3140
CORE (Citizens of Oakland Responding to Emergencies) (training for Oakland residents) .....	510-238-6351
Senior Injury Prevention Partnership (discussion groups for older adults).....	510-577-3535

**EMPLOYMENT PROGRAMS**

ASSETS Senior Employment Program (for persons 55 and older) .....	510-238-3535
Center for Independent Living (program for disabled persons seeking employment) .....	510-841-4776
Eastbay Works One-Stop Business and Career Centers:	
Alameda (555 Appezzato Memorial Parkway, Alameda, 94501) .....	510-748-2208
North Cities (1918 Bonita Ave., Berkeley, 94704).....	510-982-7128
Oakland:	
Alameda County Social Services/North Oakland Career Center (2000 San Pablo Ave., Oakland, 94612).....	510-208-0903

## **EMPLOYMENT PROGRAMS (continued)**

Alameda County Social Services/Eastmont Career Center (7200 Bancroft Ave., Oakland, 94605).....	510-568-8349
Downtown, (1212 Broadway, Suite 100, Oakland, 94612).....	510-622-4333
English Center (school for ESL learners) (66 Franklin, Suite 220, Oakland, 94607).....	510-836-6700
Lao Family Community Development (2325 East 12th St., Oakland, 94601).....	510-533-8850
Unity Council Multicultural Center (1900 Fruitvale Ave., Oakland, 94601).....	510-535-6101
SCORE—Service Corps of Retired Employees (provides free business counseling).....	510-273-6611

## **END-OF-LIFE PLANNING & ARRANGEMENTS**

**(Note: Hospice agencies provide support and care services for people facing terminal illness.**

**Contact Senior Information for a list of local hospice agencies.)**

Alameda County Bar Association (lawyer referral service-\$30 for 30 minute consultation—pertaining to estate planning, wills and trusts) .....	510-302-2222
Alameda County Coroner (indigent burial/cremation in case of no next of kin or financial means—eligibility determined by application) .....	510-268-7300
Alameda County Public Administrator (administers estates of decedents who have no next of kin or executor) .....	510-577-1979
California Advocates for Nursing Home Reform (elder law attorney referral services and information on Medi-Cal estate recovery) .....	1-415-974-5171, 1-800-474-1116
California Department of Consumer Affairs' Cemetery and Funeral Bureau (licenses funeral agencies, publishes consumer guide: <a href="http://www.cfb.ca.gov">www.cfb.ca.gov</a> ) .....	1-800-952-5210
Crisis Support Services of Alameda County (grief counseling, grief support group for seniors)..	1-800-309-2131
Funeral Consumers Alliance (consumer education) .....	<a href="http://www.funerals.org">www.funerals.org</a>
Legal Assistance for Seniors (provides workshop on advance health care directive).....	510-832-3040

## **ETHNIC / CULTURALLY SPECIFIC PROGRAMS**

Catholic Charities of the East Bay, Oakland (Immigration and Naturalization Services, Refugee Resettlement Program, Southeast Asian Senior Services) .....	510-768-3100
East Bay Korean Community Senior Service Center, Oakland (English).....	510-763-1879
East Bay Korean Community Senior Service Center, Oakland (Korean).....	510-763-0736
Ethiopian Community and Cultural Center, Oakland .....	510-268-4770
Ethnic Elders Care (website focuses on ethnic elders with Alzheimer's and related disorders) <a href="http://www.ethnicelderscare.net">www.ethnicelderscare.net</a>	
Family Bridges, Inc. (Asian language-speaking), Oakland (Information & Assistance) .....	510-839-2022
Family Bridges, Inc. (Asian language-speaking), Oakland (Hong Lok Senior Center) .....	510-763-9017
Filipino Advocates for Justice (naturalization and immigration assistance at fixed rate), Oakland .....	510-465-9876
Fruitvale-San Antonio Senior Center, Oakland (English/Spanish and Khmer-Speaking) .....	510-535-6123
International Institute of the East Bay (immigration legal services).....	510-451-2846
J-Sei (formerly Japanese American Services of the East Bay), Berkeley .....	510-848-3560
Jewish Family & Children's Services of the East Bay – Older Adult Services.....	510-558-7800
Korean Community Center of the East Bay, Oakland.....	510-547-2662
Lao Family Community Development, Inc.—Oakland Refugees Seniors Club .....	510-533-8850
Lavender Seniors (support services for LGBT—lesbian/gay/bisexual/transgendered—elders) .....	510-667-9655
Vietnamese American Community Center of the East Bay (formerly Seton Senior Center) .....	510-891-9999

