

SENIOR RESOURCE GUIDE

Non-Profit and Public Agencies Serving

SOUTH ALAMEDA COUNTY – Fremont • Newark • Union City

Alameda County Area Agency on Aging

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



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

Alzheimer's Services of the East Bay, Hayward; http://aseb.org	510-888-1411
Bay Area Community Services – BACS, Adult Day Care, Fremont; www.bayareacs.org	510-656-7742
DayBreak Adult Care Centers, <i>formerly Adult Day Services Network (personalized referrals & community education)</i> ; http://daybreakcenters.org	510-834-8314
On Lok Lifeways (<i>PACE - Program of All-inclusive Care for the Elderly</i>), Fremont Center; www.onlok.org	510-249-2700
On Lok Lifeways (<i>PACE - Program of All-inclusive Care for the Elderly</i>), Peralta Center; www.onlok.org	510-494-3700

ALCOHOLISM & DRUG ABUSE PREVENTION PROGRAMS

Alameda County Health Care ACCESS (<i>referrals to substance abuse services in Alameda County</i>); www.acbhcs.org	800-491-9099
Alcoholics Anonymous Central Office Oakland; http://eastbayaa.org	510-839-8900

ALZHEIMER'S SERVICES

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

CAREGIVER SUPPORT PROGRAMS

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

Alzheimer's Association of Northern California, www.alznorcal.org	800-272-3900
City of Fremont - Caregiver Support Program (<i>serves Fremont, Union City, and Newark residents</i>); www.fremont.gov	510-574-2041
Family Education and Resource Center (<i>support for family/caregivers of people with mental illness</i>); www.askferc.org	510-746-1700
DayBreak Adult Care Centers, <i>formerly Adult Day Services Network</i> , http://daybreakcenters.org	510-834-8314

CAREGIVER SUPPORT PROGRAMS (continued)

Family Caregiver Alliance (<i>assistance for families caring providing long-term care for loved ones</i>); www.caregiver.org	800-445-8106
Lincoln Child Center Kinship Support Services Program (<i>grandparent & relative caregivers or children</i>), Hayward; http://lincolnchildcenter.org/kinship-services	510-583-8060

CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND SENIORS

City of Fremont Senior Helpline (Fremont, Newark, Union City residents); www.fremont.gov/908/Senior-Help-Line	510-574-2041
Multipurpose Senior Services Program - MSSP (<i>residents on Medi-Cal; serves Hayward, Fremont, Newark, Union City</i>); www.fremont.gov/908/Senior-Help-Line	510-574-2041

DISABLED ADULT SERVICES/PROGRAMS

Alameda Public Health Department Diabetes Program (<i>free classes for Alameda County residents with Type 2 Diabetes</i>); www.acphd.org	510-383-5185
American Cancer Society; www.cancer.org	800-227-2345
American Diabetes Association; www.diabetes.org	510-654-4499
American Heart Association / American Stroke Association; www.heart.org / www.strokeassociation.org	510-903-4050
Americans with Disabilities Act (ADA), Pacific ADA Center; www.adapacific.org	800-949-4232
Aphasia Center of California (<i>services for persons who have had strokes</i>); http://aphasiacenter.net	510-336-0112
Arthritis Foundation; www.arthritis.org	415-356-1230
Braille & Talking Book Library; www.library.ca.gov/services/btbl.html	800-952-5666
California Telephone Access Program - CTAP (<i>accessible phone products/services</i>); www.californiaphones.org	800-806-1191/ TTY: 800-806-4474
Community Resources for Independent Living - CRIL (<i>Tri-Cities Satellite Office</i>); http://crilhayward.org	510-794-5735
DCARA - Deaf Counseling Advocacy and Referral Agency; www.dcara.org	510-343-6670/ TTY: 877-322-7288
Disability Rights California; www.disabilityrightsca.org	510-267-1200/ TTY: 800-719-5798
Hearing and Speech Center of Northern California (<i>testing and product info</i>), San Francisco; www.hearingspeech.org	415-921-7658
Lighthouse for the Blind (<i>consumer products</i>), Berkeley; http://lighthouse-sf.org	510-845-8700/ TTY: 510-845-8703
Lions Center for the Blind (<i>free services for the Blind and low vision seniors</i>); www.lbcenter.org	510-450-1580
Multiple Sclerosis (MS) Friends Support Line (<i>multiple sclerosis peer phone helpline</i>)	866-673-7436
National Multiple Sclerosis (MS) Society; www.nationalmssociety.org	800-344-4867
Parkinson's Institute; www.thepi.org	800-655-2273
Regional Center of the East Bay (<i>services to individuals with developmental disabilities</i>); www.rceb.org	510-618-6100
Wheelchair Breakdown Service (<i>emergency wheelchair transportation and breakdown assistance</i>)	877-509-4335
Women's Cancer Resource Center, Oakland; www.wcrc.org	510-420-7900

