

# SENIOR RESOURCE GUIDE

Non-Profit and Public Agencies Serving

## NORTH ALAMEDA COUNTY

**Alameda • Albany • Berkeley • Emeryville • Oakland • Piedmont**

Alameda County Area Agency on Aging

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

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### ADULT DAY CARE/RESPIRE (useful website: [www.daybreakcenters.org](http://www.daybreakcenters.org))

Alzheimer's Services of the East Bay, Berkeley; <a href="http://aseb.org">http://aseb.org</a> .....	510-644-8292
Bay Area Community Services – BACS, Adult Day Care, Oakland; <a href="http://www.bayareacs.org">www.bayareacs.org</a> .....	510-601-1074
Berkeley Adult Day Health Care; <a href="http://www.wohc.org">www.wohc.org</a> .....	510-601-0167
Centers for Elders Independence ( <i>PACE - Program of All-inclusive Care for the Elderly</i> ); <a href="http://www.cei.elders.org">www.cei.elders.org</a> .....	510-433-1150
DayBreak Adult Care Centers, <i>formerly Adult Day Services Network (personalized referrals &amp; community education)</i> ; <a href="http://daybreakcenters.org">http://daybreakcenters.org</a> .....	510-834-8314
Hong Fook Adult Day Health Care, Oakland ( <i>14th Street site</i> ); <a href="http://www.fambridges.org">www.fambridges.org</a> .....	510-839-9673
Hong Fook Adult Day Health Care, Oakland ( <i>Harrison Street site</i> ); <a href="http://www.fambridges.org">www.fambridges.org</a> .....	510-302-0460

### ALCOHOLISM & DRUG ABUSE PREVENTION PROGRAMS

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

### ALZHEIMER'S SERVICES

Alzheimer's Association Helpline ( <i>24-hour</i> ); <a href="http://www.alz.org">www.alz.org</a> .....	800-272-3900
Alzheimer's Services of the East Bay, Berkeley; <a href="http://aseb.org">http://aseb.org</a> .....	510-644-8292
Ethnic Elders Care ( <i>website focuses on ethnic elders with Alzheimer's and related disorders</i> ); <a href="http://www.ethnicelderscare.net">www.ethnicelderscare.net</a> .....	
Family Caregiver Alliance ( <i>limited respite maybe available for unpaid caregivers</i> ); <a href="http://www.caregiver.org">www.caregiver.org</a> .....	800-445-8106
U.C. Davis Alzheimer's Disease Center ( <i>Richmond &amp; Sacramento sites</i> ); <a href="http://www.ucdmc.ucdavis.edu/alzheimers">www.ucdmc.ucdavis.edu/alzheimers</a> .....	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; <a href="http://www.alznorcal.org">www.alznorcal.org</a> .....	800-272-3900
DayBreak Adult Care Centers, <i>formerly Adult Day Services Network</i> ; <a href="http://daybreakcenters.org">http://daybreakcenters.org</a> .....	510-834-8314
Family Caregiver Alliance ( <i>assistance for families caring providing long-term care for loved ones</i> ); <a href="http://www.caregiver.org">www.caregiver.org</a> .....	800-445-8106

**CAREGIVER SUPPORT PROGRAMS (continued)**

Family Education and Resource Center (*support for family/caregivers of people with mental illness*); [www.askferc.org](http://www.askferc.org) ..... 510-746-1700  
Family Support Services of the Bay Area (*kinship support for grandparents/relative caregivers of children*), Oakland; <http://fssba.org> ..... 510-834-4766

**CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND SENIORS**

Bay Area Community Services (BACS); [www.bayareacs.org](http://www.bayareacs.org) ..... 510-271-8843  
City of Berkeley (*case management for Berkeley residence 55+, based at the Berkeley Senior Centers*); [www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us) ..... 510-981-5180  
Multipurpose Senior Services Program - MSSP (*residents on Medi-Cal; serves Oakland, Piedmont, Emeryville & parts of Berkeley*); [www2.oaklandnet.com](http://www2.oaklandnet.com)  
..... 510-238-3762  
St. Mary's Senior Homeless Case Management; [www.stmaryscenter.org](http://www.stmaryscenter.org) ..... 510-923-9600

**DISABLED ADULT SERVICES/PROGRAMS**

Alameda Public Health Department Diabetes Program (*free classes for Alameda County residents with Type 2 Diabetes*); [www.acphd.org](http://www.acphd.org) ..... 510-383-5185  
Alta Bates Summit Diabetes Centers (*diabetes self management classes, support groups*); [www.altabatessummit.org/diabetes](http://www.altabatessummit.org/diabetes) ..... 510-204-1081  
American Cancer Society; [www.cancer.org](http://www.cancer.org) ..... 800-227-2345  
American Diabetes Association; [www.diabetes.org](http://www.diabetes.org) ..... 510-654-4499  
American Heart Association / American Stroke Association; [www.heart.org](http://www.heart.org) / [www.strokeassociation.org](http://www.strokeassociation.org) ..... 510-903-4050  
Americans with Disabilities Act (ADA), Pacific ADA Center; [www.adapacific.org](http://www.adapacific.org) ..... 800-949-4232  
Aphasia Center of California (*services for persons who have had strokes*); <http://aphasiacenter.net> ..... 510-336-0112  
Arthritis Foundation; [www.arthritis.org](http://www.arthritis.org) ..... 415-356-1230  
Berkeley Place Deaf/Hard of Hearing Project, Berkeley ..... 510-644-2003  
Braille & Talking Book Library; [www.library.ca.gov/services/btbl.html](http://www.library.ca.gov/services/btbl.html) ..... 800-952-5666  
California Telephone Access Program - CTAP (*accessible phone products/services*); [www.californiaphones.org](http://www.californiaphones.org) ..... 800-806-1191/ TTY: 800-806-4474  
Center for Independent Living – CIL; [www.cilberkeley.org](http://www.cilberkeley.org):  
    Berkeley (Ed Roberts Campus) ..... 510-841-4776  
    Oakland (Downtown) ..... 510-763-9999  
    Oakland (Fruitvale) ..... 510-536-2271  
DCARA - Deaf Counseling Advocacy and Referral Agency; [www.dcara.org](http://www.dcara.org) ..... 510-343-6670/ TTY: 877-322-7288  
Disability Rights California; [www.disabilityrightsca.org](http://www.disabilityrightsca.org) ..... 510-267-1200/ TTY: 800-719-5798  
Easy Does It (*non-medical emergency services for people with severe disabilities and elders in Berkeley*); [www.easydoesitservices.org](http://www.easydoesitservices.org) ..... 510-704-2111  
Hearing and Speech Center of Northern California (*testing and product info*), San Francisco; [www.hearingspeech.org](http://www.hearingspeech.org) ..... 415-921-7658  
Lighthouse for the Blind (*consumer products*), Berkeley; <http://lighthouse-sf.org> ..... 510-845-8700/ TTY: 510-845-8703

