

SENIOR RESOURCE GUIDE

Non-Profit and Public Agencies Serving

CENTRAL ALAMEDA COUNTY – *Castro Valley • Hayward • San Leandro • San Lorenzo*

Alameda County Area Agency on Aging

6955 Foothill Blvd, 3rd Floor, Oakland, CA 94605; 1-800-510-2020 / 510-577-3530; <http://alamedasocialservices.org>



ADULT DAY CARE/RESPITE (useful website: www.daybreakcenters.org)

Alzheimer's Services of the East Bay, Hayward; http://aseb.org	510-888-1411
Bay Area Community Services – BACS, Adult Day Care, serves Hayward, Fremont; www.bayareacs.org	510-656-7742
Centers for Elders Independence (PACE - Program of All-inclusive Care for the Elderly); www.cei.elders.org	510-433-1150
DayBreak Adult Care Centers, formerly Adult Day Services Network (personalized referrals & community education); http://daybreakcenters.org	510-834-8314

ALCOHOLISM & DRUG ABUSE PREVENTION PROGRAMS

Alameda County Health Care ACCESS (referrals to substance abuse services in Alameda County); www.acbhcs.org	800-491-9099
Alcoholics Anonymous Central Office, Oakland; http://eastbayaa.org	510-839-8900
Comm Pre, a program of Horizon Services, Inc. (prevention strategies to reduce alcohol and medication misuse among older adults); http://horizonservices.org	510-885-8743

ALZHEIMER'S SERVICES

Alzheimer's Association Helpline (24-hour); www.alz.org	800-272-3900
Alzheimer's Services of the East Bay, Hayward; http://aseb.org	510-888-1411
Ethnic Elders Care (website focuses on ethnic elders with Alzheimer's and related disorders)	www.ethnicelderscare.net
Family Caregiver Alliance (limited respite maybe available for unpaid caregivers); www.caregiver.org	800-445-8106
U.C. Davis Alzheimer's Disease Center (Richmond & Sacramento sites); www.ucdmc.ucdavis.edu/alzheimers	530-752-8797

CAREGIVER SUPPORT PROGRAMS

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

Alzheimer's Association of Northern California, www.alznorcal.org	800-272-3900
DayBreak Adult Care Centers, formerly Adult Day Services Network, http://daybreakcenters.org	510-834-8314
Family Caregiver Alliance (assistance for families caring providing long-term care for loved ones); www.caregiver.org	800-445-8106
Family Education and Resource Center (support for family/caregivers of people with mental illness); www.askferc.org	510-746-1700

CAREGIVER SUPPORT PROGRAMS cont.

Lincoln Child Center Kinship Support Services Program (*grandparent & relative caregivers or children*), Hayward;
<http://lincolnchildcenter.org/kinship-services> 510-583-8060

CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND SENIORS

Bay Area Community Services - BACS, www.bayareacs.org 510-271-8843
Multipurpose Senior Services Program - MSSP (*residents on Medi-Cal; serves Hayward, Fremont, Newark, Union City*); www.fremont.gov/908/Senior-Help-Line
..... 510-574-2041

DISABLED ADULT SERVICES/PROGRAMS

Alameda Public Health Department Diabetes Program (*free classes for Alameda County residents with Type 2 Diabetes*); www.acphd.org 510-383-5185
American Cancer Society; www.cancer.org 800-227-2345
American Diabetes Association; www.diabetes.org 510-654-4499
American Heart Association / American Stroke Association, www.heart.org / www.strokeassociation.org 510-903-4050
Americans with Disabilities Act (ADA), Pacific ADA Center; www.adapacific.org 800-949-4232
Aphasia Center of California (*services for persons who have had strokes*); <http://aphasiacenter.net> 510-336-0112
Arthritis Foundation; www.arthritis.org 415-356-1230
Braille & Talking Book Library; www.library.ca.gov/services/btbl.html 800-952-5666
California Telephone Access Program - CTAP (*accessible phone products/services*); www.californiaphones.org 800-806-1191/ TTY: 800-806-4474
Community Resources for Independent Living - CRIL; <http://crilhayward.org> 510-881-5743
DCARA - Deaf Counseling Advocacy and Referral Agency; www.dcara.org 510-343-6670/ TTY: 877-322-7288
Disability Rights California; www.disabilityrightsca.org 510-267-1200/ TTY: 800-719-5798
Hearing and Speech Center of Northern California (*testing and product info*), San Francisco; www.hearingspeech.org 415-921-7658
Lighthouse for the Blind (*consumer products*), Berkeley; <http://lighthouse-sf.org> 510-845-8700/ TTY: 510-845-8703
Lions Center for the Blind (*free services for the Blind and low vision seniors*); www.lbcenter.org 510-450-1580
Multiple Sclerosis (MS) Friends Support Line (*multiple sclerosis peer phone helpline*); 866-673-7436
National Multiple Sclerosis Society, www.nationalmssociety.org 800-344-4867
Parkinson's Institute; www.thepi.org 800-655-2273
Regional Center of the East Bay (*services to individuals with developmental disabilities*); www.rceb.org 510-618-6100
Wheelchair Breakdown Service (*emergency wheelchair transportation and breakdown assistance*); 877-509-4335
Women's Cancer Resource Center, Oakland; www.wcrc.org 510-420-7900