EDUCATION (also see Senior Centers)

- Fremont Adult & Continuing Education; www.face.edu 510-793-6465
- Newark Adult Education Center; <http://macgregor-nusd-ca.schoolloop.com> 510-818-3700
- U.C. Berkeley - Osher Lifelong Learning Institute - OLLI; <http://olli.berkeley.edu> 510-642-9934

ELDER ABUSE PREVENTION

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

EMERGENCY PREPAREDNESS PROGRAMS

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

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

EMPLOYMENT PROGRAMS

- ASSETS Senior Employment Program (Alameda County residents 55 and older); 510-238-3535
- East Bay Works One-Stop Business and Career Centers, Newark; www.tricitiesonestop.com 510-742-2323
- SCORE - Service Corps of Retired Employees (provides free business counseling); <http://eastbay.score.org> 510-273-6611
- SER - Jobs for Progress, Inc. (Service, Employment, Redevelopment), Hayward; www.ser-national.org 510-265-8267

END-OF-LIFE PLANNING & ARRANGEMENTS

(Note: Hospice agencies provide support and care for people facing terminal illness. Contact Senior Information for a list of local hospice agencies.)

- Alameda County Bar Association (lawyer referral service-\$35 for 30 minute consultation - pertaining to estate planning, wills and trust) www.acbanet.org 510-302-2222
- Alameda County Coroner (indigent burial/cremation in case of no next of kin or financial means-eligibility determined by application); www.acbanet.org 510-268-7300
- Alameda County Public Administrator (administers estates of decedents who have no next of kin or executor); <http://alamedasocialservices.org>.. 510-577-1906
- CANHR - California Advocates for Nursing Home Reform (elder law attorney referral services and information on Medi-Cal estate recovery); www.canhr.org 415-974-5171/ 800-474-1116

END-OF-LIFE PLANNING & ARRANGEMENTS (continued)

- California Department of Consumer Affairs' Cemetery and Funeral Bureau (*licenses funeral agencies, publishes consumer guide*); www.cfb.ca.gov 800-952-5210
- Crisis Support Services of Alameda County (*grief counseling, grief support group for seniors*); www.crisissupport.org 510-420-2475
- Funeral Consumers Alliance (*consumer education*) www.funerals.org
- Legal Assistance for Seniors (*provides workshop on advance health care directive*); www.lashicap.org 800-393-0363

