

SENIOR RESOURCE GUIDE

Non-Profit and Public Agencies Serving



NORTH ALAMEDA COUNTY

Alameda • Albany • Berkeley • Emeryville • Oakland • Piedmont

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

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

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



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

Alzheimer's Services of the East Bay - ASEB, Berkeley, www.aseb.org	510-644-8292
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
Alzheimer's Services of the East Bay, http://aseb.org	510-644-8292
City of Berkeley, Services for Caregivers; <i>(Family Caregiver Support Group 510-981-5205)</i> ; 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 <i>(offers information and support services to family caregivers)</i> ; https://www.caregiver.org	800-445-8106
Family Education and Resource Center, Oakland, <i>(support for family/caregiver of people with mental illness)</i> ; www.askferc.org	888-896-3372
Family Support Services of the Bay Area, <i>(kinship support for grandparents/relative caregivers of children)</i> ; www.fssba.org	510-834-2443
Lincoln Child Center, Hayward, Kinship Support Program; <i>(grandparent & relative caregivers of children)</i> ; http://lincolnfamilies.org	510-273-4700

CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND SENIORS

City of Berkeley, Aging Services Division; <i>(case management for Berkeley residents 55+, based at Berkeley senior centers)</i> ; www.cityofberkeley.info	510-981-5180
J-Sei, Bilingual Case Management; <i>(seniors 60 years or age and older)</i> ; www.j-sei.org	510-654-4000
Korean Community Center of the East Bay, www.kcceb.org	Korean Toll Free: 844-828-2254/ English: 510-547-2662
Multipurpose Senior Services Program - MSSP, City of Oakland; <i>(older adults 65+, serves residents of Oakland, Piedmont, Emeryville & Berkeley)</i> ; www.oaklandca.gov	510-238-3762
Older Adults, Happy Results , Alameda County Public Health Nursing, <i>(home based nurse case management for high risk Medi-Cal recipients aged 60 +)</i> ; www.acphd.org/older-adults.aspx	510-383-7037
St. Mary's Center, Homeless Senior Services; <i>(low-income individuals aged 55+, who are homeless or at risk of homelessness)</i> ; www.stmaryscenter.org	510-923-9600
Vietnamese American Community Center of the East Bay - VACCCEB, www.vacceb.net	510-891-9999

CHRONIC ILLNESS & DISEASE SUPPORT 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
Alta Bates Summit Diabetes Centers, <i>(diabetes self-management classes, support group)</i> ; www.altabatesummit.org/diabetes	510-204-1081
American Cancer Society, www.cancer.org	800-227-2345
American Diabetes Association, Oakland, www.diabetes.org	510-654-4499
American Heart Association, www.heart.org	510-903-4050
American Stroke Association; www.strokeassociation.org	510-903-4050
Aphasia Center of California, <i>(help for persons suffering from loss of language, typically as a result of a stroke)</i> ; http://aphasiacenter.net	510-336-0112

CHRONIC ILLNESS & DISEASE SUPPORT SERVICES/PROGRAMS *continued*

Arthritis Foundation, www.arthritis.org	415-356-1230
Charlotte Maxwell Clinic, Integrative Cancer Care; <i>(clinic for low-income women with cancer)</i> ; www.charlottemaxwell.org	510-601-7660
Multiple Sclerosis (MS) Friends Support Line, <i>(peer helpline)</i> ;	866-673-7436
National Multiple Sclerosis Society, www.nationalmssociety.org	800-344-4867/ 415-230-6677
Parkinson's Institute, www.theipi.org	800-655-2273
Women's Cancer Research Center, Berkeley, www.wcrc.org	510-420-7900

