

HELP AT HOME



2011 - 2013

A guide to assist
San Mateo County residents
to remain at home

Published by San Mateo County
Commission on Aging

HELP AT HOME

This directory is a mini-reference guide to assist San Mateo County adults of all incomes to remain in their own homes when they are ill, disabled or in crisis.

A listing in this guide does not imply endorsement of any particular agency or service, nor does omission reflect on the value or quality of a service. Individual providers are not listed in this booklet.

Information in *Help at Home* is subject to change; for the most current information, visit Network of Care.

NETWORK OF CARE

www.sanmateo.networkofcare.org/aging

This comprehensive Internet-based resource is for the elderly and people with disabilities, as well as their caregivers, service providers and families.

The Web site provides an extensive service directory to put people in touch with the right services at the right time. It also offers vital information about assistive devices, caregiving, diseases, day-to-day challenges and support, as well as daily news concerning aging and disabilities.

The "My Folder" feature allows users to store and organize important medical and healthcare-related information about themselves on a secure, Verisign-encrypted server. Users, if they choose to, can grant access to these files to others, such as a physician, lawyer, family member, trusted caregiver or friend.

Other resources include links to pertinent Web sites from across the nation; a comprehensive library; prescription assistance; community message boards; and fall prevention information.

Acknowledgments

San Mateo County Board of Supervisors

San Mateo County Commission on Aging
Community-Based Continuum of Care (CBCC)

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Peninsula Library System
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Community Information Program

Please contact San Mateo County Aging and Adult Services at **650-573-3910** to report corrections for the next edition or to request printed copies in English, Spanish, or Chinese.

For PDF versions of *Help at Home* online:

www.smco-coa.org

or

www.sanmateo.networkofcare.org/aging

or

cip.plsinfo.org



Unless otherwise noted all phone numbers listed in this guide are in the 650 area code.

Area codes 800, 877 and 888 are toll-free.

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LANGUAGE ASSISTANCE

Chinese:

安老自助處

Lincoln Park Senior Center	991-8018
Peninsula Family Service,	
Senior Peer Counseling	403-4300 x4392
Self-Help for the Elderly	342-0822

Japanese:

サンマテオ日系市民協会コミュニティ・センター

San Mateo Japanese-American Community Center .	343-2793
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Spanish / Español:

Lincoln Park Senior Center	991-8018
Nuestro Canto de Salud	373-1080
Peninsula Family Service,	
Fair Oaks Adult Activity Center	780-7525
Peninsula Family Service,	
La Esperanza Vive	403-4300 x4321
Samaritan House	347-3648

Tagalog / Sa Tagalog:

Lincoln Park Senior Center	991-8018
Peninsula Family Service,	
Senior Peer Counseling	403-4300 x4363

Tongan:

Melieni Falemaka Talakai	573-2976
Samaritan House	347-3648

EMERGENCY / CRISIS SERVICES

Emergency calls for ambulance, fire, highway patrol or police services911

TIES (connects people to needed support)

24-hour response in emergencies . . .1-800-675-TIES (8437)
(California Relay Service) 711

TIES serves as the main entry point for Aging and Adult Services, including Adult Protective Services, within the Health Department.

Adult Protective Services1-800-675-TIES (8437)

Staff investigates and develops care plans for older adults (age 65 or over) and dependent adults (between 18 and 64 years of age) who are at-risk of neglect, abandonment, isolation, abduction, or physical, mental and / or financial abuse.

Alcohol and Drug Helpline573-3950

www.crisiscenter.cc

24-hour information about and referral to substance abuse services.

Community Overcoming

Relationship Abuse (CORA)1-800-300-1080

www.corasupport.org312-8515

Serves victims / survivors of domestic abuse.

Crisis Intervention and Suicide Prevention Center

24 hour response

www.crisiscenter.cc1-800-273-TALK (8255)

.579-0350

ADULT DAY CARE (SOCIAL)

Adult Day Care Centers offer social and recreational services to individuals in a protective setting who cannot be left alone during the day because of social need, confusion or disability.

Catholic Charities CYO

San Carlos Adult Day Services592-9325
www.cccyo.org/sancarlosadultday
787 Walnut St., San Carlos 94070

Community Gatepath

Senior Program259-8500
www.communitygatepath.com
875 Stanton Rd., Burlingame 94010
For people with developmental disabilities.

Magnolia Senior Center829-3820
www.ssf.net
601 Grand Ave., South San Francisco 94080

Peninsula Volunteers, Inc.

Rosener House Adult Day Services322-0126
www.penvol.org
500 Arbor Rd., Menlo Park 94025

South San Francisco Adult Day Care Center829-3824
601 Grand Ave., South San Francisco 94080

ADULT DAY HEALTH CARE (MEDICAL)

Adult Day Health Care Centers offer social, recreational and health-related services to individuals in a protective setting who cannot be left alone during the day because of health care and social need, confusion or disability.

Coastside Adult Day Health Center726-5067
645 Correas St., Half Moon Bay 94019

Mills-Peninsula Senior Focus696-3660
www.mills-peninsula.org
1720 El Camino Real, #10, Burlingame 94010

Adult Day Health Center
Alzheimer's Day Care Resource Center

AGING AND ADULT SERVICES
A DIVISION OF SAN MATEO COUNTY HEALTH SYSTEM
225 - 37th Ave., San Mateo 94403
www.smhealth.org/aas
www.sanmateo.networkofcare.org

TIES (connects people to needed support)
24-hour response in emergencies . . . 1-800-675-TIES (8437)
.(California Relay Service) 711

TIES serves as the main entry point for Aging and Adult Services, including Adult Protective Services, within the Health System. Social workers answer questions about the wide variety of services available through the county and in the community. TIES also provides phone support and counseling on issues of concern to older and dependent adults, adults with disabilities and their families.

Network of Care

www.sanmateo.networkofcare.org/aging
A comprehensive Web-based resource for older adults, adults with disabilities, caregivers and service providers.