## **DISABLED ADULTS SERVICES/PROGRAMS (continued)**

Lions Center for the Blind ( <i>free services for the Blind and low vision seniors</i> ); <a href="http://www.lbcenter.org">www.lbcenter.org</a> .....	510-450-1580
Multiple Sclerosis (MS) Friends Support Line ( <i>multiple sclerosis peer phone helpline</i> ) .....	866-673-7436
National Multiple Sclerosis Society; <a href="http://www.nationalmssociety.org">www.nationalmssociety.org</a> .....	800-344-4867
Parkinson's Institute; <a href="http://www.thepi.org">www.thepi.org</a> .....	800-655-2273
Regional Center of the East Bay ( <i>services to individuals with developmental disabilities</i> ); <a href="http://www.rceb.org">www.rceb.org</a> .....	510-618-6100
Wheelchair Breakdown Service ( <i>emergency wheelchair transportation and breakdown assistance</i> ) .....	877-509-4335
Women's Cancer Resource Center, Oakland; <a href="http://www.wcrc.org">www.wcrc.org</a> .....	510-420-7900

## **EDUCATION (also see Senior Centers)**

Alameda Adult School ( <i>Alternative Educational Programs</i> ); <a href="http://www.alameda-adult-school.org">www.alameda-adult-school.org</a> .....	510-522-3858
Berkeley Adult School; <a href="http://bas.berkeley.net">http://bas.berkeley.net</a> .....	510-644-6130
Danny E. Glover Education & Technology Center, <i>formerly Eastmont Computing Center</i> ; <a href="http://www.eastmont.net">www.eastmont.net</a> .....	510-382-0555
Piedmont Adult School; <a href="http://www.piedmontadultschool.org">www.piedmontadultschool.org</a> .....	510-594-2655
U.C. Berkeley - Osher Lifelong Learning Institute - OLLI; <a href="http://olli.berkeley.edu">http://olli.berkeley.edu</a> .....	510-642-9934

## **ELDER ABUSE PREVENTION**

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

## **EMERGENCY PREPAREDNESS PROGRAMS**

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

American Red Cross ( <i>Preparedness training for groups</i> ); <a href="http://www.redcrossbayarea.org">www.redcrossbayarea.org</a> .....	510-595-4400
CARD - Collaborating Agencies Responding to Disasters ( <i>preparedness training for non-profit/community agencies</i> ); <a href="http://cardcanhelp.org">http://cardcanhelp.org</a> ..	510-451-3140
CORE - Citizens of Oakland Responding to Emergencies ( <i>disaster training for Oakland residents</i> ); <a href="http://www2.oaklandnet.com">www2.oaklandnet.com</a> .....	510-238-6351
Senior Injury Prevention Partnership ( <i>discussion groups for older adults</i> ); <a href="http://www.acphd.org">www.acphd.org</a> .....	510-618-2050

## **EMPLOYMENT PROGRAMS**

ASSETS Senior Employment Program ( <i>Alameda County residents 55 and older</i> ) .....	510-238-3535
Downtown Oakland Career Center; <a href="http://oaklandpic.org">http://oaklandpic.org</a> .....	510-768-4400
East Bay Works One-Stop Business and Career Centers, Alameda; <a href="http://www.eastbayworks.com/alamedacounty">www.eastbayworks.com/alamedacounty</a> .....	510-748-2208
English Center ( <i>school for ESL learners</i> ), Career Center; <a href="http://www.englishcenter.edu">www.englishcenter.edu</a> .....	510-836-6700

**EMPLOYMENT PROGRAMS (continued)**

Lao Family Community Development, Inc.; <a href="http://www.lfcd.org">www.lfcd.org</a> .....	510-533-8850
SCORE - Service Corps of Retired Employees ( <i>provides free business counseling</i> ); <a href="http://eastbay.score.org">http://eastbay.score.org</a> .....	510-273-6611
SER - Jobs for Progress, Inc. ( <i>Service, Employment, Redevelopment</i> ), Hayward; <a href="http://www.ser-national.org">www.ser-national.org</a> .....	510-265-8267
Social Services Agency - Eastmont Career Center; <a href="http://eastbayjobdevelopers.org">http://eastbayjobdevelopers.org</a> .....	510-568-8349
Social Services Agency - North Oakland Career Center; <a href="http://eastbayjobdevelopers.org">http://eastbayjobdevelopers.org</a> .....	510-208-0903
Unity Council Multicultural Center, One-Stop Career Center; <a href="http://www.unitycouncil.org/onestop">www.unitycouncil.org/onestop</a> .....	510-535-6101

**END-OF-LIFE PLANNING & ARRANGEMENTS**

Alameda County Bar Association ( <i>lawyer referral service-\$35 for 30 minute consultation - pertaining to estate planning, wills and trust</i> ); <a href="http://www.acbanet.org">www.acbanet.org</a> .....	510-302-2222
Alameda County Coroner ( <i>indigent burial/cremation in case of no next of kin or financial means-eligibility determined by application</i> ); <a href="http://www.acbanet.org">www.acbanet.org</a> .....	510-268-7300
Alameda County Public Administrator ( <i>administers estates of decedents who have no next of kin or executor</i> ); <a href="http://alamedasocialservices.org">http://alamedasocialservices.org</a> ..	510-577-1906
California Advocates for Nursing Home Reform ( <i>elder law attorney referral services and information on Medi-Cal estate recovery</i> ); <a href="http://www.canhr.org">www.canhr.org</a> .....	415-974-5171/ 800-474-1116
California Department of Consumer Affairs' Cemetery and Funeral Bureau ( <i>licenses funeral agencies, publishes consumer guide</i> ); <a href="http://www.cfb.ca.gov">www.cfb.ca.gov</a> .....	800-952-5210
Crisis Support Services of Alameda County ( <i>grief counseling, grief support group for seniors</i> ); <a href="http://www.crisissupport.org">www.crisissupport.org</a> .....	510-420-2475
Funeral Consumers Alliance ( <i>consumer education</i> ) .....	<a href="http://www.funerals.org">www.funerals.org</a>
Legal Assistance for Seniors ( <i>provides workshop on advance health care directive</i> ); <a href="http://www.lashicap.org">www.lashicap.org</a> .....	510-832-3040