## **FINANCIAL ASSISTANCE (useful websites: [www.benefitscheckup.org](http://www.benefitscheckup.org) & [www.govbenefits.gov](http://www.govbenefits.gov))**

Alameda County Social Services Agency:	
Eastmont Self-Sufficiency Center (6955 Foothill Blvd., 1 <sup>st</sup> Floor, Oakland, 94605) .....	510-383-5300
North County Multi-Service Center (2000 San Pablo Ave., Oakland, 94612).....	510-263-2420
CANHR (California Advocates for Nursing Home Reform), San Francisco (estate planning for long term care).....	1-415-974-5171, 1-800-474-1116
CAPI (Cash Assistance Program for Immigrants).....	510-268-2332, 1-800-648-0954
ECHO Housing (rental assistance).....	510-836-4826
Social Security / SSI .....	1-800-772-1213

**FINANCIAL ASSISTANCE (continued)**

Veterans Assistance Benefits Counseling (Adult & Aging Services)..... 510-577-1926

**FOOD AND NUTRITION**

***Home Delivered Meals***

Alameda Meals on Wheels (Alameda only) ..... 510-865-6131  
Albany Meals on Wheels (Albany only) ..... 510-524-9124  
Bay Area Community Services (Oakland and Piedmont, except 94605 and 94603)..... 510-986-8916  
Berkeley Tri/City Nutrition Program (Berkeley only)..... 510-981-5250  
Emeryville (Tri/City Nutrition Program) (Emeryville only) ..... 510-596-3730  
SOS Meals on Wheels (Oakland 94605 and 94603) ..... 510-460-5855

***Senior Group Dining (congregate meals)***

Bay Area Community Services (Alameda & Oakland Only), Oakland ..... 510-986-8909  
Tri-City Café (Contact senior centers for Albany, Berkeley, Emeryville):  
Albany Senior Center ..... 510-524-9122  
Berkeley Senior Centers: .....North 510-981-5190, South 510-981-5170, West 510-981-5180  
Emeryville Senior Center ..... 510-596-3730  
Alameda County Community Food Bank ..... 510-635-3663, 1-800-870-3663  
Brown Bag Program ..... 510-534-8540  
Food Stamps .....510-263-2420 (North County Ctr.), 510-383-5300 (Eastmont Ctr.)  
Senior Resources Food Co-op (wholesale produce), St. Paul’s Church, Oakland..... 510-444-5974

**FRIENDLY VISITORS/TELEPHONE REASSURANCE PROGRAMS**

Alameda Friendly Visitor (free weekly visits; city of Alameda residents)..... 510-748-0342  
Lavender Seniors (support services for LGBT—lesbian/gay/bisexual/transgendered—elders) ..... 510-667-9655  
Berkeley Public Library Home Delivery Services (for Berkeley residents who can’t get to the library  
due to illness or disability)..... 510-981-6160  
ElderWISE Friendly Visitor Program ..... 510-444-0243  
St. Mary’s Center, Oakland ..... 510-923-9600  
Senior Center Without Walls (group activities for homebound seniors thru FREE phone conference calls) ... 1-877-797-7299  
Senior Companions ..... 510-238-3080  
Tele-Care (daily phone calls to people who are homebound or isolated), Alta Bates Medical Center... 510-204-4487

**HEALTH INSURANCE PROGRAMS (useful website : [www.cahealthadvocates.org](http://www.cahealthadvocates.org))**

HICAP (Health Insurance Counseling and Advocacy Program) ..... 510-839-0393  
Medi-Cal (Alameda County Social Services Agency):  
Medi-Cal Center (Enterprise Office, 8477 Enterprise Way, Oakland, 94621)..... 510-777-2300  
..... 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)  
Uninsured Help Line ..... 1-800-234-1317