Call 1-800-675-TIES (8437) to reach, obtain information about, or refer someone to the following programs:

Adult Protective Services

Staff investigates and develops care plans for older adults (age 65 or over) and dependent adults (between 18 and 64 years of age) who are at-risk of neglect, abandonment, isolation, abduction, or physical, mental and / or financial abuse.

In-Home Supportive Services (IHSS)

Provides household and personal care assistance to Medi-Cal eligible elderly, blind and disabled individuals who are unable to remain safely in their own homes without this assistance.

Linkages

Provides assessment and case management to help older adults and adults with disabilities (age 18 or over), without regard to income, remain independent in the community.

Multipurpose Senior Services Program (MSSP)

Offers a comprehensive case management program designed to enable Medi-Cal eligible frail older persons (65 years or over) to remain in their homes.

Public Guardian / Conservatorship Program

Provides protective case management and financial services to court-appointed conservatees who are unable to manage their own personal needs and / or finances due to physical or mental disabilities and whose families are unable to provide these services.

OTHER AGING AND ADULT SERVICES RESOURCES

Area Agency on Aging573-2700
.(California Relay Service) 711

The Area Agency on Aging serves as a focal point for planning for older persons and adults with disabilities residing in San Mateo County. In addition to its advocacy role, the agency administers a variety of federal, state, local and private funds that support a coordinated network of community-based services for older adults and adults with disabilities.

Commission on Aging573-2700
www.smco-coa.org(California Relay Service) 711

A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and Aging and Adult Services on all matters pertaining to older adults (age 60 or over). The Commission acts as an advocacy body for older adults and provides an opportunity for consumers to participate in the development of public policy.

Commission on Disabilities573-2700
www.smco-cod.org(California Relay Service) 711

A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and Aging and Adult Services on all matters pertaining to people with disabilities. The Commission acts as an advocacy body for people with disabilities of all ages and provides an opportunity for them to participate in the development of public policy.

In-Home Supportive Services Advisory Committee

.....573-3900

A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and the Governing Board of the Public Authority for In-Home Supportive Services (IHSS), Aging and Adult Services, and the Public Authority on the delivery of IHSS services and those aspects of the IHSS program that relate to home care providers. The Advisory Committee provides an opportunity for consumers, providers, advocates and other interested parties to participate in the IHSS program and policy development.

Public Authority573-3900

Assists In-Home Supportive Services (IHSS) consumers in need of a homecare worker by maintaining a list of qualified individuals who are interested in working as an independent provider. Registry workers who have passed background checks are referred to IHSS consumers based on their needs. A registry specialist is available to provide assistance to consumers who require additional help in hiring a provider or in establishing a positive relationship with their worker. Also provides personnel services for IHSS providers and offers training to providers and consumers. The Public Authority is a separate agency from the County and is governed by the Board of Supervisors with input from an advisory committee.

CARE AT HOME

Care at Home refers to a wide spectrum of personal and health related services as well as organizations that provide equipment and supplies to patients and clients in their place of residence.

HOME CARE AIDE AGENCIES

These agencies offer a wide spectrum of non-medical personal care and domestic support services provided by Certified Home Health Aides, Certified Nurses Aides, Personal Care Aides, Attendants, Homemakers, and Companion / Sitters. Staff are available on a continuous hourly or live-in basis. Many agencies also provide respite care services. See page 9 for Home Health Care Agencies.

All personnel are employees of, and supervised by, the Home Care Aide Agency. The agencies withhold taxes, provide workers' compensation insurance, and typically do criminal background checks and bond and insure their employees. There is no licensure mechanism available in California for these agencies.

- Addus HealthCare Assisted Care Program**
 www.addus.com1-800-640-1778
 1730 S. Amphlett Blvd., #144, San Mateo 94402638-7943
- Arcadia Home Care and Staffing**701-1545
 www.arcadiacare.com
 777 Mariners Island Blvd., #115, San Mateo 94404
- Aunt Ann's Home Care**757-2000
 www.auntannshomecare.com
 198 Los Banos Ave., Daly City 94014
- Care for Seniors**342-9111
 www.careforseniorsagency.com
- Care Resource**301-3270
 www.careresourcehome.com
 401 Hillside Blvd., Daly City 94014
- ComForcare Senior Services**474-0000
 www.comforcare.com
 611 Veterans Blvd., Redwood City 94063
- Comfort Keepers**1-408-446-1199
 www.comfortkeepers.com
 10061 Pasadena Ave., Suite B, Cupertino 95014
- Eldercare Services**1-415-469-8300
 www.eldercareanswers.com
 605-A Chenery St., San Francisco 94131
- Extended Family Caregivers**359-7049
 www.extendedfamilycaregivers.com
 P.O. Box 1148, Pacifica 94044
- Geriatric Home Care Specialists**349-7779
 www.geriatrichomecare.com
 1900 O'Farrell St., #160, San Mateo 94403
- Home Care Assistance**1-866-4-LIVE-IN (454-8346)
 www.homecareassistance.com462-6900
 148 Hawthorne Ave., Palo Alto 94301
 San Mateo 94403 (serves the Coastside)

Home Instead Senior Care

www.homeinstead.com

883 Shoreline Blvd., #A100691-9671

Mountain View 94043 (serves Belmont south)

715 El Camino Real, #205877-8009

San Bruno 94066 (serves San Mateo north)

2207 S. El Camino Real522-8009

San Mateo 94403 (serves the Coastside)

Home Plus Caregivers368-6230

www.homepluscaregivers.com

132 Alameda, Redwood City 94062

Home Sweet Home Care556-9906

www.home-sweet-home-care.com

617 Veterans Blvd., #111, Redwood City 94063

Homecare Professionals757-4717

www.hcprosonline.com

295 - 89th St., #107, Daly City 94015

Homewatch Caregivers654-9574

751 Laurel St., #860, San Carlos 94070

Huddleston Care, LLC343-1945

www.huddlestoncare.com

P.O. Box 1361, Burlingame 94010

LivHome1-800-417-1897

www.livhome.com

700 E. El Camino Real, #310, Mountain View 94040

Matched CareGivers

www.matchedcaregivers.com

2825 El Camino Real, Redwood City 94061839-2273

Medical Care Professionals583-9898

www.medicalcareprofessionals.com

363 El Camino Real, #215, South San Francisco 94080

Older Adults Care Management (OACM) . .1-866-926-6226

www.oacm.org

291 Lambert Ave., Palo Alto 94306

122 Second Ave., #214, San Mateo 94402

Pathways Private Duty1-888-600-2273
www.pathwayshealth.org1-408-730-1500
585 N. Mary Ave., Sunnyvale 94085