**ETHNIC / CULTURALLY SPECIFIC PROGRAMS**

Catholic Charities of the East Bay ( <i>Immigration and Naturalization Service, Refugee Resettlement Program, Southeast Asian Senior Services</i> ), Oakland; <a href="http://www.cceb.org">www.cceb.org</a> .....	510-768-3100
East Bay Korean-American Senior Services Center ( <i>English</i> ), Oakland; <a href="http://www.eastbaykoreanamericanseniorcenter.org">www.eastbaykoreanamericanseniorcenter.org</a> .....	510-763-1879
East Bay Korean-American Senior Services Center ( <i>Korean</i> ), Oakland; <a href="http://www.eastbaykoreanamericanseniorcenter.org">www.eastbaykoreanamericanseniorcenter.org</a> .....	510-763-0736
Ethiopian Community and Cultural Center; <a href="http://ethiopianccc.org">http://ethiopianccc.org</a> .....	510-268-4770
Ethnic Elders Care ( <i>website; focuses on ethnic elders with Alzheimer's and related disorders</i> ) .....	<a href="http://www.ethnicelderscare.net">www.ethnicelderscare.net</a>
Family Bridges, Inc. ( <i>Asian language-speaking</i> ), Oakland ( <i>Information &amp; Assistance</i> ); <a href="http://www.fambridges.org">www.fambridges.org</a> .....	510-839-2022
Family Bridges, Inc., Hong Lok Senior Center ( <i>Asian language-speaking</i> ), Oakland; <a href="http://www.fambridges.org">www.fambridges.org</a> .....	510-763-9017
Filipino Advocates for Justice ( <i>naturalization and immigration assistance at fixed rate</i> ), Oakland; <a href="http://www.filipinos4justice.org">www.filipinos4justice.org</a> .....	510-465-9876
Fruitvale-San Antonio Senior Center ( <i>English/Spanish and Khmer-Speaking</i> ); <a href="http://www.unitycouncil.org/fruitvale-san-antonio-senior-center">www.unitycouncil.org/fruitvale-san-antonio-senior-center</a> .....	510-535-6931
International Institute of the Bay Area ( <i>immigration legal services</i> ), Oakland; <a href="http://www.iibayarea.org">www.iibayarea.org</a> .....	510-451-2846

## **ETHNIC / CULTURALLY SPECIFIC PROGRAMS (continued)**

Jewish Family & Children's Services of the East Bay, Older Adult Services; <a href="http://www.jfcs-eastbay.org">www.jfcs-eastbay.org</a> .....	510-558-7800
J-Sei, formerly Japanese American Services of the East Bay, Berkeley; <a href="http://j-sei.org">http://j-sei.org</a> .....	510-848-3560
Korean Community Center of the East Bay, Oakland; <a href="http://kcceb.org">http://kcceb.org</a> .....	510-547-2662
Lao Family Community Development, Inc., Oakland Refugees Seniors Club; <a href="http://www.lfcd.org">www.lfcd.org</a> .....	510-533-8850
Lavender Seniors (support services for LGBT- lesbian/gay/bisexual/transgendered elders); <a href="http://www.lavenderseniors.org">www.lavenderseniors.org</a> .....	510-574-2073
Vietnamese American Community Center of the East Bay; <a href="http://vacceb.net">http://vacceb.net</a> .....	510-891-9999

## **FINANCIAL ASSISTANCE**

Alameda County Social Services Agency:

Eastmont Self-Sufficiency Center (6955 Foothill Blvd., 1st Floor, Oakland 94605); <a href="http://www.alamedasocialservices.org">www.alamedasocialservices.org</a> .....	510-383-5300
North County Multi-Service Center (2000 San Pablo Ave., Oakland, 94612); <a href="http://www.alamedasocialservices.org">www.alamedasocialservices.org</a> .....	510-891-0700
Alameda County Veterans Services, Oakland Office; <a href="http://www.alamedasocialservices.org">www.alamedasocialservices.org</a> .....	510-577-1926
CANHR - California Advocates for Nursing Home Reform (estate planning for long term care); <a href="http://www.canhr.org">www.canhr.org</a> .....	415-974-5171/ 800-474-1116
CAPI - Cash Assistance Program for Immigrants; <a href="http://www.alamedasocialservices.org">www.alamedasocialservices.org</a> .....	510-268-2332/ 800-648-0954
ECHO Housing (Rental Assistance Program for residence of Alameda County; Intake Wednesdays 9am); <a href="http://www.echofairhousing.org">www.echofairhousing.org</a> .....	855-ASK-ECHO
Social Security/SSI; <a href="http://www.ssa.gov">www.ssa.gov</a> .....	800-772-1213

## **FOOD & NUTRITION**

Alameda County Community Food Bank; <a href="http://www.accfb.org">www.accfb.org</a> .....	510-635-3663/ 800-870-3663
CalFresh (California's Food Stamp Program); <a href="http://www.alamedasocialservices.org">www.alamedasocialservices.org</a> :	
North County Multi-Service Center (2000 San Pablo Ave., Oakland, 94612) .....	510-891-0700
Eastmont Self-Sufficiency Center (6955 Foothill Blvd., 1st Floor, Oakland 94605) .....	510-383-5300
Mercy Brown Bag Program (supplemental groceries twice month to eligible low-income seniors); <a href="http://mercyretirementcenter.org">http://mercyretirementcenter.org</a> .....	510-534-8540 ext. 369
Senior Resources Food Co-op (wholesale produce) St. Paul's Church, Oakland; <a href="http://www.stpaulsoakland.org">www.stpaulsoakland.org</a> .....	510-444-5973

