ADULT DAY CARE/RESPITE (useful website: www.daybreakcenters.org):
Bay Area Community Services - BACS, Oakland, http://bayareacs.org ................................................................. 510-601-1074
Centers for Elders Independence - CEI, (PACE - Program of All-inclusive Care for the Elderly); www.cei.elders.org ................................................................. 844-319-1150
DayBreak Adult Care Centers, (personalized referrals & community education); http://daybreakcenters.org ................................................................. 510-834-8314
Hong Fook Adult Day Health Care, Oakland, (14th Street site); www.fambridges.org ................................................................. 510-839-9673
Hong Fook Adult Day Health Care, Oakland, (Harrison Street site); www.fambridges.org ................................................................. 510-302-0460

ALCOHOLISM, DRUG ABUSE & GAMBLING 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-hour); www.alz.org ................................................................. 800-272-3900
Alzheimer’s Services of the East Bay - ASEB, (Berkeley Campus); www.aseb.org ................................................................. 510-644-8292
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, also contact adult day care programs and local hospitals)
Alzheimer’s Association of Northern California, www.alz.org/norcal ................................................................. 925-284-7942
City of Berkeley, Services for Caregivers; (Family Caregiver Support Group 510-981-5205); www.cityofberkeley.info
................................................................................................................................................................................... North Berkeley: 510-981-5190/ South Berkeley: 510-981-5170
DayBreak Adult Care Centers, http://daybreakcenters.org .......................................................................................... 510-834-8314
Family Caregiver Alliance (offers information and support services to family caregivers); https://www.caregiver.org .......................................................................................................................... 800-445-8106
Family Education and Resource Center, Oakland, (support for family/caregiver of people with mental illness); www.askerc.org .................................................................................................................. 888-896-3372
Family Support Services of the Bay Area, (kinship support for grandparents/relative caregivers of children); www.fssba.org ..................................................................................................................... 510-834-2443
Lincoln Child Center, Hayward, Kinship Support Program; (grandparent & relative caregivers of children); http://lincolnfamilies.org ........................................................................................................ 510-273-4700

CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND SENIORS
City of Berkeley, Aging Services Division; (case management for Berkeley residents 55+, based at Berkeley senior centers); www.cityofberkeley.info
.................................................................................................................................................................................. 510-981-5180
J-Sei, Bilingual Case Management; (seniors 60 years or age and older); www.j-sei.org .......................................................................................................................... 510-654-4000
Multipurpose Senior Services Program - MSSP, City of Oakland; (older adults 65+, serves residents of Oakland, Piedmont, Emeryville & Berkeley);
www.oaklandca.gov ......................................................................................................................................................... 510-238-3762
Older Adults, Happy Results , Alameda County Public Health Nursing, (home based nurse case management for high risk Medi-Cal recipients aged 60 +);
St. Mary’s Center, Homeless Senior Services; (low-income individuals aged 55+, who are homeless or at risk of homelessness);
www.stmarycenter.org .................................................................................................................................................... 510-923-9600
Vietnamese American Community Center of the East Bay - VACCEB, www.vacceb.net .................................................................................................................................................. 510-891-9999

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
Alta Bates Summit Diabetes Centers, (diabetes self-management classes, support group); www.altabatessummit.org/diabetes .................................................................................................................. 510-204-1081
American Cancer Society, www.cancer.org .................................................................................................................. 800-227-2345
American Heart Association, www.heart.org .................................................................................................................. 510-903-4050
American Stroke Association; 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
## CHRONIC ILLNESS & DISEASE SUPPORT SERVICES/PROGRAMS continued

- Arthritis Foundation, [www.arthritis.org](http://www.arthritis.org) ................................................................. 415-356-1230
- Charlotte Maxwell Clinic, Integrative Cancer Care; *(clinic for low-income women with cancer)*; [www.charlottemaxwell.org](http://www.charlottemaxwell.org) ......................................................... 510-601-7660
- Multiple Sclerosis (MS) Friends Support Line, *(peer helpline)*; ............................................................................. 866-673-7436
- Parkinson’s Institute, [www.thepi.org](http://www.thepi.org) ..................................................................................... 800-655-2273
- Women’s Cancer Research Center, Berkeley, [www.wcrc.org](http://www.wcrc.org) .................................................. 510-420-7900