Professional Healthcare at Home

www.professionalhc.com
355 Gellert Blvd, #110, Daly City 94015985-5660
7800 El Camino Real, Suite C, Colma 94014992-8559

Reliable Caregivers1-415-436-0100

www.reliablecaregivers.net
1700 California St., #400, San Francisco 94109

Senior Assist of the Peninsula, LLC343-5833

www.seniorassistpeninsula.com
1720 Marco Polo Way, Suite E, Burlingame 94010

Senior Helpers343-6770

www.seniorhelpers.com
4 West Fourth Ave., #201, San Mateo 94402

Synergy Home Care of San Mateo703-6087

www.synergyhomecare.com/sanmateo
1670 S. Amphlett Blvd., #214, San Mateo 94402

Seniors At Home

Jewish Family and Children's Services

www.seniorsathome.org
200 Channing Ave., Palo Alto 94301688-3000
2001 Winward Way, #200, San Mateo 94404931-1860

See also **Respite**

HOME HEALTH CARE AGENCIES

Home Health Care Agencies are licensed by the State of California to provide skilled nursing (RN and/or LVN) and are required to offer at least one of the following services: Occupational, Physical or Speech Therapy; Medical Social Services; and/or Certified Home Health Aides. These services require a physician's order and the need for skilled care. Ask the agency if it accepts Medicare, Medi-Cal or private insurance.

Hospice Services provide physical and emotional care for terminally ill patients and their families. Agencies marked with this symbol (❖) are Hospice Certified agencies.

AccentCare Home Health of the Bay Area301-4040

www.accentcare.com

2171 Junipero Serra, #570, Daly City 940141-800-834-3059

1065 E. Hillsdale Blvd., #100, Foster City 94404 . . .1-800-924-1110

Amedisys Home Health Services (formerly Tender Loving Care Home Health Care)1-800-380-3886

1710 Gilbreth Rd., #301, Burlingame 94010

❖Hospice by the Bay1-415-626-59

www.hospicebythebay.org

1902 Van Ness Ave., 2nd floor, San Francisco 94109

❖Kaiser Permanente Medical Center

Home Health Agency1-415-833-2770

(For Kaiser members only)

www.kp.org

4131 Geary Blvd., 4th floor, San Francisco 94118

900 Veterans Blvd., #400, Redwood City 94063299-3940

❖Kaiser Permanente Medical Center

Hospice Department1-415-833-3655

(For Kaiser members only)

www.kp.org

4131 Geary Blvd., 3rd floor, San Francisco 94118

Maxim Healthcare Services1-866-535-7551

www.maximumhomecare.com286-1245

1900 Alameda de las Pulgas, #108, San Mateo 94403

- ❖ **Mission Hospice and Home Care**554-1000
www.missionhospice.org
 1670 S. Amphlett Blvd., #300, San Mateo 94402
- ❖ **Palo Alto VA Health Care System
 Hospice Care Program**849-0550
www.paloalto.va.gov
 3801 Miranda Ave., Bldg. 100-4A, Palo Alto 94304
- ❖ **Pathways Home Health and Hospice** . . .1-888-755-7855
www.pathwayshealth.org1-408-730-5100
 585 N. Mary Ave., Sunnyvale 94085
- Professional Healthcare at Home**
www.professionalhc.com
 355 Gellert Blvd, #110, Daly City 94015992-5820
 7800 El Camino Real, Suite C, Colma 94014992-8559
- Professional Home Care Associates**1-800-919-8090
www.prohomecare.com306-1100
 805 Veterans Blvd., #303, Redwood City 94063
- Rehab at Home, Inc.**286-4272
www.rehabathome.org
 1301 Shoreway Rd., #190, Belmont 94002
- ❖ **Self-Help for the Elderly Home Care and Hospice**
www.selfhelpelderly.org
 50 E. 5th Ave., San Mateo 94401342-0822
 San Francisco1-415-677-7600
- Staffing Home Care**737-0777
 3540 Callan Blvd., #203, South San Francisco 94080
- ❖ **Sutter VNA and Hospice**685-2800
www.sutterhealth.org
 700 S. Claremont St., #220, San Mateo 94402
- ❖ **VITAS Innovative Hospice Care**1-866-946-7742
www.vitas.com350-1835
 1291 E. Hillsdale Blvd., #225, Foster City 94404

IN-HOME SUPPORTIVE SERVICES

In-Home Supportive Services (IHSS)573-3900

Provides household and personal care assistance to Medi-Cal eligible elderly, blind and disabled individuals who are unable to remain safely in their own homes without this assistance.

REFERRAL AGENCIES

These agencies recruit, screen and refer caregivers. They place caregivers with clients and generally collect a placement fee. Some referral agencies charge an hourly rate which includes both the agency fee and the caregiver's wage. The referral agency typically does not pay employer / employee payroll taxes or workers' compensation insurance. There is no licensure mechanism available in California for these agencies.

Low Rates for Seniors1-877-435-1300

www.lowratesforseniorsinhomecare.com

325 Lilac Lane, East Palo Alto 94303

DEMENTIA CARE

These agencies provide information, support and services to clients with Alzheimer's disease or related dementia and to their caregivers and families.

Alzheimer's Association1-800-272-3900

www.alznorcal.org or www.alz.org/norcal

Catholic Charities CYO

San Carlos Adult Day Services592-9325

www.cccyo.org/sancarlosadultday

787 Walnut St., San Carlos 94070

Family Caregiver Alliance1-800-445-8106

www.caregiver.org1-415-434-3388

Services for families and friends who are concerned with, or caring for, brain-impaired adults.