## **FOOD & NUTRITION (Home Delivered Meals)**

Alameda Meals on Wheels (City of Alameda only); <a href="http://alamedamealsonwheels.org">http://alamedamealsonwheels.org</a> .....	510-865-6131
Albany Meals on Wheels; <a href="http://www.albanyca.org">www.albanyca.org</a> .....	510-524-9124
Berkeley Meals on Wheels; <a href="http://www.ci.berkeley.ca.us">www.ci.berkeley.ca.us</a> .....	510-981-5250
Emeryville Meals on Wheels; <a href="http://www.ci.emeryville.ca.us">www.ci.emeryville.ca.us</a> .....	510-596-4309
Project Open Hand (homebound and critically ill NON-Seniors); <a href="http://www.openhand.org">www.openhand.org</a> .....	800-551-6325
SOS Meals on Wheels, Oakland, Piedmont; <a href="http://www.sosmealsonwheels.org">www.sosmealsonwheels.org</a> .....	510-460-5855

## **FOOD & NUTRITION (Senior Group Dining)**

Spectrum Community Services (*senior community dining; call for a list of sites*), Alameda, Oakland; [www.spectrumcs.org](http://www.spectrumcs.org) ..... 510-881-0300 ext. 222 or 243

Tri-City Café (*contact senior centers for Albany, Berkeley, and Emeryville*):

Albany Senior Center; [www.albanyca.org](http://www.albanyca.org) ..... 510-524-9122

North Berkeley Senior Center; [www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us) ..... 510-981-5190

South Berkeley Senior Center; [www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us) ..... 510-981-5170

Emeryville Senior Center; [www.ci.emeryville.ca.us](http://www.ci.emeryville.ca.us) ..... 510-596-3730

## **FRIENDLY VISITORS / TELEPHONE REASSURANCE PROGRAMS**

Alameda Friendly Visitors (*free weekly visits; city of Alameda residents*); [alamedamealsonwheels.org](http://alamedamealsonwheels.org) ..... 510-748-0342

Family Bridges, Inc., Friendly Visitors Program (*provides companionship to homebound, socially-isolated Cantonese or Mandarin speaking seniors*);

[www.fambridges.org](http://www.fambridges.org) ..... 510-763-9017

Lavender Seniors (*support services for LGBT- lesbian/gay/bisexual/transgendered elders*); [www.lavenderseniors.org](http://www.lavenderseniors.org) ..... 510-574-2073

Senior Center Without Walls (*group activities and friendly conversation for homebound seniors thru FREE phone conference calls*);

<http://seniorcenterwithoutwalls.org> ..... 877-797-7299

Senior Companions; [www2.oaklandnet.com](http://www2.oaklandnet.com) ..... 510-238-3080

St. Mary's Center; [www.stmaryscenter.org](http://www.stmaryscenter.org) ..... 510-923-9600

Tele-Care, Alta-Bates Medical Center (*daily phone calls to people who are homebound or isolated*); [www.altabatessummit.org](http://www.altabatessummit.org) ..... 510-204-4487

## **HEALTH INSURANCE PROGRAMS**

Alameda County Adult, Aging and Medi-Cal Services Department; [www.alamedasocialservices.org](http://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*); [www.alamedasocialservices.org](http://www.alamedasocialservices.org) ..... 510-577-1900

Covered California (*affordable health care for Californians*); [www.coveredca.com](http://www.coveredca.com) ..... 800-300-1506

HealthPAC (*for persons not eligible for Medi-Cal with income at or below 200% Federal Poverty Level*) ..... <http://achealthcare.org>

HICAP - Health Insurance Counseling and Advocacy Program; [www.lashicap.org](http://www.lashicap.org) ..... 510-839-0393

Medi-Cal, Alameda County Social Services Agency, Medi-Cal Center (Enterprise Office, 8477 Enterprise Way, Oakland, 94621);

[www.alamedasocialservices.org](http://www.alamedasocialservices.org) ..... 510-777-2300

Medicare, Social Security; [www.ssa.gov](http://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, Accessibility grants, and Rehabilitation Loans</i> ); <a href="http://www.achhd.org">www.achhd.org</a> .....	510-670-5399
Center for Independent Living - CIL, Residential Access Program ( <i>Berkeley residents only; free accessibility modifications for persons with disabilities</i> ); <a href="http://www.cilberkeley.org">www.cilberkeley.org</a> .....	510-649-1100 ext. 3103
Housing Authority of the City of Alameda, Residential Rehabilitation ( <i>City of Alameda residents; accessibility modifications - renters ok with landlord's permission</i> ); <a href="http://www.alamedahsg.org">www.alamedahsg.org</a> .....	510-747-4341
Rebuilding Together - East Bay-North, Albany, Berkeley, and Emeryville; <a href="http://www.rtebn.org">www.rtebn.org</a> .....	510-644-8979
Rebuilding Together - Oakland, Oakland; <a href="http://www.rtoakland.org">www.rtoakland.org</a> .....	510-625-0316