## DISABLED ADULT SERVICES/PROGRAMS

- Americans with Disabilities Act (ADA), Pacific ADA Center; [www.adapacific.org](http://www.adapacific.org) .......................................................................................................................... (Voice and TTY) 800-949-4232
- Berkeley Place, Inc., Deaf/Hard of Hearing Project; ........................................................................................................ 510-644-2003
- California Telephone Access Program - CTAP, *(accessible phone products/services)*; [www.californiaphones.org](http://www.californiaphones.org) ................................................................ 800-806-1191 / TTY: 800-806-4474
- Deaf Counseling Advocacy and Referral Agency - DCARA, [www.dcara.org](http://www.dcara.org) ........................................................................................................ 510-343-6670
- Disability Rights California, Oakland, [www.disabilityrightsca.org](http://www.disabilityrightsca.org) .......................................................... 510-267-1200
- Easy Does It, *(non-medical emergency services for people with severe disabilities and elders in Berkeley)*; [www.easydoesitservices.org](http://www.easydoesitservices.org) .................................................. 510 704-2111
- Lighthouse for the Blind and Visually Impaired, [www.lighthouse-sf.org](http://www.lighthouse-sf.org) ............................................................................................... 415-431-1481
- Regional Center of the East Bay, *(services for individuals with developmental disabilities)*; [www.rceb.org](http://www.rceb.org) .......................................................... 510-618-6100

## EDUCATION *(also see Senior Centers)*

- Alameda Adult School, [www.alameda-adult-school.org](http://www.alameda-adult-school.org) .................................................. 510-522-3858
- Berkeley Adult School, [http://bas.berkeley.net](http://bas.berkeley.net) ............................................................................ 510-644-6130
- Danny E. Glover Education & Technology Center, *(basic technology classes for older adults offered)*; [www.degetc.org](http://www.degetc.org) ................................................................. 510-382-0555
- Piedmont Adult School, [www.piedmontadultschool.org](http://www.piedmontadultschool.org) ........................................... 510-594-2655
- U.C. Berkeley Osher Lifelong Learning Institute, *(community of learning for adults 50+)*; [www.olicy.berkeley.edu](http://www.olicy.berkeley.edu) .................................................. 510-642-9934

## ELDER ABUSE PREVENTION

- Adult Protective Services - APS, Alameda County; [www.alamedasocialservices.org](http://www.alamedasocialservices.org) ................................................................................................. 510-577-3500 / 1-866-225-5277
- District Attorney - Consumer & Environmental Protection Unit, [http://www.alcoda.org/cewpd/](http://www.alcoda.org/cewpd/) .................................................................................. 510-383-8600
- District Attorney - Elder Protection Unit, [http://www.alcoda.org/victim_witness/elderdependent_adult](http://www.alcoda.org/victim_witness/elderdependent_adult) ............................................................ 510-267-8800
- Legal Assistance for Seniors, *(elder abuse representation for Alameda County residents 65+)*; [www.lashicap.org](http://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
Citizens of Oakland Responding to Emergencies - CORE, (free disaster training program for Oakland residents); www.oaklandca.gov ... 510-238-3938
Senior Injury Prevention Program - SIPP, (emergency preparedness classes for Older Adults); www.acphd.org ... 510-618-2050

EMPLOYMENT PROGRAMS

ASSETS Senior Employment Program, (Oakland residents age 55+); www.oaklandca.gov ... 510-238-3535
SER-Jobs for Progress, Service, Employment, Redevelopment; (employment program, low income seniors 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, 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://gettingthemostoutoflife.org/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); www.alamedasocialservices.org ... 510-638-6878
Alameda County Public Administrator, (administrates 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
California Department of Consumer Affairs' Cemetery and Funeral Bureau, (licenses funeral agencies, publishes consumer guide); www.cfb.ca.gov ... 800-952-5210
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
Family Bridges, Inc., (social services for Asian-speaking, Information & Assistance); www.fambridges.org ... 510-839-2022

North County (Alameda, Albany, Berkeley, Emeryville, Oakland, Piedmont) 4 08/19
ETHNIC / CULTURALLY SPECIFIC PROGRAMS continued
Filipino Advocates for Justice, (naturalization and immigration assistance); www.filipino4justice.org ................................................. 510-465-9876
Fruitvale-San Antonio Senior Center, (English, Spanish and Cambodian speaking); www.unitycouncil.org .................................................. 510-535-6123
International Institute of the Bay Area, Oakland; (immigration legal services); www.iibayarea.org .......................................................... 510-451-2846
J-Sei, Emeryville; www.j-sei.org ........................................................................................................ 510-654-4000
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 - 1-844-828-2254); http://kcceb.org .......................................................... 510-547-2662
Lao Family Community Development, Inc., Southeast Asian Seniors Program; www.lfcd.org ................................................................. 510-533-8850
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
Vietnamese American Community Center of the East Bay - VACCEB, www.vacceb.net ................................................................. 510-891-9999

