Senior Resource Guide

East Alameda County – Dublin • Livermore • Pleasanton • Sunol

Senior Information & Assistance Program – Alameda County Area Agency on Aging

6955 Foothill Blvd, Suite 143 (1st Floor), Oakland, CA 94605; 1-800-510-2020 / 510-577-3530; http://seniorinfo.acgov.org

Office Hours: 8:30am – 5:00pm, Monday - Friday

Adult Day Care/Respite (useful website: www.daybreakcenters.org):

Alzheimer’s Services of East Bay, Hayward, http://aseb.org .......................................................... 510-888-1411
DayBreak Adult Care Centers, (personalized referrals & community education); http://daybreakcenters.org .................... 510-834-8314 / TDD 510-433-1165

Alcoholism & Drug Abuse Prevention Programs

Alameda County Behavioral Health Care Services - BHCS, ACCESS; (referrals to substance abuse services in Alameda County); www.acbhcs.org .......................................................... 844-682-7215
Alcoholics Anonymous, (free 24-Hour A.A. hotline, confidential); http://eastbayaa.org .................................................. 510-839-8900
Al-Anon Family Groups, (help for families and friends of alcoholics); https://al-anon.org .......................................................... 888-429-2537
CA Dept. of Public Health, Office of Problem Gambling; www.cdph.ca.gov .......................................................... 800-426-2537

Alzheimer’s Services

Alzheimer’s Association, Helpline; (24-hours); www.alz.org .......................................................... 800-272-3900
Alzheimer’s Services of the East Bay, Hayward Campus; www.aseb.org .......................................................... 510-888-1411
Ethnic Elders Care Network, (website that focuses on ethnic elders with Alzheimer’s and dementia related disorders); www.ethnicelderscarenetwork.net

Family Caregiver Alliance, Bay Area Resource Center; (free to low-cost services for family caregivers); www.caregiver.org .......................................................... 800-445-8106
UC Davis Health Alzheimer’s Disease Center, East Bay Office; (basic and clinical research, including clinical trials and evaluations);

www.health.ucdavis.edu/alzheimers .......................................................... 925-357-6515

Caregiver Support Programs

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

Alzheimer’s Association of Northern California, www.alz.org/norcal .......................................................... 925-284-7942
DayBreak Adult Care Centers, http://daybreakcenters.org .......................................................... 510-834-8314
Family Caregiver Alliance, California Caregiver Resource Center; (offers information and support services to family caregivers);

Family Education and Resource Center, Livermore, (support for family/caregiver of people with mental illness); www.askferc.org .......................................................... 888-896-3372
CAREGIVER SUPPORT PROGRAMS continued
Family Support Services of the Bay Area, (kinship support for grandparents/relative caregivers of children); www.fssba.org ........................................ 510-834-2443
Lincoln Child Center, Tri-Valley, Kinship Support Program; (grandparent & relative caregivers of children); http://lincolnfamilies.org ........................................ 510-273-4700 ext.2000
Senior Support Program of the Tri-Valley, (caregiver support); www.ssptv.org ......................................................... 925-931-5379

CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND SENIORS
Older Adults, Happy Results, Public Health Nursing; (home based nurse case management for high-risk Medi-Cal recipients aged 60+); www.acphd.org/older-adults.aspx ......................................................... 510-383-7037

CHRONIC ILLNESS & DISEASE SUPPORT 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 Heart Association, American Stroke Association; www.heart.org/ www.strokeassociation.org ........................................ 510-903-4050
Aphasia Center of California, (help for persons suffering from loss of language, typically as a result of a stroke); http://aphasiacenter.net ........................................ 510-336-0112
Multiple Sclerosis (MS) Friends Support Line, (peer phone helpline); ........................................ 866-673-7436
Parkinson’s Institute, www.thepi.org ........................................ 800-655-2273