DISABLED ADULT SERVICES/PROGRAMS

Americans with Disabilities Act (ADA), Pacific ADA Center; www.adapacific.org	(Voice and TTY) 800-949-4232
Berkeley Place, Inc., Deaf/Hard of Hearing Project;	510-644-2003
Braille & Talking Book Library - BTBL, http://www.library.ca.gov/btbl/	800-952-5666
California Telephone Access Program - CTAP, <i>(accessible phone products/services)</i> ; www.californiaphones.org	800-806-1191 / TTY: 800-806-4474
Center for Independent Living - CIL, <i>(locations: Alameda, Berkeley, Oakland)</i> ; www.thecil.org	510-841-4776 / Video phone: 510-356-2662
Deaf Counseling Advocacy and Referral Agency - DCARA, www.dcara.org	510-343-6670
Disability Rights California, Oakland, www.disabilityrightsca.org	510-267-1200
Easy Does It, <i>(non-medical emergency services for people with severe disabilities and elders in Berkeley)</i> ; www.easydoesitservices.org	510 704-2111
Hearing and Speech Center of Northern California, San Francisco, www.hearingspeech.org	415-921-7658 / TTY: 415-921-8990
Lighthouse for the Blind and Visually Impaired, www.lighthouse-sf.org	415-431-1481
Regional Center of the East Bay, <i>(services for individuals with developmental disabilities)</i> ; www.rceb.org	510-618-6100

EDUCATION *(also see Senior Centers)*

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

ELDER ABUSE PREVENTION

Adult Protective Services - APS, Alameda County; www.alamedasocialservices.org	510-577-3500 / 1-866-225-5277
District Attorney - Consumer & Environmental Protection Unit, http://www.alcoda.org/cewpd/	510-383-8600
District Attorney - Elder Protection Unit, http://www.alcoda.org/victim_witness/elderdependent_adult	510-267-8800
District Attorney - Victim/Witness Assistance Division, http://www.alcoda.org/victim_witness/	510-272-6180
Legal Assistance for Seniors, <i>(elder abuse representation for Alameda County residents 65+)</i> ; 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, <i>(preparedness training for groups); www.redcross.org</i>	510-595-4400
Citizens of Oakland Responding to Emergencies - CORE, <i>(free disaster training program for Oakland residents); www.oaklandca.gov</i>	510-238-3938
Senior Injury Prevention Program - SIPP, <i>(emergency preparedness classes for Older Adults); www.acphd.org</i>	510-618-2050

EMPLOYMENT PROGRAMS

ASSETS Senior Employment Program, <i>(Oakland residents age 55+); www.oaklandca.gov</i>	510-238-3535
SER-Jobs for Progress, Service, Employment, Redevelopment; <i>(employment program, low income seniors 55+); www.ser-national.org</i>	510-265-8267

END-OF-LIFE PLANNING & ARRANGEMENTS

Alameda County Bar Association, <i>(lawyer referral service - \$35 for 30-minute consultation, estate planning, wills & trusts); www.acbanet.org</i>	510-302-2222 Opt. 4
Alameda County Care Partners, <i>(advance directive, POLST and additional support for IHSS recipients); http://gettingthemostoutoflife.org/ihss-pilot</i>	510-577-3517
Alameda County Coroner, <i>(burial/cremation in case of no next of kin or financial means, eligibility determined by application); www.alamedacountysheriff.org</i>	510-268-7300
Alameda County Long-Term Care Ombudsman Program, <i>(witnesses Advance Health Care Directives for residents in Skilled Nursing Facilities); www.alamedasocialservices.org</i>	510-638-6878
Alameda County Public Administrator, <i>(administers estates of decedents who have no next-of-kin or executor); www.alamedasocialservices.org</i>	510-577-3539 or 510-777-4270
Bay Area Funeral Consumers' Alliance (BA-FCA, <i>(consumer education); http://www.ba-fca.org</i>	650-321-2109
California Advocates for Nursing Home Reform - CANHR, <i>(elder law attorney referral services and information on Medi-Cal estate recovery); www.canhr.org</i>	800-474-1116 / 415-974-5171
California Department of Consumer Affairs' Cemetery and Funeral Bureau, <i>(licenses funeral agencies, publishes consumer guide); www.cfb.ca.gov</i>	800-952-5210
Getting the Most Out of Life, Alameda County Hospice Project; <i>(education and utilization of advance care planning and hospice services); http://gettingthemostoutoflife.org</i>	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., <i>(social services for Asian-speaking, Information & Assistance); www.fambridges.org</i>	510-839-2022