**HOME IMPROVEMENT PROGRAMS FOR LOW TO MODERATE INCOME HOUSEHOLDS**

***Minor Home Repair Grants***

Alameda County Housing & Community Development (County MHR Program serves Albany, Dublin,  
Fremont, Livermore, Newark, Oakland, Piedmont, Pleasanton, San Leandro, Union City, uninc. Alameda County) 510-670-5398  
City of Alameda Rehabilitation Program (including accessibility modifications)..... 510-747-6897  
City of Berkeley Minor Home Repair (Berkeley homeowners only) ..... 510-981-7760  
Rebuilding Together (Albany, Berkeley, Emeryville)..... 510-644-8979  
Rebuilding Together (Oakland) ..... 510-625-0316

## **HOME IMPROVEMENT PROGRAMS (continued)**

### **Major Rehab Low Interest Loans**

Alameda County Housing & Community Development.....	510-670-5398
City of Alameda Rehabilitation Program.....	510-749-6897
City of Berkeley Energy Services Corporation (Berkeley only) .....	510-981-5400
Oakland Office of Housing & Community Development (Oakland only).....	510-238-3909

## **HOUSING ASSISTANCE PROGRAMS**

### **Housing Authorities:**

Alameda (County) – Housing Authority of the County of Alameda.....	510-538-8876
..... (serves Albany, Dublin, Emeryville, Fremont, Hayward, Newark, Pleasanton, San Leandro, Union City, Castro Valley, San Lorenzo)	
Alameda (City) – Housing Authority of the City of Alameda .....	510-747-4300
Berkeley Housing Authority .....	510-981-5470
Oakland Housing Authority.....	510-874-1500
Center for Independent Living (disabled housing assistance), Berkeley .....	510-841-4776
ECHO Housing (fair housing counseling).....	510-496-0496
ECHO Housing (reverse mortgage counseling) .....	1-855-275-3246
Eden Information & Referral (rental housing information and emergency shelter referrals) .....	2-1-1
HERA—Housing and Economic Rights Advocates (mortgage counseling).....	510-271-8443
Housing Rights, Inc. (Albany, Berkeley, Emeryville, Piedmont only) .....	510-548-8776
Just Cause (Tenants' Rights Clinic for Oakland residents).....	510-836-2687
NID-Housing Counseling Agency (homeowner/foreclosure counseling) .....	510-268-9792
Unity Council—The HomeOwnership Center (first time homebuyer education; foreclosure workshops)	510-535-6943

## **IN-HOME SERVICES**

Alameda County In-Home Supportive Services (IHSS Intake & Client Information Services)	510-577-1800
Alameda County In-Home Supportive Services (IHSS Payroll) .....	510-577-1877
Center for Independent Living (CIL) – (private pay referrals).....	510-841-4776
..... TDD:	510-848-3101
Public Authority (IHSS Registry Referral).....	510-577-1980
Scott's Attendant List .....	<a href="http://scottsattendantlist.com">scottsattendantlist.com</a>

## **INJURY PREVENTION**

Bay Area Community Services (home modification program).....	510-271-8843
St. Mary's Center (exercise program).....	510-923-9600
Senior Injury Prevention Partnership (falls prevention and older driver safety discussion groups) .....	510-577-3535

## **LEGAL SERVICES**

AARP Legal Services Network (will refer AARP members to local lawyers).....	<a href="http://www.aarplsn.com">www.aarplsn.com</a>
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)	510-302-2222
Bay Area Legal Aid, Oakland .....	1-800-551-5554
CANHR (California Advocates for Nursing Home Reform), San Francisco (estate planning for long term care, lawyer referral service) .....	1-415-974-5171, 1-800-474-1116
Centro Legal de la Raza (low-cost immigration legal services).....	510-437-1554
East Bay Community Law Center (for low income persons needing legal advice/counsel) .....	510-548-4040
Eviction Defense Center .....	510-452-4541
HERA—Housing and Economic Rights Advocates .....	510-271-8443
International Institute of the East Bay (immigration legal services).....	510-451-2846
Legal Assistance for Seniors (services for persons 60 and older), Oakland .....	510-832-3040
SEEDS Community Resolution Center .....	510-548-2377
Senior Legal Hotline of Northern California (phone hotline provides pension counseling and domestic violence assistance).....	1-800-222-1753