DISABLED ADULT SERVICES/PROGRAMS
Americans with Disabilities Act (ADA), Pacific ADA Center; www.adapacific.org ........................................ 800-949-4232 (Voice and TTY)
California Telephone Access Program - CTAP, (accessible phone products/services); www.californiaphones.org ........................................ 800-806-1191 / TTY: 800-806-4474
Disability Rights California, Oakland, www.disabilityrightsca.org ........................................ 510-267-1200
Lighthouse for the Blind and Visually Impaired, www.lighthouse-sf.org ........................................ 415-431-1481
Regional Center of the East Bay, (services for individuals with developmental disabilities); www.rceb.org ........................................ 510-618-6100
EDUCATION (also see Senior Centers)
Dublin Adult School, www.dublinusd.org ................................................................. 925-828-2551
Livermore Adult Community Education, www.livermoreschools.org/livermoreadulted .................................................. 925 606-4722
U.C. Berkeley Osher Lifelong Learning Institute, (community of learning for adults age 50+); www.OLLI.berkeley.edu .................................................. 510-642-9934

ELDER ABUSE PREVENTION
Alameda County Adult Protective Services - APS, www.alamedasocialservices.org ................................................................. 510-577-3500 / 866-225-5277
District Attorney - Consumer & Environmental Protection Unit, http://www.alcoda.org/cewpd/ ................................................................. 510-383-8600
Legal Assistance for Seniors, (elder abuse representation for Alameda County residents aged 65+); www.lashicap.org .................................................. 510-832-3040

EMERGENCY PREPAREDNESS PROGRAMS
(Note: Contact your local Fire Departments and Offices of Emergency Services)
American Red Cross, Alameda County, (preparedness training for groups); www.redcross.org ................................................................. 510-595-4400
Senior Injury Prevention Program - SIPP, (emergency preparedness classes for Older Adults); www.acphd.org .................................................. 510-618-2050

EMPLOYMENT PROGRAMS
SER-Jobs for Progress, Service, Employment, Redevelopment; (employment program, low income seniors aged 55+); www.ser-national.org 510-265-8267

END-OF-LIFE PLANNING & ARRANGEMENTS
Alameda County Bar Association, (lawyer referral service - $35 for 30-minute consultation, pertaining to estate planning, wills & trusts); www.acbanet.org ................................................................. 510-302-2222 Opt. 4
Alameda County Care Partners, (advance directive, POLST and additional support for IHSS recipients); http://GettingThemMostOutOfLife/IHSS-pilot ................................................................. 510-577-3517
Alameda County Coroner, (burial/cremation in case of no next of kin or financial means, eligibility determined by application); www.alamedacountysheriff.org ................................................................. 510-268-7300
Alameda County Long-Term Care Ombudsman Program, (witnesses Advance Health Care Directives for residents in Skilled Nursing Facilities - SNFs); www.alamedasocialservices.org ................................................................. 510-638-6878
Alameda County Public Administrator, (administers estates of decedents who have no next of kin or executor); www.alamedasocialservices.org ................................................................. 510-577-3539 or 510-777-4270
Bay Area Funeral Consumers’ Alliance (BA-FCA, (consumer education); http://www.ba-fca.org ................................................................. 650-321-2109
California Advocates for Nursing Home Reform - CANHR, (elder law attorney referral services and information on Medi-Cal estate recovery); www.canhr.org ................................................................. 800-474-1116 / 415-974-5171
END-OF-LIFE PLANNING & ARRANGEMENTS
California Department of Consumer Affairs’ Cemetery and Funeral Bureau, *(licenses funeral agencies, publishes consumer guide)*; **www.cfb.ca.gov**

Getting the Most Out of Life, Alameda County Hospice Project; *(education and utilization of advance care planning and hospice services)*;
**http://gettingthemostoutoflife.org** ................................................................. 510-667-3099