ETHNIC / CULTURALLY SPECIFIC PROGRAMS

- Afghan Elderly Association; www.afghanelderlyassociation.org 510-574-2059
- Catholic Charities of the East Bay (*Immigration and Naturalization Service, Refugee Resettlement Program, Southeast Asian Senior Services*), Oakland; www.cceb.org 510-768-3100
- Ethnic Elders Care (*website focuses on ethnic elders with Alzheimer's and related disorders*) www.ethnicelderscare.net
- Filipino Advocates for Justice (*naturalization and immigration assistance at fixed rate*), Union City; www.filipinos4justice.org 510-487-8552
- Fremont Senior Center (*cultural/interest groups include Afghan Women, Chinese Club, East Indian Seniors, India Community Center, INSAF - Indo/American Seniors, Los Amigos, Muslim Support Network*); www.fremont.gov 510-790-6600
- India Community Center (*serves South Alameda County residents*), Milpitas; www.indiacc.org 408-934-1130
- International Institute of the Bay Area (*immigration legal services*), Fremont; 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
- Lavender Seniors (*support services for LGBT-lesbian/gay/bisexual/transgendered elders*); www.lavenderseniors.org 510-574-2073
- Taiwanese Community Help Association; www.tchelpa.com 510-784-7341

FINANCIAL ASSISTANCE (useful websites: www.benefitscheckup.org and www.govbenefits.gov)

- Alameda County Social Services Agency:
 - Fremont Outstation (*39155 Liberty St., Ste. C330, Fremont, 94536*); www.alamedasocialservices.org 510-795-2428
- Alameda County Veterans Services; www.alamedasocialservices.org:
 - Oakland Office 510-577-1926
 - Fremont Office 510-795-2686
- CANHR - California Advocates for Nursing Home Reform (*estate planning for long term care*); www.canhr.org 415-974-5171/ 800-474-1116
- CAPI - Cash Assistance Program for Immigrants; www.alamedasocialservices.org 510-268-2332/ 800-648-0954
- ECHO Housing (*Rental Assistance Program for residence of Alameda County; Intake Wednesdays 9am*); www.echofairhousing.org 855-ASK-ECHO
- Social Security / SSI; www.ssa.gov 800-772-1213

FOOD & NUTRITION

Alameda County Community Food Bank; www.accfb.org 510-635-3663/ 800-870-3663
CalFresh (*California's Food Stamp Program*) Fremont Outstation (*39155 Liberty St., Ste. C330, Fremont, 94536*); www.alamedasocialservices.org ...
..... 510-795-2428
Mercy Brown Bag Program (*supplemental groceries twice month to eligible low-income seniors*); <http://mercyretirementcenter.org>
..... 510-534-8540 x369
Tri-City Volunteers (*emergency food bank*); www.tri-cityvolunteers.org 510-793-4583

FOOD & NUTRITION (Home Delivered Meals)

LIFE Eldercare (*Fremont, Newark, Union City*); <http://lifeeldercare.org> 510-574-2092

FOOD & NUTRITION (Senior Group Dining)

Fremont Multi-Service Senior Center; www.fremont.gov 510-790-6600
Spectrum Community Services (*senior community dining; call for a list of sites*), Newark & Union City; www.spectrumcs.org
..... 510-881-0300 ext.222 or 243

FRIENDLY VISITORS / TELEPHONE REASSURANCE PROGRAMS

Lavender Seniors (*support services for LGBT - lesbian/gay/bisexual/transgendered elders*); www.lavenderseniors.org 510-574-2073
LIFE Eldercare; <http://lifeeldercare.org> 510-574-2090
Senior Center Without Walls (*group activities and friendly conversation for homebound seniors thru FREE phone conference calls*);
<http://seniorcenterwithoutwalls.org> 877-797-7299

HEALTH INSURANCE PROGRAMS (useful websites: www.cahealthadvocates.org and www.coverageforall.org)

Alameda County Adult, Aging and Medi-Cal Services Department; www.alamedasocialservices.org:
 Medi-Cal Long Term Care (*new applicants contact County Medi-Cal Center*) 510-777-2300 / 800-698-1118
 Medi-Cal Long Term Care (*ongoing cases only*) 510-577-1900
 Medicare Savings Programs, QMB, SLMB, QI-1 (*QMB--Qualified Medicare Beneficiary Program; SLMB--Specified Low-Income Medicare Beneficiary;*
 QI--Qualified Individual) 510-577-1900
Covered California (*affordable health care for Californians*); www.coveredca.com 800-300-1506
HICAP - Health Insurance Counseling and Advocacy Program; www.lashicap.org 510-839-0393
Medi-Cal, Alameda County Social Services Agency:
 Fremont Outstation (*39155 Liberty St., Ste. C330, Fremont, 94536*); www.alamedasocialservices.org 510-670-6000
Medicare, Social Security Administration; www.ssa.gov 800-633-4227
Washington Hospital Health Insurance Information Service; www.whhs.com 800-770-9447