EDUCATION (also see Senior Centers)

Castro Valley Adult & Career Education; www.cvadult.org	510-886-1000
Hayward Center for Education and Careers (Adult School); www.has.edu	510-293-8595
San Leandro Adult School; www.sanleandroadultschool.org	510-618-4420
San Lorenzo Adult School; http://adult-slzusd-ca.schoolloop.com	510-317-4200
U.C. Berkeley - Osher Lifelong Learning Institute - OLLI; http://olli.berkeley.edu	510-642-9934

ELDER ABUSE PREVENTION

Alameda County Adult Protection Services; http://alamedasocialservices.org	866-225-5277
District Attorney - Consumer & Environmental Protection Unit; www.alcoda.org	510-383-8600
District Attorney - Elder Protection Unit (located in Family Justice Center); www.alcoda.org	510-267-8800
District Attorney - Victim/Witness Assistance Division; www.alcoda.org	510-272-6180
Legal Assistance for Seniors (services for persons 60 and older); www.lashicap.org	510-832-3040

EMERGENCY PREPAREDNESS PROGRAMS

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

American Red Cross (preparedness training for groups); www.redcrossbayarea.org	510-595-4400
Collaborating Agencies Responding to Disasters - CARD (preparedness training for non-profit/community agencies); http://cardcanhelp.org ...	510-451-3140
Senior Injury Prevention Partnership (discussion groups for older adults); www.acphd.org	510-618-2050

EMPLOYMENT PROGRAMS

ASSETS Senior Employment Program (Alameda County residents 55 and older)	510-238-3535
East Bay Works One-Stop Business and Career Centers, Hayward; www.eastbayworks.com/alamedacounty	510-670-5700
SCORE - Service Corps of Retired Employees (provides free business counseling); http://eastbay.score.org	510-273-6611
SER - Jobs for Progress, Inc. (Service, Employment, Redevelopment), Hayward; www.ser-national.org	510-265-8267

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-\$35 for 30 minute consultation - pertaining to estate planning, wills and trust); www.acbanet.org	510-302-2222
Alameda County Coroner (indigent burial/cremation in case of no next of kin or financial means-eligibility determined by application); www.acbanet.org	510-268-7300
Alameda County Public Administrator (administers estates of decedents who have no next of kin or executor); http://alamedasocialservices.org ..	510-577-1906

END-OF-LIFE PLANNING & ARRANGEMENTS (continued)

- California Advocates for Nursing Home Reform (*elder law attorney referral services and information on Medi-Cal estate recovery*); www.canhr.org
..... 415-974-5171 /800-474-1116
- California Department of Consumer Affairs' Cemetery and Funeral Bureau (*licenses funeral agencies, publishes consumer guide*); www.cfb.ca.gov
..... 800-952-5210
- Crisis Support Services of Alameda County (*grief counseling, grief support group for seniors*); www.crisissupport.org 510-420-2475
- Funeral Consumers Alliance (*consumer education*) www.funerals.org
- Legal Assistance for Seniors (*provides workshop on advance health care directive*); www.lashicap.org 510-832-3040

ETHNIC / CULTURALLY SPECIFIC PROGRAMS

- Catholic Charities of the East Bay, Oakland (*Immigration and Naturalization Service, Refugee Resettlement Program, Southeast Asian Senior Services*); www.cceb.org
..... 510-768-3100
- Ethnic Elders Care (*website focuses on ethnic elders with Alzheimer's and related disorders*) www.ethnicelderscare.net
- International Institute of the Bay Area (*immigration legal services*) Oakland; www.iibayarea.org 510-451-2846
- Jewish Family & Children's Services of the East Bay, Older Adult Services; www.jfcs-eastbay.org 510-558-7800
- Lavender Seniors (*support services for LGBT - lesbian/gay/bisexual/transgendered elders*); www.lavenderseniors.org 510-574-2073