Mills-Peninsula Senior Focus

Alzheimer's Day Care Resource Center696-3660

www.mills-peninsula.org

1720 El Camino Real, #10, Burlingame 94010

Peninsula Volunteers, Inc.

Rosener House Adult Day Services322-0126

www.penvol.org

500 Arbor Rd., Menlo Park 94025

**FINANCIAL ASSISTANCE,
GOVERNMENT PROGRAMS, INSURANCE**

Health Plan of San Mateo (HPSM)1-800-750-4776

www.hpsm.org(TTY) 1-800-735-2929

.616-0050

A managed care health plan that provides health care benefits to San Mateo County residents who are enrolled in programs such as Medi-Cal, HealthWorx and Care Advantage.

Care Advantage1-866-880-0606

HPSM's Medicare Advantage/Prescription Drug Plan for dual eligibles who have both Medicare and Medi-Cal.

HICAP, the Medicare Counseling Program

www.hicapsanmateocounty.org1-800-434-0222

.627-9350

Free Medicare counseling and advocacy including information about supplemental insurance plans, prescription drug coverage and long-term care insurance policies. Services are provided by appointment at your local senior center and other locations throughout the county.

Medi-Cal

For information or to apply, call appropriate office:

East Palo Alto, Menlo Park363-4175

Atherton, Portola Valley, Redwood City, Woodside599-3811

Belmont, Burlingame, Foster City, Hillsborough, Millbrae,

San Carlos, San Mateo802-6470

El Granada, Half Moon Bay, La Honda, Loma Mar, Montara,

Moss Beach, Pescadero, Princeton, San Gregorio573-3949

Brisbane, Colma, Daly City, Pacifica301-8720

San Bruno, South San Francisco877-5663

For inpatients / outpatients at San Mateo Medical Center . . .573-2349

Medicare

www.medicare.gov

Billing questions1-800-633-4227

Peninsula Family Service

Second Careers403-4300

www.peninsulafamilyservice.org

24 Second Ave., San Mateo 94401

Provides training and job placement to eligible people age 55 or older who meet certain income qualifications.

Social Security / Medicare Eligibility / SSI

www.ssa.gov1-800-772-1213

TIES (connects people to needed support)

24-hour response in emergencies . . .1-800-675-TIES (8437)

.(California Relay Service) 711

TIES serves as the main entry point for Aging and Adult Services, including Adult Protective Services, within the Health Department.

Utility Services

AT&T (telephone)1-800-772-3140

www.att.com

Information on special services for elderly and disabled.

PG&E1-800-743-5000

www.pge.com

Assists low-income, disabled and senior citizen customers through numerous programs and community outreach projects.

Veterans Services802-6598

A division of San Mateo County Human Services Agency

Assists veterans, survivors, and dependents of veterans in gaining access to benefits based on military service. Advocates on their behalf.

FOOD AND NUTRITION SERVICES

COMMERCIAL HOME DELIVERED MEALS

Doelger Senior Center

Café Doelger Express991-8059

www.doelgercenter.com

Serves Daly City.

Restaurants on the Run1-800-510-3663
www.rotr.com
San Francisco to Sunnyvale.

Waiters on Wheels366-3366
www.waitersonwheels.com
Burlingame to Sunnyvale, does not serve Coastside, except Pacifica.

GROCERY SHOPPING AND FOOD SERVICES

Second Harvest Food Bank

Operation Brown Bag1-800-870-FOOD (3663)
Food Hotline1-800-984-FOOD (3663)
www.shfb.org

Members receive a weekly supplemental bag of groceries distributed at sites throughout San Mateo County. For low-income seniors age 60 or over and low-income disabled individuals age 55 or over.

Shopping Assistance for Seniors who are Homebound (SASH)

Matches seniors with volunteers who will grocery shop for them. Volunteers will initially pay for the groceries and are reimbursed by the senior when delivery is made. Ask for the SASH coordinator.

Burlingame522-7494
Foster City522-7494
San Bruno616-7155
San Mateo522-7494

HOME DELIVERED MEALS

Meals on Wheels of San Mateo County

Applicants must be unable to prepare their own meals or go out to eat, and have little or no assistance to obtain adequate meals. For information about the program, financial contribution or to order Meals on Wheels, call:

Belmont to East Palo Alto323-2022
www.penvol.org

Coastside726-9056
www.seniorcoastsiders.org

Pacifica738-7350

San Mateo to Daly City1-800-675-8437

Chinese meals are available. For information, call Self-Help for the Elderly342-0822
www.selfhelpelderly.org

SENIOR NUTRITION SITES

Some sites have a suggested donation; others have a set fee. Days of service vary. Call for more information.

Avenidas Senior Center289-5400
www.avenidas.org
450 Bryant St., Palo Alto 94301

City of San Mateo Senior Center522-7490
www.cityofsanmateo.org
2645 Alameda de las Pulgas, San Mateo 94403

Doelger Senior Center991-8012
www.doelgercenter.com
101 Lake Merced Blvd. (Westlake Park), Daly City 94015

East Palo Alto Senior Center329-5900
560 Bell St., East Palo Alto 94303

Fair Oaks Adult Activity Center
Peninsula Family Service780-7525
www.peninsulafamilyservice.org
2600 Middlefield Rd., Redwood City 94063

Lincoln Park Community Center	991-8018
www.doelgercenter.com	
901 Brunswick St., Daly City 94014	
Magnolia Senior Center	829-3820
www.ssf.net	
601 Grand Ave., South San Francisco 94080	
Martin Luther King Center	522-7470
www.cityofsanmateo.org	
725 Monte Diablo, San Mateo 94401	
Meal reservations line	522-7498
Menlo Park Senior Center	330-2280
www.menlopark.org	
110 Terminal Ave., Menlo Park 94025	
Pacifica Senior Services	738-7350
www.cityofpacifica.org	
540 Crespi Dr. at Highway 1, Pacifica 94044	
Peninsula Volunteers, Inc.	
Little House	326-2025
www.penvol.org/littlehouse	
800 Middle Ave., Menlo Park 94025	
Redwood City Veterans Memorial Senior Center	
www.redwoodcity.org/parks/cc	780-7270
1455 Madison Ave., Redwood City 94061	
Lunch reservation line	780-7259
San Bruno Senior Center	616-7150
www.sanbruno.ca.gov	
1555 Crystal Springs Rd., San Bruno 94066	
San Carlos Adult Community Center	802-4384
www.cityofsancarlos.org/acc	
601 Chestnut St., San Carlos 94070	
Self-Help for the Elderly	
San Mateo Center (Central Park)	342-0822
www.selfhelpelderly.org	
50 E. 5th Ave., San Mateo 94401	