HOME IMPROVEMENT PROGRAMS FOR LOW TO MODERATE INCOME HOUSEHOLDS

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

HOUSING ASSISTANCE PROGRAMS

Alameda (County) Housing Authority; www.haca.net 510-538-8876
City of Fremont - Office of Housing & Redevelopment; www.fremont.gov/415/Housing 510-494-4500
Community Resources for Independent Living - CRIL (*disabled housing assistance*); <http://crilhayward.org> 510-881-5743
ECHO Housing (*information on fair housing laws and illegal housing discrimination*); www.echofairhousing.org 510-496-0496
ECHO Housing (*rental assistance, information on fair housing laws and illegal housing discrimination; tenant/landlord counseling*); 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 counseling); www.heraca.org 510-271-8443
NID-Housing Counseling Agency (*homeowner/foreclosure counseling*); <http://nidonline.org> 877-670-7360

IN-HOME SERVICES

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

INJURY PREVENTION

LIFE Eldercare (*exercise, medication review, home safety check program for frail, homebound seniors over 60*); <http://lifeeldercare.org> 510-574-2087
Senior Injury Prevention Partnership (*falls prevention and older driver safety discussion groups*); www.acphd.org 510-618-2027

LEGAL SERVICES

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

LEGAL SERVICES (continued)

HERA - Housing and Economic Rights Advocates; www.heraca.org	510-271-8443
Legal Assistance for Seniors (<i>serves persons 60 years and older</i>); www.lashicap.org	800-393-0363
SEEDS Community Resolution Center; www.seedscrc.org	510-548-2377
Senior Legal Hotline of Northern California; http://lsnc.net	800-222-1753

MEDICAL/DENTAL CLINICS & SERVICES

Alameda-Contra Costa Medical Association (<i>doctor referrals</i>); www.accma.org	510-654-5383
Alameda County Medical Center, Newark Wellness Center; www.newarkahs.org	510-505-1600
Denti-Cal (<i>information on Medi-Cal dental benefits</i>); www.denti-cal.ca.gov	800-322-6384
ReCARES, formerly Home CARES (<i>medical equipment recyclers</i>); www.homecares.org	510-251-2273
Southern Alameda County Dental Society (<i>referrals</i>); www.sacds.org	510-782-5442
Tiburcio Vasquez Health Center; www.tvhc.org	510-471-5880
Tri-City Health Center; www.tri-cityhealth.org	510-770-8040
U.C. Berkeley School of Optometry Eye Center; www.caleyecare.org	510-642-2020
University of the Pacific - Dental Care Center, Union City; http://dental.pacific.edu	510-489-5200
Washington Hospital (<i>Clinics - Fremont, Newark, Union City</i>); www.whhs.com	510-797-1111
Washington Hospital (<i>Washington on Wheels Mobile Health Clinic</i>)	510-608-3203

MENTAL HEALTH / COUNSELING PROGRAMS

Alameda County Health Care ACCESS (<i>referrals to mental health services in Alameda County</i>); www.acbhcs.org	800-491-9099
Asian Community Mental Health Services, Oakland; www.acmhs.org	510-970-9750
City of Fremont Human Services, Senior Peer Counseling Program (<i>Mobile Mental Health Program for homebound seniors</i>); www.fremont.gov	510-574-2041
Geriatric Assessment & Response Team - GART (<i>consultation services, short-term case management for Alameda County residents 60+ with serious mental health, alcohol or drug concerns</i>)	510-891-5650
LEGENDS at Valley Health System (<i>short-term, voluntary inpatient program for behavioral health concerns in people 65 and older</i>); www.valleycare.com	925-373-8038/ 800-884-8038
Mental Health Association of Alameda County; http://mhaac.org : Family Caregiver Support	510-835-0188
Mental Health Advocates	510-835-5532
Patient's Rights Advocates	510-835-2505
Suicide Prevention / Crisis Support (<i>24-hour support line</i>); www.crisissupport.org	800-309-2131