FINANCIAL ASSISTANCE
Alameda County Social Services Agency http://alamedasocialservices.org
Locations:
Eastmont Self-Sufficiency Center, (6955 Foothill Blvd, Ste. 100, Oakland 94605); ................................................................. 510-383-5300
North County Multi-Service Center, (2000 San Pablo Ave, Oakland 94612) ................................................................. 510-891-0700
Enterprise Self Sufficiency Center, (8477 Enterprise Way, Oakland 94621) ................................................................. 510-263-2420
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
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), http://alamedasocialservices.org;
Locations:
Eastmont Self-Sufficiency Center, (6955 Foothill Blvd, Ste. 100, Oakland 94605); ................................................................. 510-383-5300
North County Multi-Service Center, (2000 San Pablo Ave, Oakland 94612) ................................................................. 510-891-0700
Enterprise Self Sufficiency Center, (8477 Enterprise Way, Oakland 94621) ................................................................. 510-263-2420
City of Alameda Food Bank, (serves City of Alameda residents only); http://www.alamedafoodbank.org ................................................................. 510-523-5850
Mercy Brown Bag Program, (supplemental groceries twice a month to eligible low-income seniors); https://mercybrownbag.org ................................................................. 510-534-8540 ext. 369
St. Paul's Pantry of Hope, (provides groceries to seniors in the community who have access to cooking facilities); http://www.stpaulsoakland.org ................................................................. 510-834-4314 ext. 504
**FOOD & NUTRITION (Home Delivered Meals)**
Alameda Meals on Wheels, *(City of Alameda residents only)*; www.alamedamealsonwheels.org .......................................................... 510-865-6131
Albany Meals on Wheels, www.albanyca.org .................................................................................................................. 510-524-9124
Emeryville Meals on Wheels, .......................................................... 510-596-4309
Project Open Hand, *(Oakland residents; homebound and critically ill NON-seniors)*; www.openhand.org .................................................. 510-622-0221
SOS Meals on Wheels, Oakland, Piedmont; www.sosmow.org ............................................................................. 510-460-5855

**FOOD & NUTRITION (Senior Group Dining)**
Albany Senior Center, www.albanyca.org .......................................................................................................................... 510-522-9122
Emeryville Senior Center, http://www.ci.emeryville.ca.us ........................................................................................................... 510-596-3730
North Berkeley Senior Center, www.cityofberkeley.info ........................................................................................................... 510-981-5190
South Berkeley Senior Center, www.cityofberkeley.info ........................................................................................................... 510-981-5170
Spectrum Community Services, Alameda, Oakland; *(multiple locations throughout the County, contact for a list of senior dining sites)*; www.spectrumcs.org .......................................................... 510-881-0300 ext. 222
Vietnamese American Community Center of the East Bay - VACCEB, www.vacceb.net .......................................................... 510-891-9999

**FRIENDLY VISITORS / TELEPHONE REASSURANCE PROGRAMS**
Alameda Friendly Visitors, *(free weekly visits; City of Alameda residents)*; www.alamedamealsonwheels.org .......................................................... 510-748-0342
Covia, Well Connected; *(formerly Senior Center Without Walls; group activities and friendly conversation for homebound seniors thru FREE phone conference calls)*; http://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
Family Bridges, Inc., *(provides companionship to homebound, socially-isolated Cantonese or Mandarin speaking seniors)*; www.familybridges.org ........................................................................................................... 510-763-9017
J-Sei, Friendly Visitors & Callers; www.j-sei.org .......................................................................................................................... 510-654-4000 ext. 13
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
Senior Companion Program, City of Oakland; www.oaklandca.gov ........................................................................................................... 510-238-2987
St. Mary's Center, www.stmaryscenter.org .......................................................................................................................... 510-923-9600
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, QT - 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
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
Center for Independent Living - CIL, Residential Access Program; (Berkeley residents only; free accessibility modifications for persons with disabilities); www.thecil.org 510-841-4776
Housing Authority of the City of Alameda, Residential Rehabilitation Program; (City of Alameda residents; accessibility modifications); www.alamedahsg.org 510-747-4341
Rebuilding Together - East Bay North, Albany, Berkeley, Emeryville; www.rtebn.org 510-644-8979
Renew Alameda County, Habitat for Humanity; (affordable home renovation loans-simple 1% interest with payments deferred until the home is sold); 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 (City) Housing Authority, Housing Authority of the City of Alameda; www.alamedahsg.org 510-747-4300
Alameda (County) Housing Authority, www.haca.net 510-538-8876
Berkeley Housing Authority, www.cityofberkeley.info/bha/ 510-981-5470
Bay Area Community Services - BACS, Oakland, www.bayareacs.org 510-613-0330
Oakland Housing Authority, www.oakha.org 510-874-1500
Center for Independent Living - CIL, (disabled housing assistance); www.thecil.org 510-841-4776/ Video phone: 510-356-2662
ECHO Housing, (information on fair housing laws, housing discrimination and tenant/landlord services); www.echofairhousing.org 510-496-0496
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
HOUSING ASSISTANCE PROGRAMS continued
Just Cause, (free tenant counseling and case management for low-income Oakland residents); www.cjic.org ............................................................... 510-836-2687
Keep Oakland HOUSED, Catholic Charities of the East Bay; (emergency financial assistance and case management services for Oakland residents that in danger of losing their home); www.keeponkashoused.org .................................................. 510-768-3100
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
Oakland Housing Assistance Center, (housing services and resources); .................................................................................................................. 510-238-6182