ETHNIC / CULTURALLY SPECIFIC PROGRAMS
East Bay Korean-American Senior Services Center, **http://eastbaykoreanamericanseniorcenter.org** ................................................................. 510-763-1879
Ethiopian Community and Cultural Center, **www.ethiopianccc.org** ................................................................. 510-268-4770
Ethnic Elders Care Network, **www.ethnicelderscarenetwork.net** .................................................................
Filipino Advocates for Justice, *(naturalization and immigration assistance)*; **www.filipino4justice.org** ................................................................. 510-465-9876
International Institute of the Bay Area, Oakland; *(immigration legal services)*; **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
Korean Community Center of the East Bay, *(Korean Info Line: 844-828-2254)*; **http://kcceb.org** ................................................................. 510-547-2662
Lavender Seniors of the East Bay, *(support services for LGBTQ elders)*; **www.lavenderseniors.org** ................................................................. 510-736-LGBT (5428)
Pacific Center for Human Growth, *(peer groups for LGBTQ seniors)*; **www.pacificcenter.org** ................................................................. 510-548-8283

FINANCIAL ASSISTANCE
Alameda County Social Services Agency:

Livermore Outstation, *(3311 Pacific Ave., Livermore 94550)*; **http://alamedasocialservices.org** ................................................................. 925-455-0747
Alameda County Veterans’ Service Office, **http://alamedasocialservices.org** ................................................................. 510-577-1926
Cash Assistance Program Immigrants - CAPI, *(provides benefits for legal non-citizens in financial need that are ineligible for federal Supplemental Security Income - SSI)*; **http://alamedasocialservices.org** ................................................................. 800-648-0954/ 510-268-2332

ECHO Housing, Rental Assistance Program; *(assists residents living in Livermore and Pleasanton with move-in costs or delinquent rent)*;
**www.echofairhousing.org** ................................................................. 925-449-7340
Social Security Administration, SSI; **www.ssa.gov** ................................................................. 800-772-1213

FOOD & NUTRITION
Alameda County Community Food Bank, **www.accfb.org** ................................................................. 510-635-FOOD (3663)
CalFresh (California’s Food Stamp Program), Livermore Outstation; *(3311 Pacific Ave., Livermore 94550)*; **http://alamedasocialservices.org** 925-455-0747
Mercy Brown Bag Program, *(supplemental groceries twice a month to eligible low-income seniors)*; **https://mercybrownbag.org/** ................................................................. 510-534-8540 ext. 369
FOOD & NUTRITION (Home Delivered Meals)
Spectrum Community Services, (serves residents of Dublin, Pleasanton and Sunol; www.spectrumcs.org ................................................................. 925-931-5385
Spectrum Community Services, (serves residents of Livermore; www.spectrumcs.org ................................................................. 925-421-4657

FOOD & NUTRITION (Senior Group Dining)
Open Heart Kitchen, (senior community dining; call for a complete list of sites; www.openheartkitchen.org .................................................................................................................. 925-580-1616
Open Heart Kitchen Locations:
    Dublin Senior Center; www.dublin.ca.gov .......................................................................................................................... 925-556-4511
    Livermore Senior Center; www.larpd.org ........................................................................................................................... 925-500-8241
    Pleasanton Senior Center; www.cityofpleasantonca.gov ........................................................................................................ 925-931-5363

FRIENDLY VISITORS / TELEPHONE REASSURANCE PROGRAMS
Are You OK?, Pleasanton Police Department; (Pleasanton Police will call senior residents for health/safety check-up); www.cityofpleasantonca.gov ................................................................. 925-931-5100
Covia, Well Connected; (formerly Senior Center Without Walls; group activities and friendly conversation for homebound seniors thru FREE phone conference calls); https://covia.org ............................................................................................................... 877-797-7299
Covia, Social Call; (social phone calls for people who are homebound or isolated); http://covia.org ......................................................................................................................... 877-797-7299
Crisis Support Services of Alameda County, (in-home counseling for homebound adults aged 60+); www.crisissupport.org .......................................................................................... 510-420-2460
Lavender Seniors of the East Bay, (support services for LGBTQ - lesbian, gay, bi-sexual, transgendered and queer elders); www.lavenderseniors.org ........................................................................................................ 510-736-LGBT (5428)
LIFE ElderCare, www.lifeeldercare.org .............................................................................................................................. 510-894-0370 ext. 2