NURSING HOME ASSISTANCE / LONG-TERM CARE FACILITIES (useful websites: www.calqualitycare.org & www.nursinghomeguide.org)

- California Community Transitions, East Bay Innovations (eligible Medi-Cal beneficiaries who are in a state licensed health care facility for 90 days or longer move into their own home); www.dhcs.ca.gov 510-618-1580 ext. 49
- CANHR - California Advocates for Nursing Home Reform (advice on nursing home selection; residents' rights advocates), San Francisco; www.canhr.org 800-474-1116
- Ombudsman - Alameda County Long-Term Care Ombudsman Program (care facility complaint resolution & advocacy; lists RCFEs, Residential Care Facilities for the Elderly, and SNFs, Skilled Nursing Facilities); www.alamedasocialservices.org 510-638-6878
- State of California Community Care Licensing (RCFE licensing); www.cclcd.ca.gov 510-622-2602
- State of California Department of Public Health (SNF & Home Health Care Licensing); www.cdph.ca.gov 800-236-9747

PUBLIC GUARDIAN'S OFFICE

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

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

- Fremont Multi-Service Senior Center (40086 Paseo Padre Parkway, Fremont, 94538); www.fremont.gov 510-790-6600
- Newark Senior Center (7401 Enterprise Drive, Newark, 94560); www.newark.org 510-578-4840
- Union City, Ralph & Mary Ruggieri Senior Center (33997 Alvarado Niles Road, Union City, 94587); www.unioncity.org 510-675-5495
- Senior Center Without Walls (group activities and friendly conversation for homebound seniors thru FREE phone conference calls); <http://seniorcenterwithoutwalls.org> 877-797-7299

TRANSPORTATION PROGRAMS & SERVICES

- 5-1-1.org (travel information for the Bay Area); www.511.org 5-1-1
- AC Transit (senior and disabled discounted passes); www.actransit.org 510-891-4706
- American Cancer Society, Road to Recovery (transportation program for cancer patients); www.cancer.org 800-227-2345
- BART (senior and disabled discount tickets); www.bart.gov/tickets 510-464-7136
- DMV Parking Placards for Disabled Drivers; www.dmv.ca.gov 800-777-0133
- East Bay Paratransit Service - EBPT (for those who meet Americans with Disabilities Act -ADA criteria); www.eastbayparatransit.org 800-555-8085
- Fremont Paratransit Program (transportation for seniors age 80+ or disabled individuals within Fremont, Newark, Union City); www.fremont.gov 510-574-2053
- LIFE Eldercare, VIP Rides (trained, screened volunteers help seniors and disabled adults with shopping and medical trips); <http://lifeeldercare.org> ... 510-574-2096
- Newark Paratransit (provided through partnership with the City of Fremont); www.newark.org 510-574-2053
- Tri City Travel Training Program, City of Fremont (group training on how to use public transportation); www.fremont.gov 510-574-2053
- Union City Paratransit; www.unioncity.org 510-675-5373
- United Seniors of Oakland and Alameda County (Senior Group Travel Training); www.usoac.org 510-729-0852
- Wheelchair Breakdown Service (emergency wheelchair transportation and breakdown assistance) 877-509-4335

UTILITIES ASSISTANCE

California Lifeline (*telephone service discounts*); www.cpuc.ca.gov 866-272-0349

California Telephone Access Program - CTAP (*accessible phone products/services*); www.californiaphones.org 800-806-1191/ TTY 800-806-4474