FINANCIAL ASSISTANCE

Alameda County Social Services Agency:

- Eden Area Multi-Service Center (*24100 Amador St., Hayward, 94544*); www.alamedasocialservices.org 510-670-6000

Alameda County Veterans Services; www.alamedasocialservices.org:

- Hayward Office 510-265-8271
- Oakland Office 510-577-1926

- CANHR - California Advocates for Nursing Home Reform (*estate planning for long term care*); www.canhr.org 415-974-5171/ 800-474-1116
- CAPI - Cash Assistance Program for Immigrants; www.alamedasocialservices.org 510-268-2332/ 800-648-0954
- ECHO Housing (*Rental Assistance Program for residence of Alameda County; Intake Wednesdays 9am*); www.echofairhousing.org 855-ASK-ECHO
- Social Security/SSI; www.ssa.gov 800-772-1213

FOOD & NUTRITION

- Alameda County Community Food Bank; www.accfb.org 510-635-3663/ 800-870-3663
- CalFresh (*California's Food Stamp Program*), Eden Area Multi-Service Center (*24100 Amador St., Hayward, 94544*); www.alamedasocialservices.org
..... 510-670-6000
- Mercy Brown Bag Program (*supplemental groceries twice month to eligible low-income seniors*); <http://mercyretirementcenter.org> 510-534-8540 x369

FOOD & NUTRITION (Home Delivered Meals)

Project Open Hand (*homebound and critically ill NON-Seniors*); www.openhand.org 800-551-6325
SOS Meals on Wheels (*Hayward, Castro Valley, San Leandro, San Lorenzo*); www.sosmealsonwheels.org 510-582-1263

FOOD & NUTRITION (Senior Group Dining)

Spectrum Community Services (*senior community dining; call for a list of sites*) Castro Valley, Hayward, San Leandro, San Lorenzo); www.spectrumcs.org
..... 510-881-0300 ext. 222 or 243

FRIENDLY VISITORS / TELEPHONE REASSURANCE PROGRAMS

Lavender Seniors (*support services for LGBT - lesbian/gay/bisexual/transgendered elders*); www.lavenderseniors.org 510-574-2073
LIFE Eldercare; <http://lifeeldercare.org> 510-574-2090
Senior Center Without Walls (*group activities and friendly conversation for homebound seniors thru FREE phone conference calls*);
<http://seniorcenterwithoutwalls.org> 877-797-7299
Tele-Care, Alta-Bates Medical Center (*daily phone calls to people who are homebound or isolated*); www.altabatessummit.org 510-204-4487

HEALTH INSURANCE PROGRAMS

Alameda County Adult, Aging and Medi-Cal Services Department:

Medi-Cal Long Term Care (*new applicants contact County Medi-Cal Center*); www.alamedasocialservices.org ... 510-777-2300/ 800-698-1118
Medi-Cal Long Term Care (*ongoing cases only*); www.alamedasocialservices.org 510-577-1900
Medicare Savings Programs, QMB, SLMB, QI-1 (*QMB--Qualified Medicare Beneficiary Program, SLMB--Specified Low-Income Medicare Beneficiary, QI--Qualified Individual*); www.alamedasocialservices.org 510-577-1900

Covered California (*affordable health care for Californians*); www.coveredca.com 800-300-1506

HealthPAC (*for persons not eligible for Medi-Cal with income at or below 200% Federal Poverty Level*) <http://achealthcare.org>

HICAP - Health Insurance Counseling and Advocacy Program; www.lashicap.org 510-839-0393

Medi-Cal, Alameda County Social Services Agency:

Eden Area Multi-Service Center (*24100 Amador St., Hayward, 94544*); www.alamedasocialservices.org 510-670-6000

Medicare, Social Security; www.ssa.gov 800-633-4227

HOME IMPROVEMENT PROGRAMS FOR LOW TO MODERATE INCOME HOUSEHOLDS

City of Hayward - Housing Rehabilitation Program (*Hayward residents only, minor home repair grants also available*); www.hayward-ca.gov 510-583-4225

Alameda County Healthy Homes Department, Housing Rehabilitation Program (*Minor Home Repair grants, Accessibility grants, and Rehabilitation Loans*);
www.achhd.org 510-670-5399