IN-HOME SERVICES
Alameda County In-Home Supportive Services- IHSS; www.alamedasocialservices.org
    Client information and to apply ........................................................................................................ 510-577-1800
    Provider information and to apply .................................................................................................. 510-577-1877
Center for Independent Living - CIL, (private pay referrals); www.thecil.org ........................................ 510-841-4776/ Video phone: 510-356-2662
    Provider list for IHSS clients ........................................................................................................... 510-577-5694
Scott's Attendant List, (personal attendant list for persons with disabilities); www.scottsattendantlist.com .......................................................................................... 510-834-8314

INJURY PREVENTION
DayBreak Adult Care Centers, http://daybreakcenters.org ..................................................................... 510-834-8314
Lifelong Medical Care, www.lifelongmedical.org ..................................................................................... 510-981-4100
Senior Injury Prevention Partnership - SIPP, (fall prevention programs and older driver safety); www.acphd.org ........................................................................................................ 510-618-2050
Spectrum Community Services, Fall Prevention Program; (multiple locations throughout the County, contact for a location); www.spectrumcs.org ........................................................................ 510-881-0300 ext. 270
St. Mary’s Center, (exercise program; medicine education program); www.stmaryscenter.org .......................................................... 510-923-9600

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
LEGAL SERVICES continued
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+); www.lashicap.org .................................................................................................................. 510-832-3040
SEEDS Community Resolution Center, (community mediation services); www.seedscrc.org .................................................................................................................. 510-548-2377