**SENIOR CENTERS (See also: Ethnic/Culturally Specific Senior Programs)**

Alameda (1155 Santa Clara Avenue, Alameda, 94501) .....	510-747-7500
Albany (846 Masonic Ave., Albany, 94706).....	510-524-9122
Berkeley, East Bay Center for the Blind (member-operated, activities for blind and visually impaired) (2928 Adeline St., Berkeley, 94703).....	510-843-6935
Berkeley, J-Sei (formerly Japanese American Services of the East Bay) (1710 Carlton St., Berkeley, 94703)	510-883-1106
Berkeley, Jewish Community Center of the East Bay (1414 Walnut St., Berkeley, 94709)..	510-848-0237
Berkeley, North (1901 Hearst Ave., Berkeley, 94709) .....	510-981-5190
Berkeley, South (2939 Ellis St., Berkeley, 94703) .....	510-981-5170
Berkeley, West (1900 – 6 <sup>th</sup> St., Berkeley, 94710) .....	510-981-5180
Emeryville (4321 Salem St., Emeryville, 94608).....	510-596-3730
Oakland, Downtown (200 Grand Ave., Oakland, 94610) .....	510-238-3284
Oakland, East (9255 Edes Ave., Oakland, 94603) .....	510-615-5731
Oakland, East Bay Korean (1723 Telegraph Ave., Oakland, 94610)..... (English)	510-763-1879
..... (Korean)	510-763-0736
Oakland, Fruitvale-San Antonio (Spanish-Speaking) (3301 E. 12 <sup>th</sup> St., # 201, Oakland, 94601)	510-535-6123
Oakland, Golden Ages (Eastmont Town Ctr., 73 <sup>rd</sup> & Bancroft, upper level, Oakland, 94605)	510-562-1990
Oakland, Hong Lok Senior Center (275 – 7 <sup>th</sup> St., Oakland, 94607) .....	510-763-9017
Oakland, Korean Community Center (4390 Telegraph Ave., Ste. A, Oakland, 94609) .....	510-547-2662
Oakland, Lincoln Court Center (2400 MacArthur Blvd., Oakland, 94602).....	510-336-0100
Oakland, West (1724 Adeline St., Oakland, 94607) .....	510-238-7016
Oakland, North (5714 Martin Luther King, Jr., Way, Oakland, 94609) .....	510-597-5085
Oakland, Pleasant Valley Adult School (activities & classes for older adults) .....	510-879-4090
Oakland, St. Mary’s Center (925 Brockhurst St., Oakland, 94608).....	510-923-9600
Oakland, Vietnamese American Community (655 International Blvd., Oakland, 94606).....	510-891-9999
Piedmont, Piedmont Seniors (monthly meetings at 711 Highland Ave., Piedmont, 94611) .	510-420-3070
Senior Center Without Walls (group activities for homebound seniors thru FREE phone conference calls) ...	1-877-797-7299

**TRANSPORTATION PROGRAMS AND SERVICES**

AC Transit Senior Discount.....	510-891-4706
American Cancer Society—Road to Recovery (transportation program for cancer patients) .....	1-800-227-2345
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).....	510-287-5000
Travel Information (public transportation information for Bay Area, dial 511).....	510-817-1717
Travel Training (training on how to use AC Transit and BART):	
Senior Group Travel Training (United Seniors of Oakland and Alameda County).....	510-729-0852
Persons with Disabilities One-on-One Training (Center for Independent Living).....	510-841-4776

***Taxi and Van Services***

Alameda.....	510-747-7500
Albany.....	510-524-9122
Berkeley.....	510-981-7269
Emeryville .....	510-596-3730
Oakland .....	510-238-3036