HOUSING ASSISTANCE PROGRAMS

Alameda (County) Housing Authority, www.haca.net	510-538-8876
Community Resources for Independent Living - CRIL (<i>disabled housing assistance</i>); http://crilhayward.org	510-881-5743
ECHO Housing (<i>information on fair housing laws and illegal housing discrimination</i>); www.echofairhousing.org	510-496-0496
ECHO Housing (<i>rental assistance, information on fair housing laws and illegal housing discrimination; tenant/landlord counseling</i>); www.echofairhousing.org	510-581-9380
Eden Information & Referral (<i>rental housing information and emergency shelter referrals</i>); www.edenir.org	2-1-1/ 888-886-9660
HERA - Housing and Economic Rights Advocates (<i>mortgage counseling</i>); www.heraca.org	510-271-8443
NID-Housing Counseling Agency (<i>homeowner/foreclosure counseling</i>); http://nidonline.org	877-670-7360
San Leandro Housing Services Division (<i>information about affordable housing in San Leandro</i>); www.sanleandro.org	510-577-6004

IN-HOME SERVICES

Alameda County In-Home Supportive Services - IHSS; <http://alamedasocialservices.org>:

Intake & Client Information Services.....	510-577-1800
Payroll	510-577-1877
Community Resources for Independent Living - CRIL (<i>private pay referrals</i>); http://crilhayward.org	510-881-5743
Public Authority (<i>IHSS Registry Referral - Clients to find a Provider</i>); www.ac-pa4ihss.org	510-577-3552

INJURY PREVENTION

CommPre, a program of Horizon Services (<i>prevention strategies to reduce alcohol and medication misuse among older adults</i>); http://horizonservices.org	510-885-8743
Senior Injury Prevention Partnership (<i>falls prevention and older driver safety discussion groups</i>); www.acphd.org	510-618-2027

LEGAL SERVICES

Alameda County Bar Association, Lawyer Referral Services (<i>\$35 fee for ½ hr consultation and referral</i>); www.acbanet.org	510-302-2222
Alameda County Bar Association, Volunteer Legal Services (<i>free assistance for low-income persons</i>); www.acbanet.org	510-302-2222
Bay Area Legal Aid; http://baylegal.org	800-551-5554
CANHR - California Advocates for Nursing Home Reform (<i>estate planning for long term care, Lawyer referral service</i>); www.canhr.org	800-474-1116
Centro Legal de la Raza (<i>low-cost immigration legal services</i>); http://centrolegal.org	510-437-1554
Eastbay Community Law Center (<i>for low income persons needing legal advice/counsel</i>); www.ebclc.org	510-548-4040
Eviction Defense Center	510-452-4541
HERA - Housing and Economic Rights Advocates; www.heraca.org	510-271-8443

LEGAL SERVICES (continued)

Legal Assistance for Seniors (serves persons 60 years and older); www.lashicap.org	510-839-0393
SEEDS Community Resolution Center; www.seedsrc.org	510-548-2377
Senior Legal Hotline of Northern California; http://lsnc.net	800-222-1753

MEDICAL/DENTAL CLINICS & SERVICES

Alameda County Medical Center, Hayward Wellness Center; www.haywardahs.org	510-266-1700
Alameda-Contra Costa Medical Association (<i>doctor referrals</i>); www.accma.org	510-654-5383
Chabot College Dental Hygiene; www.chabotcollege.edu	510-723-6900
Davis Street Family Resource Center - DSFRC, RotaCare Clinic (<i>free acute care clinic</i>); http://davisstreet.org	510-347-4620
Denti-Cal (<i>information on Medi-Cal dental benefits</i>); www.denti-cal.ca.gov	800-322-6384
ReCARES, formerly Home CARES (<i>medical equipment recyclers</i>); www.homecares.org	510-251-2273
Southern Alameda County Dental Society (<i>referrals</i>); www.sacds.org	510-782-5442
Tiburcio Vasquez Health Center; www.tvhc.org	510-471-5880
U.C. Berkeley School of Optometry Eye Center; www.caleyecare.org	510-642-2020
University of the Pacific - Dental Care Center; Union City; http://dental.pacific.edu	510-489-5200