Senior Coastsiders726-9056
www.seniorcoastsiders.org
535 Kelly Ave., Half Moon Bay 94019

Twin Pines Senior Center595-7441
www.belmont.gov
20 Twin Pines Lane, Belmont 94002

HOME SAFETY AND MEDICAL EQUIPMENT

DURABLE MEDICAL EQUIPMENT

Ask each medical supplier if their services are covered by Medicare, Medi-Cal or private insurance.

Admiral Medical Supplies1-800-819-2084
www.admiralmedical.com697-0900
357 El Camino Real, Millbrae 94030

APRIA Health Care

www.apria.com
480 Carlton Ct.1-800-788-5007
South San Francisco 94080588-9744
(Serves residents in zip codes 94080 - 94402)
3905 Bohannon Dr., Suites C-G1-800-801-9001
Menlo Park 94025330-2420
(Serves residents in zip codes 94403 - Mountain View)

Bay City Medical Supplies (formerly Bischoff's) . . .347-6606
www.baycitymedicalsupplies.com
1465-A Chapin Ave., Burlingame 94010

Lincare1-800-753-0043
www.lincare.com212-7682
1116 S. Amphlett Blvd., #2, San Mateo 94403

Also call your local pharmacy for information about small equipment and supplies.

DURABLE MEDICAL EQUIPMENT - LOANED

Coastside Adult Day Health Center726-5067

www.coastsideadultdayhealth.org

645 Correas St., Half Moon Bay 94019

Lends medical home equipment such as walkers, wheelchairs, shower chairs and bedside commodes.

Also call your senior center for information about small equipment and supplies.

HOME MODIFICATION AND ADAPTIVE EQUIPMENT

AT&T (telephone)1-800-772-3140

www.att.com

Information on special services for elderly and disabled.

Avenidas Senior Center289-5426

www.avenidas.org

The Avenidas Handyman Service provides discounted painting, carpentry, plumbing and electrical services to senior homeowners.

California Telephone Access Program (CTAP)

www.ddtp.org1-800-806-1191

.(TTY) 1-800-867-4323

Distributes free, specialized telecommunications equipment and services for individuals who have difficulty using a standard telephone for a variety of different medical reasons.

Center for Independence of Individuals with Disabilities

(formerly Center for Independence of the Disabled - CID)

www.cidsanmateo.org

Daly City991-5124

San Mateo645-1780

.(TTY) 522-9313

Assistive technology; housing modification; independent living skills; information referral system; client assistance program.

Home Safety Services, Inc.1-888-388-3811

www.homesafety.net571-7774

1169 Chess Dr., #D, Foster City 94404

Installs grab bars, stair railings, wheelchair ramps and other safety / accessibility devices.

Jean Cary Interiors593-9622
www.jeancareyinteriors.com
Provides interior design services for modifying kitchens, baths, window coverings and lighting systems for those with limited mobility.

Rebuilding Together Peninsula366-6597
www.rebuildingtogetherpeninsula.org
P.O. Box 4031, Menlo Park 94026
Free home renovation and repair for low-income, elderly or disabled homeowners.

Vista Center858-0202
www.vistacenter.org
For the blind and visually impaired: social services; training in activities of daily living, orientation and mobility; support groups and counseling; Braille and computer classes; a low-vision clinic and store.

HOME SAFETY

Fall Prevention Task Force573-3728
www.smcfallprevention.org
Provides resources and referrals for older adults, caregivers and service providers because falls are preventable.

PG&E1-800-743-5000
www.pge.com
Offers safety training at workshops, including preparing for emergencies and how to shut off gas and electricity after a disaster.

PERSONAL EMERGENCY RESPONSE

LifeStation, Inc.1-800-884-8888
www.lifestation.com
Provides personal emergency response systems, medical alert equipment and monitoring service for a fee.

MedicAlert Foundation International1-800-432-5378
www.medicalert.org
A 24-hour emergency service that will provide medical information about a member with special medical conditions. Members wear a necklace or bracelet with medical condition and MedicAlert emblem.

**Mills-Peninsula
Lifeline**696-4823
www.mills-peninsula.org

Sequoia Hospital / St. Mary's Hospital
CHW Community Lifeline1-800-236-8550
www.chw.edu

Stanford Hospital
Lifeline723-6906
www.geriatric.stanfordhospital.com

Vital-Link1-800-752-5522
www.vital-linkinc.com or www.vlink.org

HOSPITALS AND MEDICAL CENTERS

Kaiser Permanente Medical Center
For Kaiser members only
www.kp.org or www.kaiserpermanente.org
1150 Veterans Blvd., Redwood City 94063299-2000
1200 El Camino Real, South San Francisco 94080742-2000

Mills-Peninsula Health Services696-5400
www.mills-peninsula.org
1501 Trousdale Dr., Burlingame 94010
100 S. San Mateo Dr., San Mateo 94401

Palo Alto VA Health Care System493-5000
www.paloalto.va.gov
3801 Miranda Ave., Palo Alto 94304

San Mateo Medical Center573-2222
www.sanmateomedicalcenter.org
222 W. 39th Ave., San Mateo 94403

Sequoia Hospital369-5811
www.sequoiahospital.org
170 Alameda de las Pulgas, Redwood City 94062

Seton Medical Center992-4000
www.setonmedicalcenter.org
1900 Sullivan Ave., Daly City 94015

Seton Medical Center Coastside563-7100
www.setoncoastside.org
600 Marine Blvd., Moss Beach 94038

Stanford Hospital and Clinics723-4000
www.stanfordhospital.org
300 Pasteur Dr., Stanford 94305

HOUSING OPTIONS AND REFERRALS

Avenidas Senior Center289-5433
www.avenidas.org
450 Bryant St., Palo Alto 94301
Publishes a directory with independent and assisted living options.

