ADULT DAY CARE/RESPITE (useful website: www.daybreakcenters.org):
Alzheimer’s Services of the East Bay, Fremont, http://aseb.org .................................................. 510-656-1329
On Lok Lifeways, Fremont, (PACE - Program of All-inclusive Care for the Elderly); https://onloklifeways.org .................... 510-250-7525 / TDD: 510-818-1888

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-hour); www.alz.org ........................................................................................................ 800-272-3900
Alzheimer’s Services of the East Bay, Fremont Campus, www.aseb.org ........................................................................................................ 510-656-1329
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);
CAREGIVER SUPPORT PROGRAMS continued
Family Education and Resource Center, Fremont, (support for family/caregiver of people with mental illness; www.askferc.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, Tri-City, Kinship Support Program; (grandparent & relative caregivers of children; http://lincolnfamilies.org ...................................... 510-821-4696

CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND SENIORS
Multipurpose Senior Services Program - MSSP, City of Fremont, (residents on Medi-Cal; serves Hayward, Fremont Newark, Union City; www.fremont.gov ........................................... 510-574-2041
Older Adults, Happy Results, Alameda County 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
Aphasia Center of California, (services for persons who have had strokes; 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

South County (Fremont, Newark, Union City)
EDUCATION *(also see Senior Centers)*
Fremont Adult Continuing School, [www.face.edu](http://www.face.edu) ................................................................. 510-793-6465
Newark Adult Education Center, [www.macgregor.newarkunified.org](http://www.macgregor.newarkunified.org) ................................................................. 510-818-3700
U.C. Berkeley Osher Lifelong Learning Institute, (community of learning for adults 50+); [www.oli.berkeley.edu](http://www.oli.berkeley.edu) ................................................................. 510-642-9934

ELDER ABUSE PREVENTION
Alameda County Adult Protective Services - APS, [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 aged 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](http://www.redcross.org) ................................................................. 510-595-4400
Senior Injury Prevention Program - SIPP, *(emergency preparedness classes for Older Adults)*; [www.acphd.org](http://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](http://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](http://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](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](http://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](http://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](http://www.alamedasocialservices.org) ................................................................. 510-577-3539 or 510-777-4270
Bay Area Funeral Consumers’ Alliance (BA-FCA, *(consumer education)*; [http://www.ba-fca.org](http://www.ba-fca.org) ................................................................. 650-321-2109
END-OF-LIFE PLANNING & ARRANGEMENTS continued
California Advocates for Nursing Home Reform - CANHR, (elder law attorney referral services and information on Medi-Cal estate recovery); www.canhr.org

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
Afghan Elderly Association, http://afghanelderlyassociation.org .............................................................................................. 510-574-2059
Ethnic Elders Care Network, www.ethnicelderscarenetwork.net
Fremont Senior Center, (cultural/interest groups include: Chinese Club, East Indian Seniors, FISA - Fremont Indian Seniors Association, India Community Center, INSAS - Indo/American Seniors, Los Amigos, Muslim Support Network; www.fremont.gov ................................................................................................. 510-790-6600
India Community Center, Milpitas; (serves South County residents only); www.indiac.org ..................................................................................... 408-934-1130
International Institute of the Bay Area, Fremont; (immigration legal services); www.iibayarea.org ........................................................................... 510-894-3639
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)

FINANCIAL ASSISTANCE
Alameda County Social Services Agency, Fremont Outstation; (39155 Liberty St Ste C330, Fremont 94536); http://alamedasocialservices.org

................................................................. 510-795-2428

Alameda County Veterans’ Service Office, Oakland; 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), Fremont Outstation; (39155 Liberty St Ste C330, Fremont 94536); http://alamedasocialservices.org .................................................................................................................. 510-795-2428
Mercy Brown Bag Program, (supplemental groceries twice a month to eligible low-income seniors); https://mercybrownbag.org/ ..... 510-534-8540 ext. 369
Tri-City Volunteers, (emergency food baskets and food distribution, serves Fremont, Newark and Union City residents); www.tri-cityvolunteers.org .................................................................................................................................................. 510-793-4583

FOOD & NUTRITION (Home Delivered Meals)
LIFE ElderCare, (Fremont, Newark and Union City); www.lifeeldercare.org .............................................................................................................. 510-894-0370 ext. 2