MENTAL HEALTH / COUNSELING PROGRAMS

Alameda County Health Care ACCESS (<i>referrals to mental health services in Alameda County</i>); www.acbhcs.org	800-491-9099
Asian Community Mental Health Services, Oakland; www.acmhs.org	510-970-9750
Crisis Support Services of Alameda County (<i>Senior in-Home Counseling, Grief Counseling and Support Groups</i>); www.crisissupport.org	800-260-0094
Family Service Counseling Center (<i>outpatient and crisis response</i>); http://fsc.org	510-483-6715
Geriatric Assessment & Response Team – GART (<i>consultation services, short-term case management for Alameda County residents 60+ with serious mental health, alcohol or drug concerns</i>)	510-891-5650
La Familia Counseling Service (<i>referrals</i>); lafamiliacounseling.org	510-881-5921
LEGENDS at Valley Health System (<i>short-term, voluntary inpatient program for behavioral health concerns in people 65 and older</i>); www.valleycare.com	925-373-8038/ 800-884-8038
Mental Health Association of Alameda County; http://mhaac.org :	
Family Caregiver Support	510-835-0188
Mental Health Advocates	510-835-5532
Patient's Rights Advocates	510-835-2505
Suicide Prevention / Crisis Support (<i>24-hour support line</i>); www.crisissupport.org	800-309-2131

NURSING HOME ASSISTANCE / LONG-TERM CARE FACILITIES

(useful websites: www.calqualitycare.org & www.nursinghomeguide.org)

- California Community Transitions, East Bay Innovations *(eligible Medi-Cal beneficiaries who are in a state licensed health care facility for 90 days or longer move into their own home); www.dhcs.ca.gov 510-618-1580 x49*
- CANHR - California Advocates for Nursing Home Reform *(advice on nursing home selection), San Francisco; www.canhr.org 800-474-1116*
- Ombudsman - Alameda County Long-Term Care Ombudsman Program *(care facility complaint resolution & advocacy; lists RCFEs, Residential Care Facilities for the Elderly, and SNFs, Skilled Nursing Facilities); www.alamedasocialservices.org 510-638-6878*
- State of California Community Care Licensing *(RCFE licensing); www.cclcd.ca.gov 510-622-2602*
- State of California Department of Public Health *(SNF & Home Health Care Licensing); www.cdph.ca.gov 800-236-9747*

PUBLIC GUARDIAN’S OFFICE

(court appointed conservatorships); www.alamedasocialservices.org 510-577-1900

SENIOR CENTERS (also see Ethnic /Culturally Specific Senior Programs)

- Castro Valley, Kenneth C. Aitken Senior & Community Center *(17800 Redwood Road, Castro Valley, 94546); www.haywardrec.org 510-881-6738*
- Hayward Area Senior Center *(22325 North 3rd Street, Hayward, 94546); www.haywardrec.org 510-881-6766*
- San Leandro Senior Community Center *(13909 East 14th Street, San Leandro, 94578); www.sanleandro.org/depts/rec/seniors/ 510-577-3462*
- Senior Center Without Walls *(group activities and friendly conversation for homebound seniors thru FREE phone conference calls); <http://seniorcenterwithoutwalls.org> 877-797-7299*

TRANSPORTATION PROGRAMS & SERVICES

- 5-1-1.org *(travel information for the Bay Area); www.511.org 5-1-1*
- AC Transit (senior and disabled discounted passes); www.actransit.org 510-891-4706
- American Cancer Society, Road to Recovery; *(transportation program for cancer patients); www.cancer.org 800-227-2345*
- BART *(senior and disabled discount tickets); www.bart.gov/tickets 510-464-7136*
- DMV Parking Placards for Disabled Drivers; www.dmv.ca.gov 800-777-0133
- East Bay Paratransit Service - EBPT *(for those who meet Americans with Disabilities Act (ADA) criteria); www.eastbayparatransit.org 800-555-8085*
- Flex Route Shuttle *(City of San Leandro Paratransit Program); www.sanleandro.org 510-577-3462*
- Hayward Paratransit Program *(services seniors or disabled adults in the City of Hayward, Castro Valley, San Lorenzo and unincorporated San Leandro); www.ci.hayward.ca.us 510-583-4230*
- Travel Training:
 - Center for Independent Living *(training on how to use public transit to get to destinations of choice); www.cilberkeley.org 510-841-4776*
 - United Seniors of Oakland and Alameda County *(Senior Group Travel Training); www.usoac.org 510-729-0852*
- Wheelchair Breakdown Service *(emergency wheelchair transportation and breakdown assistance) 877-509-4335*