**UTILITIES ASSISTANCE**

Alameda Power & Telecom (energy audit, weatherization program) .....	510-748-3947
California Lifeline (telephone service discounts).....	1-866-272-0357
California Telephone Access Program (CTAP) (accessible phone products/services).....	1-800-806-1191
..... TTY	1-800-806-4474
EBMUD Customer Assistance Program (CAP), Salvation Army (water discounts for low-income EBMUD customers) .....	510-645-9710
HEAP (energy assistance for low-income households) .....	510-881-0300
PG&E CARE (discount on gas/electric bills for qualified low-income households) .....	1-866-743-2273

**UTILITIES ASSISTANCE (continued)**

PG&E Customer Service—Energy Assistance Programs (medical care baseline service, multi-lingual)	1-800-743-5000
PG&E Energy Partners (weatherization measures, energy-efficient appliances for qualified low-income customers)	1-800-989-9744
PG&E REACH, Salvation Army (emergency energy assistance for low-income households)	510-645-9710
Reach Out Wireless (discounted cell phone service, <a href="http://www.govlifeline.com">www.govlifeline.com</a> )	1-877-777-1914
Weatherization (for low-income Alameda County households—except Albany, Berkeley, Emeryville)	510-881-0300
Weatherization (for low-income Albany, Berkeley, Emeryville households)	510-981-7770

**VETERANS SERVICES**

Oakland VA Outpatient Clinic (medical and mental health services)	1-800-382-8387
Oakland Vet Center (services include mental health counseling)	510-763-3904
Veterans Assistance Benefits Counseling (Adult & Aging Services)	510-577-1926
U.S. Department of Veteran’s Affairs Counseling	1-800-827-1000

**VOLUNTEER OPPORTUNITIES**

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

Alameda County Library Homeward Bound Program (home delivery of library materials)	510-745-1491
Coming of Age Bay Area (formerly RSVP)	1-888-308-1767
Experience Corps (adults 55+ tutor and mentor elementary school children)	510-495-4966
Ombudsman (volunteer advocates for persons in long term care facilities)	510-638-6878
Senior Companions & Foster Grandparents Programs, Oakland	510-238-3080
Stagebridge (senior actors and storytellers), Oakland	510-444-4755
Volunteer Center of the East Bay	510-232-0163

**IMPORTANT PHONE NUMBERS**

**Alameda County Area Agency on Aging Senior Information .. 510-577-3530 / 1-800-510-2020**

Alameda-Contra Costa County Medical Association (to locate doctors who accept Medi-Cal)	510-654-5383
Alameda County Library Services to Older Adults (Homeward Bound, Programs for Older Adults, Library Computer Training and more)	510-745-1499
Alameda County Social Services Agency:	
Eastmont Self-Sufficiency Center (6955 Foothill Blvd., 1 <sup>st</sup> Floor, Oakland, 94605)	510-383-5300
North County Multi-Service Center (2000 San Pablo Ave., Oakland, 94612)	510-263-2420
Contra Costa County Senior Information	1-925-229-8434
Eden Information & Referral	2-1-1
Eldercare Locator (information on services outside Alameda County/California)	1-800-677-1116
55 Alive Driving Classes: check <a href="http://www.aarp.org">www.aarp.org</a> for a class near you	1-888-227-7669
Immigration Questions: International Institute of the East Bay	510-451-2846
MediAlert Service (for persons with special medical needs; call for information)	1-800-432-5378
Public Authority (IHSS Registry Referral)	510-577-1980
Public Authority (Centralized Registry Information Line—for worker application and orientation)	510-577-5694
Public Authority (IHSS Worker Health Benefits Hotline)	510-777-4201
Public Authority (IHSS Worker and Consumer Training)	510-577-3554
Senior Injury Prevention Partnership (SIPP)	510-577-3535
Social Security / SSI	1-800-772-1213

Other guides available from the Area Agency on Aging upon request:

- Senior Housing Guide \* Retirement Residences and Continuing Care Retirement Communities \*
- Emergency Response Programs \* Employment Assistance and Resources for Older Persons \*
- Food & Nutrition Resources \* Geriatric Care Management & Other Private Services \*
- Home Health Care, Home Care, and Hospice Agencies \* Mental Health Agencies \*
- Placement Agencies \* Senior Centers \* SSI/CAPI \* Utilities Assistance