Baker Registry326-8803
www.bakerregistry.com
Makes referrals to independent living, residential board and care and dementia-specific facilities.

California Advocates for Nursing Home Reform (CANHR)1-800-474-1116
www.canhr.org
Medi-Cal eligibility, pre-placement counseling, a lawyer referral service and advocacy for long term care issues.

ECHO (formerly Midpeninsula Citizens for Fair Housing)
www.echofairhousing.org327-1718
Fair housing investigation and enforcement, education and counseling, for Menlo Park, Redwood City, Stanford, Los Altos and Los Altos Hills.

HIP Housing

Human Investment Project348-6660
www.hiphousing.org
Offers a Home Sharing Program matching persons with housing to share with those needing a place to live. Rent and service exchanges available. Also owns and manages over 200 units of subsidized and low-income housing.

Insight Memory Care Choices208-8809
www.insightmemorycarechoices.com
Specializing in dementia care and placement.

Ombudsman Services of San Mateo County, Inc.

www.ossmc.org780-5707

After 4:00 pm and on weekends1-800-675-TIES (8437)

Monitors nursing homes and residential care homes for care and complaints. Also provides referral information for placement.

Project Sentinel321-6291

www.housing.org

Fair housing enforcement, first-time buyer education, rental dispute mediation and foreclosure prevention counseling.

Rebuilding Together Peninsula366-6597

www.rebuildingtogetherpeninsula.org

P.O. Box 4031, Menlo Park 94026

Free home renovation and repair for low-income, elderly or disabled homeowners.

Senior Seasons, Inc.1-877-373-6467

www.seniorseasons.com851-5284

Personalized, no-cost referral service to assisted living, independent, retirement and residential care homes.

Stegner Registry365-1884

www.stegnerregistry.com

Gives information about and makes referrals to assisted care communities for the elderly, including permanent and respite placement. No fee charged to client.

**INFORMATION AND REFERRAL, ASSISTANCE,
ADVOCACY**

211 HELPLINK211

www.211bayarea.org1-800-273-6222

Information and referral to health and human service programs. 211 is free, confidential and available 24 hours a day in more than 150 languages.

TIES (connects people to needed support)
24-hour response1-800-675-TIES (8437)
.....(California Relay Service) 711

TIES serves as the main entry point for Aging and Adult Services, including Adult Protective Services, within the Health Department. Social workers answer questions about the wide variety of services available through the county and in the community. TIES also provides phone support and counseling on issues of concern to older and dependent adults, adults with disabilities and their families.

Alcohol and Drug Helpline573-3950
www.crisiscenter.cc
24-hour information about and referral to substance abuse services.

Alzheimer's Association1-800-272-3900
www.alznorcal.org or www.alz.org/norcal
Provides advocacy, education and support.

Area Agency on Aging573-2700
.....(California Relay Service) 711
The Area Agency on Aging serves as a focal point for planning for older persons and adults with disabilities residing in San Mateo County. In addition to its advocacy role, the agency administers a variety of federal, state, local and private funds that support a coordinated network of community-based services for older adults and adults with disabilities.

California Advocates for Nursing Home Reform (CANHR)
www.canhr.org1-800-474-1116
Medi-Cal eligibility and recovery, pre-placement counseling, a lawyer referral service and advocacy for long term care issues.

Center for Independence of Individuals with Disabilities
(formerly Center for Independence of the Disabled - CID)
www.cidsanmateo.org
Daly City991-5124
San Mateo645-1780
.....(TTY) 522-9313
Information and referral; peer counseling and support groups; assistive technology; financial counseling; housing modification; independent living skills; advocacy and personal assistance programs.

- Commission on Aging**573-2700
www.smco-coa.org(California Relay Service) 711
 A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and Aging and Adult Services on all matters pertaining to older adults (age 60 year or over). The Commission acts as an advocacy body for older adults and provides an opportunity for consumers to participate in the development of public policy.
- Commission on Disabilities**573-2700
www.smco-cod.org(California Relay Service) 711
 A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and Aging and Adult Services on all matters pertaining to people with disabilities. The Commission acts as an advocacy body for people with disabilities of all ages and provides an opportunity for them to participate in the development of public policy.
- Fair Oaks Adult Activity Center**
- Peninsula Family Service**780-7525
www.peninsulafamilyservice.org
 2600 Middlefield Rd., Redwood City 94063
- Fall Prevention Task Force**573-3728
www.peninsulafamilyservice.org
 Provides resources and referrals for older adults, caregivers and service providers because falls are preventable.
- Healthy Aging Response Team (HART)**991-5558
 Provides Daly City adults age 50 or over and adults with disabilities a peer-volunteer based phone response system providing linkage to all county services.
- HICAP, the Medicare Counseling Program**
- www.hicapsanmateocounty.org1-800-434-0222
627-9350
 Free Medicare counseling and advocacy including information about supplemental insurance plans, prescription drug coverage and long-term care insurance policies. Services are provided by appointment at your local senior center and other locations throughout the county.
- Lawyer Referral Service**369-4149
www.smcba.org
 Makes referrals to local attorneys.

Legal Aid Society

Senior Advocates1-800-381-8898

www.legalaidsmc.org

Provides free legal counsel and assistance to seniors age 60 or over.

Mills-Peninsula Senior Focus696-3660

www.mills-peninsula.org

1720 El Camino Real, #10, Burlingame 94010

Caregiver Services

Caregiver counseling, education, information/referral and support groups.

Senior Information Line

Connects with Mills-Peninsula and community services for any issues related to aging.

National Hospice and Palliative Care Organization

www.nhpco.org1-800-658-8898

Provides free consumer information on hospice care and puts the public in contact with hospice programs.

National Private Duty Association (NPDA)

www.privatedutyhomecare.org

Resource to help individuals make an informed decision in selecting a home care provider.