East Bay Municipal Utility District (EBMUD), Customer Assistance Program (*discount program for low-income customers*); www.ebmud.com .
..... 866-403-2683

Heat Energy Assistance Program - HEAP & Weatherization (*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; (*discount on gas/electric bills for qualified low-income households*);
www.pge.com 866-743-2273

PG&E - Pacific Gas & Electric, Energy Savings Assistance Program (*weatherization, energy-efficient appliances for qualified low-income customers*);
www.pge.com 800-989-9744

PG&E - Pacific Gas & Electric, Medical Baseline Allowance (*energy at the lowest, baseline, price for residential customers with qualifying medical condition/s*);
www.pge.com 800-743-5000

PG&E - Pacific Gas & Electric, Relief for Energy Assistance through Community Help - REACH (*one-time energy-assistance administered through the Salvation Army*); www.pge.com 800-933-9677

ReachOut Wireless (*discounted cell phone service*); www.reachoutmobile.com 877-777-1914

VETERANS SERVICES

Alameda County Veterans Services, (*Oakland Office*) Adult, Aging and Medi-Cal Services; www.alamedasocialservices.org 510-577-1926

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

Alameda County Library Homeword Bound Program (*home delivery of library materials*); www.aclibrary.org 510-745-1491

VOLUNTEER OPPORTUNITIES

Ombudsman - Alameda County Long-Term Care Ombudsman Program (*volunteer advocates persons in long term care facilities*);
<http://alamedasocialservices.org> 510-638-6878

Stagebridge (*senior actors and storytellers*), Oakland; <http://stagebridge.org> 510-444-4755

Tri-Cities League of Volunteers; www.lov.org 510-793-5683

Volunteer Center of the East Bay; www.volunteereastbay.org 510-232-0163

Volunteer Match (*volunteers are matched with organizations with need for volunteers*); www.volunteermatch.org 415-241-6868

IMPORTANT NUMBERS

AARP Driver Safety Program (<i>check website for class nearest you</i>); www.aarp.org	800-350-7025
Alameda County Area Agency on Aging, Senior Information & Assistance; www.alamedasocialservices.org	510-577-3530/ 800-510-2020
Alameda County Library, Older Adult Services (<i>Homework Bound, Library Computer Training, and more</i>); www.aclibrary.org	510-745-1491
Alameda County Social Services Agency, Fremont Outstation (<i>39155 Liberty St Ste C330, Fremont 94536</i>)	510-795-2428
Alameda-Contra Costa County Medical Association (<i>doctor referrals</i>); www.accma.org	510-654-5383
Compassion Network (<i>volunteer services for Tri-Cities residents including food, clothing, pastoral visit, handyman assistance, and errands</i>); www.compassionnetwork.org	510-796-7378
Contra Costa County, Senior Information & Assistance; http://ehsd.org	925-229-8434
Eden Information & Referral; www.edenir.org	2-1-1/ 888-886-9660
Eldercare Locator (<i>information services outside Alameda County/California</i>); www.eldercare.gov	800-677-1116
Immigration Questions; International Institute of the East Bay; www.iibayarea.org	510-894-3639
Public Authority; www.ac-pa4ihss.org :	
Centralized Registry Information Line - for worker application and orientation	510-577-5694
IHSS Registry Referral - for IHSS Clients to find a worker	510-577-1980
IHSS Worker and Consumer Training	510-577-3554
IHSS Worker Health Benefits Hotline	510-777-4201
Senior Injury Prevention Partnership - SIPP; www.acphd.org	510-618-2050
Social Security / SSI; www.ssa.gov	800-772-1213
Tax Assistance (<i>generally from February 1 - April 15 at most senior centers and some library branches</i>):	
AARP Tax Aide Program (<i>free filing assistance</i>); www.aarp.org	888-687-2277
IRS (general information); www.irs.gov	800-829-1040
Volunteer Income Tax Assistance / Tax Counseling for the Elderly	www.ftb.ca.gov

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

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

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

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