## **HOUSING ASSISTANCE PROGRAMS**

Alameda (City) Housing Authority, Housing Authority of the City of Alameda; <a href="http://www.alamedahsg.org">www.alamedahsg.org</a> .....	510-747-4300
Alameda (County) Housing Authority; <a href="http://www.haca.net">www.haca.net</a> .....	510-538-8876
Berkeley Housing Authority; <a href="http://www.ci.berkeley.ca.us/bha">www.ci.berkeley.ca.us/bha</a> .....	510-981-5470
Center for Independent Living - CIL ( <i>disabled housing assistance</i> ), Berkeley; <a href="http://www.cilberkeley.org">www.cilberkeley.org</a> .....	510-841-4776
ECHO Housing ( <i>information on fair housing laws and illegal housing discrimination</i> ); <a href="http://www.echofairhousing.org">www.echofairhousing.org</a> .....	510-496-0496
ECHO Housing ( <i>reverse mortgage counseling for Oakland residents</i> ); <a href="http://www.echofairhousing.org">www.echofairhousing.org</a> .....	855-275-3246
ECHO Housing ( <i>tenant/landlord counseling</i> ), Alameda, Emeryville, Piedmont; <a href="http://www.echofairhousing.org">www.echofairhousing.org</a> .....	510-496-0496
Eden Information & Referral ( <i>rental housing information and emergency shelter referrals</i> ); <a href="http://www.edenir.org">www.edenir.org</a> .....	2-1-1/ 888-886-9660
HERA - Housing and Economic Rights Advocates ( <i>mortgage counseling</i> ); <a href="http://www.heraca.org">www.heraca.org</a> .....	510-271-8443
Just Cause ( <i>tenants' rights clinic for Oakland residents</i> ); <a href="http://www.cjjc.org">www.cjjc.org</a> .....	510-836-2687
NID-Housing Counseling Agency ( <i>homeowner/foreclosure counseling</i> ); <a href="http://nidonline.org">http://nidonline.org</a> .....	877-670-7360
Oakland Housing Authority; <a href="http://www.oakha.org">www.oakha.org</a> .....	510-874-1500
Unity Council, The HomeOwnership Center ( <i>first time homebuyer education; financial fitness classes</i> ); <a href="http://www.unitycouncil.org">www.unitycouncil.org</a> .....	510-535-6943

## **IN-HOME SERVICES**

Alameda County In-Home Supportive Services - IHSS (Intake & Client Information Services); <a href="http://alamedasocialservices.org">http://alamedasocialservices.org</a> .....	510-577-1800
Alameda County In-Home Supportive Services - IHSS (Payroll); <a href="http://alamedasocialservices.org">http://alamedasocialservices.org</a> .....	510-577-1877
Center for Independent Living - CIL ( <i>private pay referrals</i> ); <a href="http://www.cilberkeley.org">www.cilberkeley.org</a> .....	510-841-4776
Public Authority ( <i>IHSS Registry Referral - Clients to find a Provider</i> ); <a href="http://www.ac-pa4ihss.org">www.ac-pa4ihss.org</a> .....	510-577-3552
Scott's Attendant List .....	<a href="http://scottsassistantlist.com">http://scottsassistantlist.com</a>

## **INJURY PREVENTION**

Senior Injury Prevention Partnership ( <i>falls prevention and older driver safety discussion groups</i> ); <a href="http://www.acphd.org">www.acphd.org</a> .....	510-618-2027
St. Mary's Center ( <i>exercise program; medicine education program</i> ); <a href="http://www.stmaryscenter.org">www.stmaryscenter.org</a> .....	510-923-9600

## **LEGAL SERVICES**

Alameda County Bar Association, Lawyer Referral Services ( <i>\$35 fee for ½ hr consultation and referral</i> ); <a href="http://www.acbanet.org">www.acbanet.org</a> .....	510-302-2222
Alameda County Bar Association, Volunteer Legal Services ( <i>free assistance for low-income persons</i> ); <a href="http://www.acbanet.org">www.acbanet.org</a> .....	510-302-2222
Bay Area Legal Aid; <a href="http://baylegal.org">http://baylegal.org</a> .....	800-551-5554
CANHR - California Advocates for Nursing Home Reform ( <i>estate planning for long term care, Lawyer referral service</i> ); <a href="http://www.canhr.org">www.canhr.org</a> .....	800-474-1116
Centro Legal de la Raza ( <i>low-cost immigration legal services</i> ); <a href="http://centrolegal.org">http://centrolegal.org</a> .....	510-437-1554
Eastbay Community Law Center ( <i>for low income persons needing legal advice/counsel</i> ); <a href="http://www.ebcl.org">www.ebcl.org</a> .....	510-548-4040
Eviction Defense Center .....	510-452-4541
HERA - Housing and Economic Rights Advocates; <a href="http://www.heraca.org">www.heraca.org</a> .....	510-271-8443
International Institute of the Bay Area ( <i>immigration legal services</i> ); <a href="http://www.iibayarea.org">www.iibayarea.org</a> .....	510-451-2846
Legal Assistance for Seniors ( <i>serves persons 60 years and older</i> ); <a href="http://www.lashicap.org">www.lashicap.org</a> .....	510-839-0393
SEEDS Community Resolution Center; <a href="http://www.seedscrc.org">www.seedscrc.org</a> .....	510-548-2377
Senior Legal Hotline of Northern California; <a href="http://lsnc.net">http://lsnc.net</a> .....	800-222-1753

## **MEDICAL/DENTAL CLINICS & SERVICES**

Alameda County Dental Society ( <i>referrals: Alameda, Emeryville, Oakland Piedmont</i> ); <a href="http://www.alamedacds.org">www.alamedacds.org</a> .....	510-547-7188
Alameda County Medical Centers:	
Eastmont Wellness Center; <a href="http://www.eastmontahs.org">www.eastmontahs.org</a> .....	510-567-5700
Highland Hospital & Highland Wellness; <a href="http://www.highlandahs.org">www.highlandahs.org</a> / <a href="http://www.highlandwellnessahs.org">www.highlandwellnessahs.org</a> .....	510-437-4800
Alameda-Contra Costa Medical Association ( <i>doctor referrals</i> ); <a href="http://www.accma.org">www.accma.org</a> .....	510-654-5383
Asian Health Services, Oakland; <a href="http://www.asianhealthservices.org">www.asianhealthservices.org</a> .....	510-986-6800
Berkeley Dental Society ( <i>referrals: Albany &amp; Berkeley</i> ); <a href="http://berkeleydentalsociety.org">http://berkeleydentalsociety.org</a> .....	510-644-9800
Berkeley Free Clinic ( <i>medical/dental services</i> ); <a href="http://www.berkeleyfreeclinic.org">www.berkeleyfreeclinic.org</a> .....	510-548-2570
Charlotte Maxwell Complementary Clinic ( <i>provides free complementary alternative medical treatments for low-income women with cancer</i> ); <a href="http://www.charlottemaxwell.org">www.charlottemaxwell.org</a> .....	510-601-7660
Denti-Cal ( <i>information on Medi-Cal dental benefits</i> ); <a href="http://www.denti-cal.ca.gov">www.denti-cal.ca.gov</a> .....	800-322-6384
La Clinica de la Raza, Oakland; <a href="http://www.laclinica.org">www.laclinica.org</a> .....	510-535-4000
LifeLong Medical Care ( <i>provides high-quality health and social services to low-income persons regardless of ability to pay</i> ), Berkeley, Oakland; <a href="http://www.lifelongmedical.org">www.lifelongmedical.org</a> .....	510-981-4100
LifeLong Medical Care – Dental Care Office ( <i>provides dental care to low-income persons regardless of ability to pay</i> ), Berkeley; <a href="http://www.lifelongmedical.org">www.lifelongmedical.org</a> .....	510-981-4146
Native American Health Center; <a href="http://www.nativehealth.org">www.nativehealth.org</a> .....	510-535-4400
Oakland VA Outpatient Clinic; <a href="http://www.northerncalifornia.va.gov">www.northerncalifornia.va.gov</a> .....	510-382-8387