Network of Care

www.sanmateo.networkofcare.org/aging

A comprehensive Web-based resource for older adults, adults with disabilities, caregivers and service providers. See inside front cover of this booklet for more information.

Ombudsman of San Mateo County780-5707

www.ossmc.org

After 4:00 pm and on weekends1-800-675-TIES (8437)

Monitors nursing homes and residential care homes for care and complaints. Provides referral information for placement. Also provides I&R (information and referral) for seniors.

Peninsula Conflict Resolution Center (PCRC)

www.pcrweb.org513-0330

Neighborhood, family, consumer, community, landlord / tenant and employee mediation service.

- Peninsula Library System (PLS)** . . . Call your local library
www.plsinfo.org
 All city and county libraries offer services via phone, mail or Internet (books on tape or CD, large print books, videos, DVDs and other materials).
- Peninsula Stroke Association**565-8485
www.psastroke.org
 Serves as an advocate for stroke survivors and a resource center for community information.
- San Mateo County Dental Society**637-1121
www.smcds.com

San Mateo County Medical Association312-1663
www.smcma.org
 Provides the public with referrals to physicians based on geographic area preference, specialty, hospital affiliation and language needs.

Second Harvest Food Bank
 Food Connection Hotline1-800-984-FOOD (3663)
www.shfb.org

See also **Senior Centers**

LEGAL ASSISTANCE

Aging and Adult Services

Public Guardian / Conservatorship Program
1-800-675-TIES (8437)
 Provides protective case management and financial services to court-appointed conservatees who are unable to manage their own personal needs and / or finances due to physical or mental disabilities and whose families are unable to provide these services.

California Advocates for Nursing Home Reform (CANHR)

www.canhr.org1-800-474-1116
 Medi-Cal eligibility and recovery, pre-placement counseling, a lawyer referral service and advocacy for long term care issues.

Family Caregiver Alliance1-800-445-8106
www.caregiver.org1-415-434-3388
 Services for families and friends who are concerned with, or caring for, brain-impaired adults.

Lawyer Referral Service369-4149
www.smcba.org
Makes referrals to local attorneys.

Legal Aid Society
Senior Advocates1-800-381-8898
www.legalaidsmc.org
Provides free legal counsel and assistance to seniors age 60 or over.

Peninsula Conflict Resolution Center (PCRC)
www.pcrcweb.org513-0330
Neighborhood, family, consumer, community, landlord / tenant and
employee mediation service.

MENTAL HEALTH SERVICES

Catholic Charities CYO
Counseling Services295-2160
www.cccyo.org
36 - 37th Ave., San Mateo 94403
Offers counseling to couples, individuals and families. Spanish-speak-
ing counseling available.

Community Gatepath259-8500
www.communitygatepath.com
Speech therapy, Senior Program and other therapeutic services.

Mills-Peninsula Health Services
Senior Behavioral Health (formerly the Senior Day Program)
www.mills-peninsula.org696-4690
100 S. San Mateo Dr., San Mateo 94401
For treatment with depression, anxiety and / or chemical dependency.

National Alliance on Mental Illness (NAMI)638-0800
www.namisanmateo.org
Offers support, education and advocacy.

OASIS - Older Adult System of Integrated Services
(formerly Senior Mental Health Services)573-2615
www.smhealth.org
Home visit by mental health professionals for persons age 60 or over
with mental health diagnoses. Chinese and Spanish spoken.

Peninsula Family Service403-4300
www.peninsulafamilyservice.org
Counseling services, bilingual (Spanish) case management.

San Mateo County Behavioral Health and Recovery Services Division
Call Center Access Team1-800-686-0101
www.smhealth.org
Information, assessment, consultation and referral.

Senior Coastsiders726-9056
www.seniorcoastsiders.org
Counseling, family support, home visits, volunteer services, home rehabilitation for elderly and disabled people, peer counseling, telephone reassurance.

Seniors•At•Home Jewish Family and Children's Services
www.seniorsathome.org
200 Channing Ave., Palo Alto 94301688-3000
2001 Winward Way, #200, San Mateo 94404931-1860
Counseling services.

OTHER MEDICAL / DENTAL SERVICES

Community Gatepath259-8500
www.communitygatepath.com
Speech therapy, Senior Program and other therapeutic services.

Fall Prevention Task Force573-3728
www.smcfallprevention.org
Provides resources and referrals for older adults, caregivers and service providers because falls are not inevitable, but instead are preventable.

Health Plan of San Mateo (HPSM)1-800-750-4776
www.hpsm.org(TTY) 1-800-735-2929
.....616-0050
A managed care health plan that provides health care benefits to San Mateo County residents who are enrolled in programs such as Medi-Cal, HealthWorx and Care Advantage.

Care Advantage1-866-880-0606
HPSM's Medicare Advantage/Prescription Drug Plan for dual eligibles who have both Medicare and Medi-Cal.

Hearing and Speech Center1-415-921-7658
www.hearingspeech.org(TTY) 1-415-921-8990
Tests hearing and offers speech therapy.

Medi-Cal

For information or to apply, call appropriate office:

- East Palo Alto, Menlo Park363-4175
- Atherton, Portola Valley, Redwood City, Woodside599-3811
- Belmont, Burlingame, Foster City, Hillsborough, Millbrae,
San Carlos, San Mateo802-6470
- El Granada, Half Moon Bay, La Honda, Loma Mar, Montara,
Moss Beach, Pescadero, Princeton, San Gregorio573-3949
- Brisbane, Colma, Daly City, Pacifica301-8720
- San Bruno, South San Francisco877-5663
- For inpatients / outpatients at San Mateo Medical Center . . .573-2349

MedicAlert Foundation International1-800-432-5378

www.medicalert.org
A 24-hour emergency service that will provide medical information about a member with special medical conditions. Members wear necklace or bracelet with medical condition and MedicAlert emblem. Will notify up to 5 persons listed by member.

Mills-Peninsula Health Services

www.mills-peninsula.org

Community Resources Information . . .1-800-654-9966

100 S. San Mateo Dr., San Mateo 94401
Education and support groups.

Mills-Peninsula Senior Focus

Wise and Well696-7663

www.mills-peninsula.org
1720 El Camino Real, #10, Burlingame 94010
Health screening and education.