HEALTH INSURANCE PROGRAMS
Alameda County Social Services Agency, Workforce Benefits Administration - Medi-Cal Unit; www.alamedasocialservices.org ................................................................. 800-698-1118 / 510-777-2300
Alameda County Social Services Agency, Medi-Cal Long-Term Care, www.alamedasocialservices.org ......................................................................................................................... 510-383-8735
Alameda County Social Services Agency, Medicare Savings Programs; (QMB - Qualified Medicare Beneficiary Program, SLMB - Specified Low-Income Medicare Beneficiary, QI - Qualified Individual); www.alamedasocialservices.org ......................................................................................................................... 800-698-1118 / 510-777-2300
Covered California, (affordable healthcare 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); www.achealthcare.org ........................................................................................................... 877-879-9633
HICAP - Health Insurance Counseling and Advocacy Program, www.lashicap.org ......................................................................................................................... 510-832-3040
Medicare, Social Security Administration; www.ssa.gov .............................................................................................................................. 800-633-4227
HOME IMPROVEMENT PROGRAMS FOR LOW TO MODERATE INCOME HOUSEHOLDS
Alameda County Healthy Homes Department, Housing Rehabilitation Program; (minor home repair grants and rehabilitation grants); www.achhd.org ................................................................. 510-567-8280
City of Pleasanton, The Housing Rehabilitation Program for Existing Homeowners; http://admin.cityofpleasantonca.gov .................................................. 510-931-5011
Renew Alameda County, Habitat for Humanity; (affordable home renovation loans-simple 1% interest with payments deferred until the sell of the home); www.renewac.org ................................................................. 510-803-3388
Spectrum Community Services, Low Income Weatherization Assistance Program; (federally funded program that provides free energy efficiency improvements in homes of qualified homeowners or renters); www.spectrumcs.org ................................................................. 510-881-0300

HOUSING ASSISTANCE PROGRAMS
Alameda (County) Housing Authority, www.haca.net .................................................................................. 510-538-8876
City of Pleasanton, Housing Division; www.cityofpleasantonca.gov .................................................................. 925-931-5011
CRIL - Community Resources for Independent Living, (disabled housing assistance); www.crilhayward.org ....................... 510-881-5743/ TTY: 510-881-0218
ECHO Housing, (information on fair housing laws, illegal housing discrimination and tenant/landlord services); www.echofairhousing.org ........ 925-449-7340
ECHO Housing, Rental Assistance Program; (assists residents living in Livermore and Pleasanton with move-in costs or delinquent rent); www.echofairhousing.org .................................................................. 925-449-7340
Eden Information & Referral, (rental housing information and emergency shelter referrals); www.edenir.org .................................................. 2-1-1/ 888-886-9660
HERA - Housing and Economic Rights Advocates, (mortgage and financial counseling programs); www.heraca.org .................. 510-271-8443
Livermore Housing Authority, www.livermoreha.org .................................................................................. 925-447-3600
NID Housing Counseling Agency, (HUD-Approved Intermediary, assisting with reverse mortgage education, foreclosure prevention, rental housing and financial management); www.nidhousing.com ................................................................. 510-268-9792

IN-HOME SERVICES
Alameda County, In-Home Supportive Services- IHSS:
  Client information and to apply; www.alamedasocialservices.org ........................................................................ 510-577-1800
  Provider information and to apply; www.alamedasocialservices.org ................................................................. 510-577-1877
Client for Independent Living - CIL, (private pay referrals); www.thecil.org .............................................................. 510-841-4776
Public Authority for IHSS, (provider registry list for IHSS clients); www.ac-pa4ihss.org .............................................. 510-577-1980
Public Authority for IHSS, (provider registry); www.ac-pa4ihss.org ........................................................................ 510-577-5694