ETHNIC / CULTURALLY SPECIFIC PROGRAMS *continued*

Filipino Advocates for Justice, (<i>naturalization and immigration assistance</i>); www.filipino4justice.org	510-465-9876
Fruitvale-San Antonio Senior Center, (<i>English, Spanish and Cambodian speaking</i>); www.unitycouncil.org	510-535-6123
International Institute of the Bay Area, Oakland; (<i>immigration legal services</i>); www.iibayarea.org	510-451-2846
Jewish Family & Children's Services of the East Bay, Older Adult Services; www.jfcs-eastbay.org	510-558-7800
J-Sei, Emeryville; www.j-sei.org	510-654-4000
Korean Community Center of the East Bay, (<i>Korean Info Line - 1-844-828-2254</i>); 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, (<i>support services for LGBTQ elders</i>); www.lavenderseniors.org	510-736-LGBT (5428)
Pacific Center for Human Growth, (<i>peer groups for LGBTQ seniors</i>); 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; (<i>6955 Foothill Blvd, Ste. 100, Oakland 94605</i>);	510-383-5300
North County Multi-Service Center; (<i>2000 San Pablo Ave, Oakland 94612</i>)	510-891-0700
Enterprise Self Sufficiency Center; (<i>8477 Enterprise Way, Oakland 94621</i>)	510-263-2420
Alameda County Veterans' Service Office, http://alamedasocialservices.org	510-577-1926
Cash Assistance Program Immigrants - CAPI, (<i>provides benefits for legal non-citizens in financial need that are ineligible for federal Supplemental Security Income - SSI</i>); 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

CalFresh (*California's Food Stamp Program*), <http://alamedasocialservices.org>;

Locations:

Eastmont Self-Sufficiency Center, (<i>6955 Foothill Blvd, Ste. 100, Oakland 94605</i>);	510-383-5300
North County Multi-Service Center; (<i>2000 San Pablo Ave, Oakland 94612</i>)	510-891-0700
Enterprise Self Sufficiency Center; (<i>8477 Enterprise Way, Oakland 94621</i>).....	510-263-2420
City of Alameda Food Bank, (<i>serves City of Alameda residents only</i>); http://www.alamedafoodbank.org	510-523-5850
Mercy Brown Bag Program, (<i>supplemental groceries twice a month to eligible low-income seniors</i>); https://mercybrownbag.org	510-534-8540 ext. 369
St. Paul's Pantry of Hope, (<i>provides groceries to seniors in the community who have access to cooking facilities</i>); 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
Berkeley Meals on Wheels, www.cityofberkeley.info 510-981-5250
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; (<i>QMB - Qualified Medicare Beneficiary Program, SLMB - Specified Low-Income Medicare Beneficiary, QI - Qualified Individual</i>); www.alamedasocialservices.org	800-698-1118 / 510-777-2300
Covered California, (<i>affordable healthcare for Californians</i>); www.coveredca.com	800-300-1506
HealthPAC, (<i>for persons not eligible for Medi-Cal with income at or below 200% Federal Poverty Level</i>); www.achealthcare.org	877-879-9633
HICAP - Health Insurance Counseling and Advocacy Program, www.lashicap.org	510-832-3040
Medicare, Social Security Administration; www.ssa.gov	800-633-4227

HOME IMPROVEMENT PROGRAMS FOR LOW TO MODERATE INCOME HOUSEHOLDS

Alameda County Healthy Homes Department, Housing Rehabilitation Program; (<i>minor home repair grants and rehabilitation grants</i>); www.achhd.org	510-567-8280
Center for Independent Living - CIL, Residential Access Program; (<i>Berkeley residents only; free accessibility modifications for persons with disabilities</i>); www.thecil.org	510-841-4776
Housing Authority of the City of Alameda, Residential Rehabilitation Program; (<i>City of Alameda residents; accessibility modifications</i>); www.alamedahsg.org	510-747-4341
Rebuilding Together - East Bay North, Albany, Berkeley, Emeryville; www.rtebn.org	510-644-8979
Rebuilding Together - Oakland, www.rtoakland.org	510-625-0316
Renew Alameda County, Habitat for Humanity; (<i>affordable home renovation loans-simple 1% interest with payments deferred until the home is sold</i>); www.renewac.org	510-803-3388
Spectrum Community Services, Low-Income Weatherization Assistance Program; (<i>federally funded program that provides free energy efficiency improvements in homes of qualified homeowners or renters</i>); 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, (<i>disabled housing assistance</i>); www.thecil.org	510-841-4776/ Video phone: 510-356-2662
ECHO Housing, (<i>information on fair housing laws, housing discrimination and tenant/landlord services</i>); www.echofairhousing.org	510-496-0496
Eden Information & Referral, (<i>rental housing information and emergency shelter referrals</i>); www.edenir.org	2-1-1/ 888-886-9660
HERA - Housing and Economic Rights Advocates, (<i>mortgage and financial counseling programs</i>); www.heraca.org	510-271-8443