FOOD & NUTRITION (Senior Group Dining)
Fremont Multi-Service Senior Center, www.fremont.gov/363/Meads .............................................................................................................. 510-790-6600
Spectrum Community Services, Union City; (senior community dining; call for a list of sites); www.spectrumcs.org .............................................................................................................. 510-881-0300 ext. 222

FRIENDLY VISITORS / TELEPHONE REASSURANCE PROGRAMS
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, (volunteers provide companionship through weekly visits, phone calls and outings); 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
HEALTH INSURANCE PROGRAMS continued
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 Fremont, Housing Rehabilitation and Minor Home Repair Program; (assists low-income homeowners maintain their owner-occupied properties with deferred low interest loans or grants); www.habitatebsv.org/services/home-repair/fremont ................................................................. 510-803-3388
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 (County Housing Authority, www.haca.net ........................................................................ 510-538-8876
City of Fremont, Housing Division; www.fremont.gov ...................................................................... 510-494-4500
ECHO Housing, (information on fair housing laws, illegal housing discrimination and tenant/landlord services); www.echofairhousing.org ................................................................. 510-581-9380
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
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
Alameda County In-Home Supportive Services - IHSS, (provider information and to apply); www.alamedasocialservices.org ................................................................. 510-577-1877
Community Resources for Independent Living - CRIL, Fremont, (private pay referrals); www.crilhayward.org ................................................................. 510-881-5743/ TTY: 510-881-0218
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
Afghan Elderly Association, www.afghanelderlyassociation.org ................................................................. 510-574-2059
DayBreak Adult Care Centers, http://daybreakcenters.org ................................................................. 510-834-8314
**INJURY PREVENTION**
LIFE ElderCare, Fall Prevention Program; [www.lifeeldercare.org](http://www.lifeeldercare.org) ................................................................. 510-894-0370 ext. 2
Senior Injury Prevention Partnership - SIPP, *(fall prevention programs and older driver safety); [www.acphd.org](http://www.acphd.org)* .................................................. 510-618-2050
Spectrum Community Services, Fall Prevention Program; *(multiple locations throughout the County, contact for a location); [www.spectrumcs.org](http://www.spectrumcs.org)* .................................................................................................................. 510-881-0300 ext. 270

**LEGAL SERVICES**
Alameda County Bar Association, Lawyer Referral Services; [www.acbanet.org](http://www.acbanet.org) ................................................................. 510-302-2222
Alameda County Bar Association, Volunteer Legal Services; [www.acbanet.org](http://www.acbanet.org) ................................................................. 510-302-2222
Bay Area Legal Aid, [www.baylegal.org](http://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](http://www.canhr.org)* ................................. 800-474-1116
Centro Legal de la Raza, *(low-cost immigration legal services); [www.centrolegal.org](http://www.centrolegal.org)* ................................................................. 510-437-1554
East Bay Community Law Center, *(for low-income persons needing legal advice/counsel); [www.ebclc.org](http://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](http://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](http://www.heraca.org)* ................................................................. 510-271-8443
International Institute of the Bay Area, *(immigration legal services); [www.iibayarea.org](http://www.iibayarea.org)* ................................................................. 510-451-2846
Legal Assistance for Seniors, *(serves persons age 60 and older); [www.lashicap.org](http://www.lashicap.org)* ................................................................. 510-832-3040
SEEDS Community Resolution Center, *(community mediation services); [www.seedscrc.org](http://www.seedscrc.org)* ................................................................. 510-548-2377