INJURY PREVENTION
Senior Injury Prevention Partnership - SIPP, (fall prevention programs and older driver safety); www.acphd.org ........................................................................ 510-618-2050
LEGAL SERVICES
Alameda County Bar Association, Lawyer Referral Services; www.acbanet.org .............................................................. 510-302-2222
Alameda County Bar Association, Volunteer Legal Services; www.acbanet.org .............................................................. 510-302-2222
Bay Area Legal Aid, www.baylegal.org .................................................................................................................. 800-551-5554
CANHR - California Advocates for Nursing Home Reform, (elder law attorney referral services and information on Medi-Cal estate recovery); www.canhr.org .................................................................................................................. 800-474-1116
Centro Legal de la Raza, (low-cost immigration legal services); www.centrolegal.org .......................................................... 510-437-1554
East Bay Community Law Center, (for low-income persons needing legal advice/counsel); www.ebclc.org .......................................................... 510-548-4040
Eviction Defense Center, (provides free and low-cost legal services to Alameda County tenants who are facing eviction); www.evictiondefensecenteroakland.org .................................................................................................. 510-452-4541
HERA - Housing and Economic Rights Advocates, (low-income and moderate income residents with special focus to vulnerable groups and key issues); www.heraca.org .......................................................... 510-271-8443
International Institute of the Bay Area, (immigration legal services); www.iibayarea.org .......................................................... 510-451-2846
Legal Assistance for Seniors, (serves persons age 60 and older); www.lashicap.org .......................................................... 510-832-3040
SEEDS Community Resolution Center, (community mediation services); www.seedscrc.org .......................................................... 510-548-2377

MEDICAL/DENTAL CLINICS & SERVICES
Alameda-Contra Costa Medical Association, (doctor referrals); www.accma.org ............................................................................. 510-654-5383
Axis Community Health, www.axishealth.org ........................................................................................................ 925-462-1755
Denti-Cal, Medi-Cal Dental Program; (information on Medi-Cal dental benefits); www.denti-cal.ca.gov .......................................................... 800-322-6384
Southern Alameda County Dental Society, (referrals); www.sacds.org .................................................................................. 510-782-5316
Tri-City Health, www.tri-cityhealth.org .................................................................................................................. 510-770-8040
Tiburcio Vasquez Health Center, www.tvhc.org ........................................................................................................ 510-471-5907
U.C. Berkeley School of Optometry Eye Clinic, www.cal-eye-care.org .................................................................................. 510-642-2020
University of Pacific - Dental Care Center, www.dental.pacific.edu .................................................................................. 510-489-5200

MENTAL HEALTH / COUNSELING PROGRAMS
Alameda County Behavioral Health Care, ACCESS; (Medi-Cal referrals to mental health services in Alameda County); www.acbhcs.org ............................................................................. 800-491-9099
Asian Community Mental Health Services, www.acmhs.org .......................................................................................... 510-869-6000
Axis Community Health, www.axishealth.org ........................................................................................................ 925-462-1755
Crisis Support Services of Alameda County, (senior in-home counseling, grief counseling, support groups); www.crisissupport.org ............................................................................. 510-420-2460 / 24-Hour Crisis Line: 800-273-8255
Family Education and Resource Center, Livermore, (support for family/caregiver of people with mental illness); www.askferc.org ............................................................................. 925-583-3772
MENTAL HEALTH / COUNSELING PROGRAMS continued
Geriatric Assessment & Response Team, (consultation services, short-term case management for Alameda County residents 60+ with serious mental health, alcohol or drug concerns); www.acbhcs.org ................................................................. 510-891-5650
Mental Health Association of Alameda County, www.mhaac.org ................................................................. 510-835-5010
Pacific Center for Human Growth, (mental health services and peer support groups for LGBTQ folks); www.pacificcenter.org ................................................................. 510-548-8283
Senior Support Program of the Tri-Valley, In-Home Counseling Program; www.ssptv.org ................................................................. 925-931-5395
Suicide Prevention / Crisis Support, www.crisissupport.org .................................................................................. 800-273-8255

NURSING HOME ASSISTANCE / LONG-TERM CARE FACILITIES (useful website: www.calqualitycare.org)
Alameda County Long-Term Care Ombudsman Program, (licensed care facility resolution & advocacy; list RCFE - Residential Care Facilities for the Elderly and SNF- Skilled Nursing Facilities); www.alamedasocialservices.org .................................................................................. 510-638-6878
California Community Transitions, Center for Independent Living, East Bay Innovations, (eligible Medi-Cal beneficiaries who are in a state licensed health care facility for 90-days or longer move back into their own home); www.eastbayinnovations.org ................................................................. 510-618-1580
CANHR - California Advocates for Nursing Home Reform, (advice on nursing home selection; resident’s right advocates); www.canhr.org ........ 800-474-1116 / 415-974-5171
State of California Community Care Licensing, Adult and Senior Care Regional Office; (Residential Care Facilities for the Elderly - RCFE questions or complaints); www.cdss.ca.gov .................................................................................. 510-286-4201
State of California Department of Public Health, (questions or complaints about hospital, skilled nursing facility-SNF or any other healthcare facility); www.cdph.ca.gov .................................................................................. 866-247-9100