UTILITIES ASSISTANCE

California Lifeline (<i>telephone service discounts</i>); www.cpuc.ca.gov	866-272-0349
California Telephone Access Program - CTAP (<i>accessible phone products/services</i>); www.californiaphones.org	800-806-1191/ TTY: 800-806-4474
East Bay Municipal Utility District – EBMUD, Customer Assistance Program (<i>discount program for low-income customers</i>); www.ebmud.com ..	866-403-2683
Heat Energy Assistance Program - HEAP & Weatherization (<i>energy assistance for low-income households; attic insulation, weather-stripping, and related conservation measures</i>); www.spectrumcs.org	510-881-0300
PG&E - Pacific Gas & Electric, CARE - California Alternative Rates for Energy (<i>discount on gas/electric bills for qualified low-income households</i>); www.pge.com	866-743-2273
PG&E - Pacific Gas & Electric, Energy Savings Assistance Program (<i>weatherization, energy-efficient appliances for qualified low-income customers</i>); www.pge.com	800-989-9744
PG&E - Pacific Gas & Electric, Medical Baseline Allowance; (<i>energy at the lowest, baseline, price for residential customers with qualifying medical . condition/s</i>); www.pge.com	800-743-5000
PG&E - Pacific Gas & Electric, Relief for Energy Assistance through Community Help - REACH (<i>one-time energy-assistance administered through the Salvation Army</i>); www.pge.com	800-933-9677
ReachOut Wireless (<i>discounted cell phone service</i>); www.reachoutmobile.com	877-777-1914

VETERANS SERVICES

Alameda County Veterans Services; www.alamedasocialservices.org :	
Hayward Office	510-265-8271
Oakland Office	510-577-1926
U.S. Department of Veteran's Affairs; www.va.gov	800-827-1000

VOLUNTEER OPPORTUNITIES

Alameda County Library Homeword Bound Program (<i>home delivery of library materials</i>); www.aclibrary.org	510-745-1491
Ombudsman - Alameda County Long-Term Care Ombudsman Program (<i>volunteer advocates persons in long term care facilities</i>); www.alamedasocialservices.org	510-638-6878
Stagebridge (senior actors and storytellers), Oakland; http://stagebridge.org	510-444-4755
Volunteer Center of the East Bay; www.volunteereastbay.org	510-232-0163
Volunteer Match (<i>volunteers are matched with organizations with need for volunteers</i>); www.volunteermatch.org	415-241-6868

IMPORTANT NUMBERS

AARP Driver Safety Program (<i>check website for class nearest you</i>); www.aarp.org	800-350-7025
Alameda County Area Agency on Aging, Senior Information & Assistance; www.alamedasocialservices.org	510-577-3530/ 800-510-2020
Alameda County Library, Older Adult Services (<i>Homework Bound, Library Computer Training, and more</i>); www.aclibrary.org	510-745-1491
Alameda County Social Services Agency:	
Eden Area Multi-Service Center (<i>24100 Amador Street, Hayward 94544</i>); www.alamedasocialservices.org	510-670-6000
Alameda-Contra Costa County Medical Association (<i>doctor referrals</i>); www.accma.org	510-654-5383
Contra Costa County, Senior Information & Assistance; http://ehsd.org	925-229-8434
Eden Information & Referral; www.edenir.org	2-1-1/ 888-886-9660
Eldercare Locator (<i>information services outside Alameda County/California</i>); www.eldercare.gov	800-677-1116
Immigration Questions, International Institute of the East Bay; www.iibayarea.org	510-451-2846
Public Authority; www.ac-pa4ihss.org :	
Centralized Registry Information Line - for worker application and orientation	510-577-5694
IHSS Registry Referral - for IHSS Clients to find a worker	510-577-1980
IHSS Worker and Consumer Training	510-577-3554
IHSS Worker Health Benefits Hotline	510-777-4201
Senior Injury Prevention Partnership – SIPP; www.acphd.org	510-618-2050
Social Security/SSI; www.ssa.gov	800-772-1213
Tax Assistance: (<i>generally from February 1 -April 15 at most senior centers and some library branches</i>):	
IRS (<i>general information</i>); www.irs.gov	800-829-1040
AARP Tax Aide Program (<i>free filing assistance</i>); www.aarp.org	888-687-2277
Volunteer Income Tax Assistance / Tax Counseling for the Elderly	www.ftb.ca.gov

Other guides available for the Area Agency on Aging by request:

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

Please Note: While every effort is made to keep this information current, the Alameda County Area Agency on Aging assumes no responsibility for errors or omissions in compiling this information.

Alameda County Area Agency on Aging, Senior Information & Assistance 800-510-2020 / 510-577-3530