**MEDICAL/DENTAL CLINICS & SERVICES**
Alameda County Dental Society, *(low-cost dental options); [www.alamedacds.org](http://www.alamedacds.org)* ................................................................. 510-547-7188
Alameda Health System, Newark Wellness; [www.alamedahaalthsystem.org](http://www.alamedahaalthsystem.org) ................................................................. 510-505-1600
Altena Contra Costa Medical Association, *(doctor referrals); [www.accma.org](http://www.accma.org)* ................................................................. 510-654-5383
Denti-Cal, Medi-Cal Dental Program; *(information on Medi-Cal dental benefits); [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)* ................................................................. 800-322-6384
Southern Alameda County Dental Society, *(referrals); [www.sacds.org](http://www.sacds.org)* ................................................................. 510-782-5316
Tiburcio Vasquez Health Center, [www.tvhc.org](http://www.tvhc.org) ................................................................. 510-471-5907
Tri-City Health, [www.tri-cityhealth.org](http://www.tri-cityhealth.org) ................................................................. 510-770-8040
U.C. Berkeley School of Optometry Eye Clinic, [www.cal-eye-care.org](http://www.cal-eye-care.org) ................................................................. 510-642-2020
University of Pacific - Dental Care Center, [www.dental.pacific.edu](http://www.dental.pacific.edu) ................................................................. 510-489-5200
Washington Hospital, *(clinic locations - Fremont, Newark, Union City); [www.whhs.com](http://www.whhs.com)* ................................................................. 510-791-1111
Washington Hospital, WOW Mobile Health Clinic; *(Washington on Wheels Mobile Health Clinic); [www.whhs.com](http://www.whhs.com)* ................................................................. 510-818-7803
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
City of Fremont - Emotional Support Services, (Mobile Mental Health Program and Senior Peer Counseling Programs); www.fremont.org ...... 510-574-2041
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, Fremont, (support for family/caregiver of people with mental illness); www.askferc.org 510-790-1010
Geriatric Assessment & Response Team, (consultation services, short-term case management for Alameda County residents 60+ with serious mental health, alcohol or drug concerns); www.acbhc.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
Suicide Prevention / Crisis Support, www.crisissupport.org .......................................................... 800-273-8255

NURSING HOME ASSISTANCE / LONG-TERM CARE FACILITIES (useful websites: 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.cdphe.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)
Fremont, Fremont Senior Center, (40086 Paseo Padre Parkway, Fremont, CA 94538); www.fremont.gov ................................................................. 510-790-6600
Newark, Clark W. Redecker, Newark Senior Center; (7401 Enterprise Drive, Newark, CA 94560); www.newark.org ................................................................. 510-578-4840
Union City, Ralph & Mary Ruggieri Senior Center, (33997 Alvarado Niles Road, Union City, CA 94587); www.unioncity.org ................................................................. 510-675-5495
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
Drivers for Survivors, (free transportation and supportive companionship for cancer patients); www.driversforsurvivors.org ................................................................. 510-579-0535
Paratransit:
- East Bay Paratransit Service - EBPT, (transportation for those that meet the Americans with Disabilities Act - ADA criteria);
  www.eastbayparatransit.org ........................................................................................................ 800-555-8085
- Fremont Paratransit, (must be a Fremont resident); www.fremont.gov ................................................................. 510-574-2053
- Union City Paratransit, (must be an Union City resident); www.unioncity.org ................................................................. 510-675-5373
Taxi and City Transportation Programs:
- Fremont & Newark; (taxi and Lyft/ Uber subsidized rides available, door-to-door service and Tri-City Mobility Management program);
  www.fremont ........................................................................................................ 510-574-2053
- Union City; (taxi and Lyft/ Uber subsidized rides available and door-to-door service); www.unioncity.org ................................................................. 510-675-5373
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
- Through the Looking Glass; (training to families with disability issues in Alameda County); www.lookingglass.org ................................................................. 510-848-1112 ext. 8156
- Tri-City Travel Training Program, (individual and group training for people with disabilities and seniors in Fremont, Newark, and Union City);
  www.fremont.gov ........................................................................................................ 510-574-2053
VIP Rides, LIFE ElderCare, (assisted rides for seniors and people with disabilities); www.lifeeldercare.org ................................................................. 510-856-9010
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
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:
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
RHA Delivering Solutions, Moderate Income Direct Install Program (MIDI); (no cost energy efficient upgrades for moderate income households);
........................................................................................................ 866-455-0898

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
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
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, Fremont Outstation; (39155 Liberty St Ste C330, Fremont 94536); http://alamedasocialservices.org .......................................................... 510-795-2428
Compassion Network, (volunteer services for Tri-City residents including food, clothing, pastoral visit, handyman assistance, and errands); www.compassionnetwork.org .............................................................. 510-796-7378
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.

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