**MEDICAL/DENTAL CLINICS & SERVICES (continued)**

Order of Malta Clinic for Uninsured ( <i>solely for patients who do not have medical insurance</i> ), Oakland; <a href="http://www.orderofmaltausawestern.org">www.orderofmaltausawestern.org</a> .....	510-587-3000
ReCARES, formerly Home CARES ( <i>medical equipment recyclers</i> ); <a href="http://www.homecares.org">www.homecares.org</a> .....	510-251-2273
U.C. Berkeley School of Optometry Eye Center, <a href="http://www.caleyecare.org">www.caleyecare.org</a> .....	510-642-2020
University of the Pacific - Dental Care Center, Union City; <a href="http://dental.pacific.edu">http://dental.pacific.edu</a> .....	510-489-5200
West Oakland Health Council, Albert J. Thomas Medical Clinic; Oakland; <a href="http://www.wohc.org">www.wohc.org</a> .....	510-568-9230
West Oakland Health Council, East Oakland Health Center (and dental); <a href="http://www.wohc.org">www.wohc.org</a> .....	510-430-9401
West Oakland Health Council, West Oakland Health Center (and dental); <a href="http://www.wohc.org">www.wohc.org</a> .....	510-835-9610
West Oakland Health Council, William Byron Rumford Medical Clinic, Berkeley; <a href="http://www.wohc.org">www.wohc.org</a> .....	510-549-3166

**MENTAL HEALTH / COUNSELING PROGRAMS**

Alameda County Health Care ACCESS ( <i>referrals to mental health services in Alameda County</i> ); <a href="http://www.acbhcs.org">www.acbhcs.org</a> .....	800-491-9099
Alta Bates Medical Center - Psychiatric Intake ( <i>emergency, in-patient acute care &amp; outpatient day services</i> ), Berkeley; <a href="http://www.altabatessummit.org">www.altabatessummit.org</a> .....	510-204-4405
Asian Community Mental Health Services, Oakland; <a href="http://www.acmhs.org">www.acmhs.org</a> .....	510-970-9750
Berkeley Mental Health ( <i>serves Berkeley and Albany residents</i> ); <a href="http://www.ci.berkeley.ca.us">www.ci.berkeley.ca.us</a> .....	510-981-5290
Crisis Support Services of Alameda County ( <i>Senior in-Home Counseling, Grief Counseling and Support Groups</i> ); <a href="http://www.crisissupport.org">www.crisissupport.org</a> .....	800-260-0094
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
La Clinica de la Raza, Oakland; <a href="http://www.laclinica.org">www.laclinica.org</a> .....	510-535-4000
LEGENDS at Valley Health System ( <i>short-term, voluntary inpatient program for behavioral health concerns in people 65 and older</i> ); <a href="http://www.valleycare.com">www.valleycare.com</a> .....	925-373-8038/ 800-884-8038
Mental Health Association of Alameda County; <a href="http://mhaac.org">http://mhaac.org</a> : 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> ); <a href="http://www.crisissupport.org">www.crisissupport.org</a> .....	800-309-2131
West Oakland Mental Health, <a href="http://www.wohc.org">www.wohc.org</a> .....	510-465-1800

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

California Community Transitions, Center for Independent Living; ( <i>eligible Medi-Cal beneficiaries who are in a state licensed health care facility for 90 days or longer move into their own home</i> ); <a href="http://www.dhcs.ca.gov">www.dhcs.ca.gov</a> .....	510-841-4776 ext. 3128
CANHR - California Advocates for Nursing Home Reform ( <i>advice on nursing home selection; residents' rights advocates</i> ) San Francisco; <a href="http://www.canhr.org">www.canhr.org</a> .....	800-474-1116

**NURSING HOME ASSISTANCE / LONG-TERM CARE FACILITIES (continued)**

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](http://www.alamedasocialservices.org) ..... 510-638-6878

State of California Community Care Licensing (*RCFE licensing*); [www.cclid.ca.gov](http://www.cclid.ca.gov) ..... 510-622-2602

State of California Department of Public Health (*SNF & Home Health Care Licensing*); [www.cdph.ca.gov](http://www.cdph.ca.gov) ..... 800-236-9747

**PUBLIC GUARDIAN'S OFFICE**

(*court appointed conservatorships*); [www.alamedasocialservices.org](http://www.alamedasocialservices.org) ..... 510-577-1900

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

Alameda, Mastick Senior Center (*1155 Santa Clara Avenue, Alameda, 94501*); [www.mastickcenter.com](http://www.mastickcenter.com) ..... 510-747-7500

Albany, Albany Senior Center (*846 Masonic Avenue, Albany, 94706*); [www.albanyca.org](http://www.albanyca.org) ..... 510-524-9122

Berkeley, J-Sei, *formerly Japanese American Services of the East Bay* (*1710 Carleton Street, Berkeley, 94703*); [www.j-sei.org](http://www.j-sei.org) ..... 510-883-1106

Berkeley, Jewish Community Center of the East Bay (*1414 Walnut Street, Berkeley, 94709*); [www.jcceastbay.org](http://www.jcceastbay.org) ..... 510-848-0237

Berkeley, North Berkeley Senior Center (*1901 Hearst Avenue, Berkeley, 94709*); [www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us) ..... 510-981-5190