PUBLIC GUARDIAN'S OFFICE
Alameda County Public Guardian - Conservator, Probate Conservatorship; (court-appointed conservatorship); www.alamedasocialservices.org .................................................................................. 510-577-3585
Alameda County Public Guardian - Conservator, Mental Health (LPS) Conservatorship; (referrals are made by mental health professionals from an approved locked acute psychiatric facility); www.alamedasocialservices.org .................................................................................. 510-577-7045

SENIOR CENTERS (also see Ethnic /Culturally Specific Senior Programs)
Dublin, Dublin Senior Center, (7600 Amador Valley Boulevard, Dublin, CA 94568); www.dublin.ca.gov .................................................................................. 925-556-4511
Livermore, Livermore Senior Center, (4444 East Avenue, Livermore, CA 94550); www.larpd.org .................................................................................. 925-373-5760
Pleasanton, Pleasanton Senior Center, (5353 Sunol Boulevard, Pleasanton, CA 94566); www.cityofpleasanton.gov .................................................................................. 925-931-5365
Well Connected, (formerly Senior Center Without Walls), (group activities and friendly conversation for homebound seniors through FREE phone conference calls); www.covia.org .................................................................................. 877-797-7299
TRANSPORTATION PROGRAMS & SERVICES
5-1-1.org, (traffic and travel information for the Bay Area); www.511.org ........................................................................5-1-1
AC Transit, (senior and disabled discounted passes); www.actransit.org ........................................................................510-891-4777
American Cancer Society, Road to Recovery; (provides transportation to and from treatments for cancer patients); www.cancer.org ........................................800-227-2345
BART, (senior and disabled discounted passes); www.bart.gov ........................................................................510-464-7134
DMV Parking Placard for Disabled Drivers, www.dmv.ca.gov ..........................................................800-777-0133
Senior Support Program of the Tri-Valley, Volunteers Assisting Seniors with Transportation (VAST) program; (seniors 60 years and older that need door-to-door service to medical appointments, must live in the Dublin, Pleasanton, Livermore, Sunol area); www.ssptv.org ...........................................925-931-5387
Taxi and City Transportation Programs, Pleasanton; (subsidized taxi program, door-to-door service for Pleasanton and Sunol residents); www.cityofpleasantonca.gov ........................................................................925-931-5376
Travel Training, Lighthouse for the Blind; (individual and group training for people with disabilities and seniors with visual impairments); www.lighthouse-sf.org ........................................................................415-694-7357
Travel Training, Livermore Amador Valley Transit Authority (LAVTA Wheels); (individual and group training for people with disabilities and seniors aged 65+, serving the Tri-Valley area); www.wheelsbus.com ........................................................................925-455-7500
Travel Training, Through the Looking Glass; (training to families with disability issues in Alameda County); www.lookingglass.org ..........................................................510-848-1112 ext. 8156
Wheels Dial-A-Ride, (paratransit program for Dublin-Pleasanton, Livermore area); www.wheelsbus.com ........................................................................925-455-7500