MEDICAL/DENTAL CLINICS & SERVICES
Alameda County Dental Society, (low-cost dental options); www.alamedacds.org .................................................................................................................. 510-547-7188
Alameda Health Systems:
Eastmont Wellness Center; www.alamedaha lthsystem.org .................................................................................................................. 510-567-5700
Highland Wellness; www.alamedahealthsystem.org .................................................................................................................. 510-437-5039
Alameda-Contra Costa Medical Association, (doctor referrals); www.accma.org .................................................................................................................. 510-654-5383
Asian Health Services, (medical and dental services); www.asianhealthservices.org .................................................................................................................. 510-986-6880
Berkeley Dental Society, (referrals Albany and Berkeley); www.berkeleyds.org .................................................................................................................. 510-644-9800
Berkeley Free Clinic, (medical and dental services); www.berkeleyfreeclinic.org/ .................................................................................................................. 510-548-2570
Denti-Cal, Medi-Cal Dental Program; (information on Medi-Cal dental benefits); www.denti-cal.ca.gov .................................................................................................................. 800-322-6384
La Clinica de la Raza, www.laclinica.org .................................................................................................................. 510-535-4000
Life Long Medical Care, (provides health, dental and social services to low-income persons regardless of ability to pay); www.lifelongmedical.org .................................................................................................................. 510-981-4100
Native American Health Center, Oakland Medical; (serving the bay area native population and other under served populations); www.nativehealth.org .................................................................................................................. 510-535-4400
Native American Health Center, Oakland Dental; www.nativehealth.org .................................................................................................................. 510-535-4450
Oakland VA Outpatient Clinic, www.northernca lifornia.va.gov .................................................................................................................. 510-267-7800
Order of Malta Clinic Northern California, www.orderofmaltaclinic.com .................................................................................................................. 510-587-3000
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
West Oakland Health, (multiple locations throughout Oakland); www.wohc.org .................................................................................................................. 510-835-9610
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
Alta Bates Summit Behavioral Health Care, www.sutterhealth.org .................................................................................................................................................................................. 510-204-4405
Asian Community Mental Health Services, www.acmhs.org .................................................................................................................................................................................. 510-869-6000
City of Berkeley Mental Health Adult Services, (residents of Berkeley and Albany, including homeless in Berkeley or Albany); www.cityofberkeley.info .................................................. 510-981-5290
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, Oakland, (support for family/caregiver of people with mental illness); www.askferc.org .................................................................................................................................................................................. 888-896-3372 / 510-746-1700
Geriatric Assessment & Response Team - GART, (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
La Clinica de la Raza, www.laclinica.org .................................................................................................................................................................................. 510-535-4000
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
West Oakland Health, www.westoaklandhealth.org .................................................................................................................................................................................. 510-835-9610
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
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
East Bay Innovations, California Community Transitions, (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
State of California Community Care Licensing, Adult and Senior Care Regional Office; (Residential Care Facilities for the Elderly - RCFE Licensing); 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)
Alameda Mastick Senior Center, (1155 Santa Clara Avenue, Alameda, CA 94501); www.mastickcenter.com .................................................. 510-747-7500
Albany Senior Center, (846 Masonic Avenue, Albany, CA 94706); www.albanyca.org .................................................. 510-524-9122
Berkeley, North Berkeley Senior Center, at West Berkeley Service Center, (1900 Sixth Street, Berkeley, CA 94710); www.cityofberkeley.info . 510-981-5190
Berkeley, Henry Ramsey Jr. South Berkeley Senior Center, (2939 Ellis Street, Berkeley, CA 94703); www.cityofberkeley.info .................................. 510-981-5170
Emeryville Senior Center, (4231 Salem Street, Emeryville, CA 94608); www.ci.emeryville.ca.us .................................................. 510-596-3730
Emeryville, J-Sei, (1285 - 66th Street, Emeryville CA 94608); www.j-sei.org .................................................. 510-654-4000
Oakland, Downtown Oakland Senior Center, (200 Grand Avenue, Oakland, CA 94610); www.oaklandca.gov .................................. 510-238-3284 / TTY:510-238-3254
Oakland, East Bay Korean American Senior Center, (1723 Telegraph Avenue, Oakland, CA 94612); www.eastbaykoreanamericanseniорcenter.org .................................................. 510-763-1879
Oakland, East Oakland Senior Center, (9255 Edes Avenue, Oakland, CA 94609); www.oaklandca.gov .................................. 510-615-5731 / TTY:510-238-3254
Oakland, Fruitvale - San Antonio Senior Center, (3301 East 12th Street, Oakland, CA 94601); www.oaklandca.gov .......................... 510-535-6123 / TTY:510-238-3254
Oakland, Golden Ages Senior Center, (Eastmont Town Center, 73rd Avenue & Bancroft Avenue, upper level of mall, next to the library); .................................. 510-562-1900
Oakland, Hong Lok Senior Center, (275 - 7th Street, Oakland, CA 94607); www.oaklandca.gov .................................. 510-763-9017 / TTY: 510-238-3254
Oakland, North Oakland Senior Center, (5714 Martin Luther King Jr. Way, Oakland, CA 94609); www.oaklandca.gov .................................. 510-597-5085 / TTY: 510-238-3254
Oakland, St. Mary’s Center, Drop-in Center, (925 Brochurst Street, Oakland, CA 94608); www.stmaryscenter.org .................................. 510-923-9600 ext. 235
Oakland, Vietnamese American Community Center of the East Bay, (655 International Boulevard, Oakland, CA 94606); www.vacceb.net ............... 510-891-9999
Oakland, West Oakland Senior Center, (9255 Edes Avenue Oakland, CA 94609); www.oaklandca.gov .................................. 510-238-7016 / TTY: 510-238-3254
Piedmont, Piedmont Seniors, (monthly meetings are usually held the 4th Wednesday of the month from 10:00 a.m. to noon. Call for more information and meeting location); www.ci.piedmont.ca.us .................................. 510-420-3070
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, (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
East Bay Paratransit Service - EBPT, (transportation for those that meet the Americans with Disabilities Act - ADA criteria); www.eastbayparatransit.org .................................. 800-555-8085
TRANSPORTATION PROGRAMS & SERVICES continued

Taxi and City Transportation Programs:

Alameda (City); (discount taxi program for medical appointments, free loop shuttle to local shopping centers); www.alamedaca.gov ................................................................. 510-747-7513
Albany, (taxi program and door-to-door service for shopping); www.albanyca.org .................................................................................. 510-524-9122
Berkeley, (taxi program and wheelchair van program); www.cityofberkeley.info ................................................................. 510-981-7269
Emeryville, (same-day taxi and Lyft/Uber reimbursement and door-to-door service); www.emeryville.org ................................................................. 510-596-3730
Oakland and Piedmont, (taxi program and wheelchair van program); www.oaklandca.gov ................................................................. 510-238-3036

Travel Training Programs:

Center for Independent Living - The CIL, (individual training for people with disabilities and seniors); www.thecil.org .................................................................................. 510-841-4776 ext. 3118
Lighthouse for the Blind, (individual and group training for people with disabilities and seniors with visual impairments); www.lighthouse-sf.org .................................................................................. 415-694-7357
Through the Looking Glass; (training to families with disability issues in Alameda County); www.lookingglass.org .......... 510-848-1112 ext. 8156
United Seniors of Oakland and Alameda County – USOAC, (group training for seniors aged 55+ and people with disabilities);
www.usoac.org .................................................................................. 510-729-0851
Wheelchair Repair and Maintenance Workshop, Easy Does It; www.easydoesitservices.org ................................................................. 510-845-5513

UTILITIES ASSISTANCE

Alameda Municipal Power, (City of Alameda residents, financial assistance and rebates); www.alamedamp.com .................................................................................. 510-748-3900
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

EBMUD - East Bay Municipal Utility District, Customer Assistance Program; (discount program for low-income customers); www.ebmud.com .................................................................................. 866-403-2683
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 discount programs:
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
UTILITIES ASSISTANCE continued
PG&E - Pacific Gas & Electric, Relief for Energy Assistance through Community Help (REACH); (one-time energy assistance administered through Salvation Army); www.pge.com .............................................................. 822-933-9677
RHA Delivering Solutions, Moderate Income Direct Install Program (MIDI); (no cost energy efficient upgrades for moderate income households);
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VETERANS SERVICES
Alameda County Veterans' Service Office, www.alamedasocialservices.org .............................................................. 510-577-1926
U.S. Department of Veteran’s Affairs, www.va.gov ........................................................................................................ 800-827-1000

VOLUNTEER OPPORTUNITIES
AARP Experience Corps Bay Area, (adults 50+ tutor and mentor elementary school children with reading); www.aarp.org ................................................................. 415-745-5670
Alameda County Library - Albany, Friends of Albany Library; www.friendsalbanycalibrary.com ................................................................. 510-526-37720 ext. 7
Alameda County Long-Term Care Ombudsman Program, (volunteer advocates for persons in long-term care facilities); www.alamedasocialservices.org
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Foster Grandparent Program, City of Oakland; (adults 55+ mentor at-risk youth); www.oaklandca.gov ................................................................. 510-238-3080
Pacific Center for Human Growth, (volunteer opportunities available, outreach, front desk and/or skill based teams); www.pacificcenter.org ....
................................................................................................................................. 510-548-8283 ext. 221
Senior Companion Program, City of Oakland; (adults 55+ provide companionship and assistance to elderly with difficulties with daily living tasks);
www.oaklandca.gov ......................................................................................................................... 510-238-3080
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
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 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

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

Alameda County Social Services Agency, Workforce Benefits Administration (WBA)
Eastmont Self-Sufficiency Center, (6955 Foothill Blvd, Ste. 100, Oakland 94605); http://alamedasocialservices.org ........................................................................................................... 510-383-5300
North County Multi-Service Center, (2000 San Pablo Ave, Oakland 94612); http://alamedasocialservices.org ........................................................................................................... 510-891-0700
Enterprise Self Sufficiency Center, (8477 Enterprise Way, Oakland 94621); http://alamedasocialservices.org ........................................................................................................... 510-263-2420

Berkeley Age-Friendly Continuum, *(provides aging Berkeley residents information and referral, and support)*; www.berkeleycontinuum.org ................................................. 510-559-0036

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 ........................................................................................................... 510-451-2846

Public Authority for In-Home Supportive Services:
Registry Information Line - Provider Application and Orientation; www.ac-pa4ihss.org ........................................................................................................... 510-577-5694
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, AARP Tax-Aide Program; (free tax; www.aarp.org ........................................................................................................... 888-687-2277

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


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.

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