Berkeley, South Berkeley Senior Center (*2939 Ellis Street, Berkeley, 94703*); [www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us) ..... 510-981-5170

Emeryville Senior Center (*4321 Salem Street, Emeryville, 94608*); [www.emeryville.org](http://www.emeryville.org) ..... 510-596-3730

Oakland, Downtown Oakland Senior Center (*200 Grand Street, Oakland 94610*); [www2.oaklandnet.com](http://www2.oaklandnet.com) ..... 510-238-3284

Oakland, East Bay Korean American Senior Center (*1723 Telegraph Avenue, Oakland, 94612*); [www.eastbaykoreanamericanseniorcenter.org](http://www.eastbaykoreanamericanseniorcenter.org) . 510-763-1879

Oakland, East Oakland Senior Center (*9255 Edes Avenue, Oakland, 94603*); [www2.oaklandnet.com](http://www2.oaklandnet.com) ..... 510-615-5731

Oakland, Fruitvale-San Antonio Senior Center (*3301 E. 12th Street, Suite 200, Oakland, 94601*); [www.unitycouncil.org](http://www.unitycouncil.org) ..... 510-535-6123

Oakland, Golden Age Seniors (*Eastmont Town Center, 73rd Avenue & Bancroft, upper level, next to library*); ..... 510-562-1900

Oakland, Hong Lok Senior Center (*338 9th Street, Oakland, 94607*); [www.fambridges.org/hong\\_lok.html](http://www.fambridges.org/hong_lok.html) ..... 510-763-9017

Oakland, Korean Community Center of the East Bay (*1700 Broadway, Suite 400, Oakland, 94612*); [www.kccb.org](http://www.kccb.org) ..... 510-547-2662

Oakland, North Oakland Senior Center (*5714 Martin Luther King Jr. Way, Oakland, 94609*); [www2.oaklandnet.com](http://www2.oaklandnet.com) ..... 510-597-5085

Oakland, St. Mary's Center, Drop-in Center (*925 Brockhurst Street, Oakland, 94608*); [www.stmaryscenter.org](http://www.stmaryscenter.org) ..... 510-923-9600

Oakland, Vietnamese American Community Center of the East Bay (*655 International Blvd., Oakland, 94606*); [www.thevcc.org](http://www.thevcc.org) ..... 510-891-9999

Oakland, West Oakland Senior Center (*1724 Adeline Street, Oakland, 94607*); [www2.oaklandnet.com](http://www2.oaklandnet.com) ..... 510-238-7016

Piedmont, Piedmont Seniors; (*monthly meetings are usually held the 4th Wednesday of the month from 10:00 a.m. to noon; call for more info and location*);  
[www.ci.piedmont.ca.us](http://www.ci.piedmont.ca.us) ..... 510-420-3070

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 ( <i>travel information for the Bay Area</i> ); <a href="http://www.511.org">www.511.org</a> .....	5-1-1
AC Transit ( <i>senior and disabled discounted passes</i> ); <a href="http://www.actransit.org">www.actransit.org</a> .....	510-891-4706
American Cancer Society, Road to Recovery ( <i>transportation program for cancer patients</i> ); <a href="http://www.cancer.org">www.cancer.org</a> .....	800-227-2345
BART ( <i>senior and disabled discount tickets</i> ); <a href="http://www.bart.gov/tickets">www.bart.gov/tickets</a> .....	510-464-7136
DMV Parking Placards for Disabled Drivers; <a href="http://www.dmv.ca.gov">www.dmv.ca.gov</a> .....	800-777-0133
East Bay Paratransit Service – EBPT ( <i>for those who meet Americans with Disabilities Act (ADA) criteria</i> ); <a href="http://www.eastbayparatransit.org">www.eastbayparatransit.org</a> .....	800-555-8085
Taxi and Van Services ( <i>Note: eligibility varies - call for details</i> ) .....	
Alameda (city), ( <i>discount taxi vouchers; medical and shopping trip shuttle</i> ); <a href="http://www.mastickcenter.com">www.mastickcenter.com</a> .....	510-747-7500
Albany ( <i>taxi ride refund program; community shuttle</i> ); <a href="http://www.albanyca.org">www.albanyca.org</a> .....	510-524-9122
Berkeley ( <i>taxi scrip program; medical return trip program</i> ); <a href="http://www.ci.berkeley.ca.us">www.ci.berkeley.ca.us</a> .....	510-981-7269
Emeryville ( <i>taxi reimbursement; discount EBPT tickets; 8-To-Go Shuttle</i> ); <a href="http://www.ci.emeryville.ca.us">www.ci.emeryville.ca.us</a> .....	510-596-3730
Oakland ( <i>taxi reimbursement; discount van vouchers</i> ); <a href="http://www2.oaklandnet.com">www2.oaklandnet.com</a> .....	510-238-3036
Oakland Taxi Up & Go ( <i>free taxi service to medical appointments</i> ); <a href="http://www2.oaklandnet.com">www2.oaklandnet.com</a> .....	510-238-3175
Travel Training:	
United Seniors of Oakland and Alameda County ( <i>Senior Group Travel Training</i> ); <a href="http://www.usoac.org">www.usoac.org</a> .....	510-729-0852
Center for Independent Living ( <i>training on how to use public transit to get to destinations of choice</i> ); <a href="http://www.cilberkeley.org">www.cilberkeley.org</a> .....	510-841-4776
Wheelchair Breakdown Service ( <i>emergency wheelchair transportation and breakdown assistance</i> ); .....	877-509-4335