UTILITIES ASSISTANCE
California Lifeline Program, (provides discounts on home phone and cell phone services); www.cpuc.ca.gov/lifeline ..........................................................866-272-0349
California Telephone Access Program - CTAP, (accessible phone products/services); www.californiaphones.org ..................800-806-1191 / TTY: 800-806-4474
California Water Service Company, Low-Income Rate Assistance (LIRA); (offers a service-charge discount to qualifying low-income customers); www.calwater.com ........................................................................877-419-1701
Heat Energy Assistance Program (HEAP) & Weatherization Program, Spectrum Community Services; (energy assistance for low-income households; attic insulation, weather-stripping, and related conservation measures); www.spectrumcs.org ........................................................................510-881-0300
PG&E - Pacific Gas & Electric:
CARE - California Alternative Rates for Energy Program; (discount on gas/electric bills for qualified low-income households); www.pge.com ..........................................................866-743-2273
Energy Savings Assistance Program; (weatherization, energy-efficient appliances for qualified low-income households); www.pge.com ..........................................................800-933-9555
Medical Baseline Program; (energy at the lowest, baseline price for residential customers with qualifying medical conditions); www.pge.com ..........................................................800-743-5000
Relief for Energy Assistance through Community Help (REACH); (one-time energy assistance administered through Salvation Army); www.pge.com ........................................................................822-933-9677
UTILITIES ASSISTANCE continued
RHA Delivering Solutions, Moderate Income Direct Install Program (MIDI); *(no cost energy efficient upgrades for moderate income households)*; .......................................................... 866-455-0898

VETERANS SERVICES
U.S. Department of Veteran’s Affairs, www.va.gov .......................................................................................................................................................... 800-827-1000

VOLUNTEER OPPORTUNITIES
Alameda County Long-Term Care Ombudsman Program, *(volunteer advocates for persons in long-term care facilities)*; www.alamedasocialservices.org ...................................................................................................................................................................................... 510-638-6878
Pacific Center for Human Growth, *(volunteer opportunities available, outreach, front desk and/or skill based teams)*; www.pacificcenter.org ........................................................................................................................................................................ 510-548-8283 ext. 221
Stagebridge, *(senior actors and storytellers)*; http://stagebridge.org .................................................................................................................................................................................................................................................. 510-444-4755
Volunteer Match, *(volunteers are matched with organizations with need for volunteers)*; www.volunteermatch.org ........................................................................................................................................................................................................................................................................ 415-241-6868
$\text{IMPORTANT NUMBERS}$

AARP Driver Safety Program, (online and classroom courses available); www.aarp.org 800-350-7025

Alameda County Area Agency on Aging, Senior Information & Assistance; (provides information on senior resources within Alameda County);
  http://seniorinfo.acgov.org 800-510-2020 / 510-577-3530

Alameda County Library Foundation, Older Adults Programs; (Homeward Bound, Library Computer Training, and more); www.aclf2.org 510-505-7077

Alameda County In-Home Supportive Services- IHSS, (client information and to apply); www.alamedasocialservices.org 510-577-1800

Alameda County In-Home Supportive Services- IHSS, (provider information and to apply); www.alamedasocialservices.org 510-577-1877

Alameda County Social Services Agency, Livermore Outstation; (3311 Pacific Ave, Livermore 94550); http://alamedasocialservices.org 925-455-0747

Contra Costa County, Senior Information & Assistance; http://ehsd.org 925-229-8434


Eldercare Locator, (information services outside Alameda County/California); http://eldercare.acl.gov 800-677-1116

Immigration Questions, International Institute of the East Bay; http://iibayarea.org 510-894-3639

Public Authority for In-Home Supportive Services, Registry Information Line - Provider Application and Orientation; www.ac-pa4ihss.org 510-577-5694

Public Authority for In-Home Supportive Services, IHSS Registry Referral - Clients to find a Provider; www.ac-pa4ihss.org 510-577-1980

Senior Injury Prevention Program - SIPP, (fall prevention programs); www.acphd.org 510-618-2050


Social Security Administration / SSI, www.ssa.gov 800-772-1213

Tax Assistance, Internal Revenue Service (IRS); (general information); www.irs.gov 510-907-5000

Tax Assistance, AARP Tax-Aide Program; (free filing assistance); www.aarp.org 888-687-2277


Other guides available from the Area Agency on Aging by request:
  Senior Housing Guide ● Retirement Residences & Continuing Care Retirement Communities ● Emergency Response Programs ● Fall Prevention
    ● Food & Nutrition Resources Guide ● Home Health Care, Home Care & Hospice Agencies ● Placement Agencies ● SSI/CAPI

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.

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