HOUSING ASSISTANCE PROGRAMS *continued*

Just Cause, *(free tenant counseling and case management for low-income Oakland residents)*; www.cjjc.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.keeпоaklandhoused.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
Public Authority for IHSS, www.ac-pa4ihss.org
Provider list for IHSS clients 510-577-1980
Provider Registry 510-577-5694
Scott's Attendant List, *(personal attendant list for persons with disabilities)*; www.scottsattendantlist.com

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

Travel Training Programs:

Center for Independent Living - The CIL, (<i>individual training for people with disabilities and seniors</i>); www.thecil.org	510-841-4776 ext. 3118
Lighthouse for the Blind, (<i>individual and group training for people with disabilities and seniors with visual impairments</i>); www.lighthouse-sf.org	415-694-7357
Through the Looking Glass; (<i>training to families with disability issues in Alameda County</i>); www.lookingglass.org	510-848-1112 ext. 8156
United Seniors of Oakland and Alameda County – USOAC, (<i>group training for seniors aged 55+ and people with disabilities</i>); 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, (<i>City of Alameda residents, financial assistance and rebates</i>); www.alamedamp.com	510-748-3900
California LifeLine Program, (<i>provides discounts on home phone and cell phone services</i>); www.cpuc.ca.gov/lifeline	866-272-0349
California Telephone Access Program - CTAP, (<i>accessible phone products/services</i>); www.californiaphones.org	800-806-1191 / TTY: 800-806-4474
EBMUD - East Bay Municipal Utility District, Customer Assistance Program; (<i>discount program for low-income customers</i>); www.ebmud.com	866-403-2683
Heat Energy Assistance Program (HEAP) & Weatherization Program, Spectrum Community Services; (<i>energy assistance for low-income households; attic insulation, weather-stripping, and related conservation measures</i>); www.spectrumcs.org	510-881-0300
PG&E - Pacific Gas & Electric discount programs:	
CARE - California Alternative Rates for Energy Program; (<i>discount on gas/electric bills for qualified low-income households</i>); www.pge.com	866-743-2273
Energy Savings Assistance Program; (<i>weatherization, energy-efficient appliances for qualified low-income households</i>); www.pge.com	800-933-9555
Medical Baseline Program; (<i>energy at the lowest, baseline price for residential customers with qualifying medical conditions</i>); 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);*
.....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

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*
..... 510-638-6878
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*

IMPORTANT NUMBERS

AARP Driver Safety Program, <i>(online and classroom courses available)</i> ; www.aarp.org	800-350-7025
Alameda County Area Agency on Aging, Senior Information & Assistance; <i>(provides information on senior resources within Alameda County)</i> ; 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; <i>(Homeward Bound, Library Computer Training, and more)</i> ; www.aclf2.org	510-505-7077
Alameda County Social Services Agency, Workforce Benefits Administration (WBA)	
Eastmont Self-Sufficiency Center; <i>(6955 Foothill Blvd, Ste. 100, Oakland 94605)</i> ; http://alamedasocialservices.org	510-383-5300
North County Multi-Service Center; <i>(2000 San Pablo Ave, Oakland 94612)</i> ; http://alamedasocialservices.org	510-891-0700
Enterprise Self Sufficiency Center; <i>(8477 Enterprise Way, Oakland 94621)</i> ; http://alamedasocialservices.org	510-263-2420
Berkeley Age-Friendly Continuum, <i>(provides aging Berkeley residents information and referral, and support)</i> ; www.berkeleycontinuum.org	510-559-0036
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> ; 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, <i>(fall prevention programs)</i> ; 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); <i>(general information)</i> ; www.irs.gov	510-907-5000
Tax Assistance, Volunteer Income Tax Assistance / Tax Counseling for the Elderly; www.irs.gov	800-906-9887

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