## **UTILITIES ASSISTANCE**

Alameda Municipal Power ( <i>city of Alameda residents, energy audit, weatherization program</i> ); <a href="http://www.alamedamp.com">www.alamedamp.com</a> .....	510-748-3900
California Lifeline ( <i>telephone service discounts</i> ); <a href="http://www.cpuc.ca.gov">www.cpuc.ca.gov</a> .....	866-272-0349
California Telephone Access Program - CTAP ( <i>accessible phone products/services</i> ); <a href="http://www.californiaphones.org">www.californiaphones.org</a> .....	800-806-1191/ TTY 800-806-4474
EBMUD – East Bay Municipal Utility District, Customer Assistance Program ( <i>discount program for low-income customers</i> ); <a href="http://www.ebmud.com">www.ebmud.com</a> .....	866-403-2683
Heat Energy Assistance Program (HEAP) & Weatherization ( <i>energy assistance for low-income households; attic insulation, weather-stripping, and related conservation measures</i> ); <a href="http://www.spectrumcs.org">www.spectrumcs.org</a> .....	510-881-0300
PG&E - Pacific Gas & Electric, CARE - California Alternative Rates for Energy ( <i>discount on gas/electric bills for qualified low-income households</i> ); <a href="http://www.pge.com">www.pge.com</a> .....	866-743-2273
PG&E - Pacific Gas & Electric, Energy Savings Assistance Program ( <i>weatherization, energy-efficient appliances for qualified low-income customers</i> ); <a href="http://www.pge.com">www.pge.com</a> .....	800-989-9744
PG&E - Pacific Gas & Electric, Medical Baseline Allowance ( <i>energy at the lowest, baseline, price for residential customers with qualifying medical .. condition/s</i> ); <a href="http://www.pge.com">www.pge.com</a> .....	800-743-5000

**UTILITIES ASSISTANCE (continued)**

PG&E - Pacific Gas & Electric, Relief for Energy Assistance through Community Help - REACH ( <i>one-time energy-assistance administered through the Salvation Army</i> ); <a href="http://www.pge.com">www.pge.com</a> .....	800-933-9677
ReachOut Wireless ( <i>discounted cell phone service</i> ); <a href="http://www.reachoutmobile.com">www.reachoutmobile.com</a> .....	877-777-1914

**VETERANS SERVICES**

Alameda County Veterans Services ( <i>Oakland Office</i> ); Adult, Aging and Medi-Cal Services; <a href="http://www.alamedasocialservices.org">www.alamedasocialservices.org</a> .....	510-577-1926
Oakland VA Outpatient Clinic, <a href="http://www.northerncalifornia.va.gov">www.northerncalifornia.va.gov</a> .....	510-382-8387
Oakland Vet Center, <a href="http://www.va.gov">www.va.gov</a> .....	510-763-3904
U.S. Department of Veteran's Affairs, <a href="http://www.va.gov">www.va.gov</a> .....	800-827-1000

**VOLUNTEER OPPORTUNITIES**

AARP Experience Corps ( <i>adults 55+ tutor and mentor elementary school children</i> ); <a href="http://www.aarp.org">www.aarp.org</a> .....	415-759-4223
Alameda County Library Homeword Bound Program ( <i>home delivery of library materials</i> ); <a href="http://www.aclibrary.org">www.aclibrary.org</a> .....	510-745-1491
Ombudsman - Alameda County Long-Term Care Ombudsman Program ( <i>volunteer advocates persons in long term care facilities</i> ); <a href="http://www.alamedasocialservices.org">www.alamedasocialservices.org</a> .....	510-638-6878
Senior Companions & Foster Grandparents, Oakland; <a href="http://www2.oaklandnet.com">www2.oaklandnet.com</a> .....	510-238-3080
Stagebridge ( <i>senior actors and storytellers</i> ), Oakland; <a href="http://stagebridge.org">http://stagebridge.org</a> .....	510-444-4755
Volunteer Center of the East Bay, <a href="http://www.volunteereastbay.org">www.volunteereastbay.org</a> .....	510-232-0163
Volunteer Match ( <i>volunteers are matched with organizations with need for volunteers</i> ); <a href="http://www.volunteermatch.org">www.volunteermatch.org</a> .....	415-241-6868

**IMPORTANT NUMBERS**

AARP Driver Safety Program ( <i>check website for class nearest you</i> ); <a href="http://www.aarp.org">www.aarp.org</a> .....	800-350-7025
Alameda County Area Agency on Aging, Senior Information & Assistance; <a href="http://www.alamedasocialservices.org">www.alamedasocialservices.org</a> .....	510-577-3530/ 800-510-2020
Alameda County Library, Older Adult Services ( <i>Homeword Bound, Library Computer Training, and more</i> ); <a href="http://www.aclibrary.org">www.aclibrary.org</a> .....	510-745-1491
Alameda County Social Services Agency; <a href="http://www.alamedasocialservices.org">www.alamedasocialservices.org</a> : Eastmont Self-Sufficiency Center ( <i>6955 Foothill Blvd, 1st Floor, Oakland 94605</i> ) .....	510-383-5300
North County Multi-Service Center ( <i>2000 San Pablo Avenue, Oakland 94621</i> ) .....	510-891-0700
Alameda-Contra Costa County Medical Association ( <i>doctor referrals</i> ); <a href="http://www.accma.org">www.accma.org</a> .....	510-654-5383
Contra Costa County, Senior Information & Assistance; <a href="http://ehsd.org">http://ehsd.org</a> .....	925-229-8434
Eden Information & Referral; <a href="http://www.edenir.org">www.edenir.org</a> .....	2-1-1/ 888-886-9660
Eldercare Locator ( <i>information services outside Alameda County/California</i> ); <a href="http://www.eldercare.gov">www.eldercare.gov</a> .....	800-677-1116
Immigration Questions; International Institute of the East Bay; <a href="http://www.iibayarea.org">www.iibayarea.org</a> .....	510-451-2846

**IMPORTANT NUMBERS (continued)**

Public Authority for In-Home Support Services; [www.ac-pa4ihss.org](http://www.ac-pa4ihss.org):

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](http://www.acphd.org) ..... 510-618-2050

Social Security/ SSI; [www.ssa.gov](http://www.ssa.gov) ..... 800-772-1213

Tax Assistance (*generally from February 1 - April 15 at most senior centers and some library branches*):

IRS ( <i>general information</i> ); <a href="http://www.irs.gov">www.irs.gov</a> .....	800-829-1040
AARP Tax Aide Program ( <i>free filing assistance</i> ); <a href="http://www.aarp.org">www.aarp.org</a> .....	888-687-2277
Volunteer Income Tax Assistance / Tax Counseling for the Elderly.....	<a href="http://www.ftb.ca.gov">www.ftb.ca.gov</a>

**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**