OT House Calls464-4429

www.othousecalls.com868-9438
Assessment of therapy needs. Recommendations for safe and independent living.

Parkinson's Institute1-800-655-2273
www.thepi.org1-408-734-2800
675 Almanor Ave., Sunnyvale 94085
Treatment; research; speech and physical therapy.

Ravenswood Family Health Center330-7400
at Belle Haven321-0980
www.ravenswoodfhc.org
Offers comprehensive health care services for all ages.

Ron Robinson Senior Care Center
San Mateo Medical Center573-2426
A primary care clinic and geriatric assessment unit where seniors of all income levels and all levels of independence and health can receive one-stop medical care tailored exclusively to meet their needs.

San Bruno VA Outpatient Clinic615-6000
1001 Sneath Lane, #300, San Bruno 94066

San Mateo County Dental Society
www.smcds.com637-1121

San Mateo County Health Clinics
www.sanmateomedicalcenter.org
39th Avenue Health Clinics573-3702
Coastside County Clinic573-3941
Daly City Clinic301-8600
Fair Oaks Adult Clinic (Redwood City)364-6010
South San Francisco Health Center877-7070
Willow Clinic (Menlo Park)599-3890

San Mateo County Medical Association312-1663
www.smcma.org
Provides the public with referrals to physicians based on geographic area preference, specialty, hospital affiliation and language needs.

Sequoia Hospital
Health and Wellness Center367-5998
www.sequoiahospital.org
Community health resource center, support groups, health screenings, fall prevention classes, blood pressure screenings at senior centers, flu vaccine site and diabetes classes.

Seton Medical Center

Health Resource Center (library)991-6677

www.setonlibrary.org

Therapy in Your Home1-408-358-0201

www.therapyinyourhome.net

Occupational, physical and speech therapy provided in the home, skilled nursing facility or assisted living facility.

Vista Center858-0202

www.vistacenter.org

For the blind and visually impaired: social services; training in activities of daily living, orientation and mobility; support groups and counseling; Braille and computer classes and a low-vision clinic.

RESPITE

Family Caregiver Alliance1-800-445-8106

www.caregiver.org1-415-434-3388

Services for families and friends who are concerned with, or caring for older adults, including brain-impaired adults.

See also **Home Care Aide Agencies**

SENIOR CENTERS

Senior Centers are the entry point for many senior services, leisure activities and dining. These programs may offer information about, and referral to, services and agencies which may assist the homebound elder to remain at home.

Belmont

Twin Pines Senior Center595-7444

www.belmont.gov

20 Twin Pines Lane, Belmont 94002

Daly City

Doelger Senior Center991-8012

www.doelgercenter.com

101 Lake Merced Blvd. (Westlake Park), Daly City 94015

Lincoln Park Community Center991-8018

901 Brunswick St., Daly City 94014

East Palo Alto

East Palo Alto Senior Center329-5900
560 Bell St., East Palo Alto 94303

Foster City

Foster City Parks and Recreation Department
Senior Wing286-2585
www.fostercity.org
650 Shell Blvd., Foster City 94404

Half Moon Bay

Senior Coastsiders726-9056
www.seniorcoastsiders.org
535 Kelly Ave., Half Moon Bay 94019

Menlo Park

Menlo Park Senior Center330-2280
www.menlopark.org
110 Terminal Ave., Menlo Park 94025

Peninsula Volunteers, Inc.

Little House326-2025
www.penvol.org/littlehouse
800 Middle Ave., Menlo Park 94025

Millbrae

Millbrae Senior Center259-2370
www.ci.millbrae.ca.us
477 Lincoln Circle, Millbrae 94030

Pacifica

Pacifica Senior Services738-7350
www.cityofpacifica.org
540 Crespi Dr. at Highway 1, Pacifica 94044

Redwood City

Fair Oaks Adult Activity Center
Peninsula Family Service780-7525
www.peninsulafamilyservice.org
2600 Middlefield Rd., Redwood City 94063

Redwood City Veterans Memorial Senior Center

www.redwoodcity.org/parks/cc780-7270
1455 Madison Ave., Redwood City 94061

San Bruno

San Bruno Senior Center616-7150

www.sanbruno.ca.gov
1555 Crystal Springs Rd., San Bruno 94066

San Carlos

San Carlos Adult Community Center802-4384

www.cityofsancarlos.org
601 Chestnut St., San Carlos 94070

San Mateo

City of San Mateo Senior Center522-7490

www.cityofsanmateo.org
2645 Alameda de las Pulgas, San Mateo 94403

Self-Help for the Elderly342-0822

San Mateo Center (Central Park)

www.selfhelpelderly.org
50 E. 5th Ave., San Mateo 94401

South San Francisco

South San Francisco Senior Services

www.ssf.net/depts/rcs/seniors.asp

El Camino Senior Center829-3820

33 Arroyo Dr., South San Francisco 94080

Magnolia Senior Center829-3820

601 Grand Ave., South San Francisco 94080

ADDITIONAL RESOURCES FOR INFORMATION

Peninsula Jewish Community Center (PJCC)

www.pjcc.org212-PJCC (7522)

800 Foster City Blvd., Foster City 94404

Offers a variety of services for seniors, including trips, tours, cultural outings, classes and special events.

San Mateo Japanese American Community Center

www.smjacc.org343-2793

415 S. Claremont St., San Mateo 94401

A Japanese-American educational, human and civil rights organization.
Offers classes in Japanese cultural and martial arts.

Senior Center Without Walls1-877-797-7299

www.seniorcenterwithoutwalls.org

Offers free activities, conversation, classes and support groups throughout the Bay Area to homebound elders and those who find it difficult to go to a community center. Participation is through free telephone conference calls.

SUPPORT GROUPS

Regularly scheduled groups are available in the community to provide information, exchange ideas and offer mutual encouragement. Most of these organizations also offer information and referral. Phone your local hospital, senior center or religious organization for additional support group information.

211 HELPLINK211

www.211bayarea.org1-800-273-6222

Information and referral to self-help groups.

Al-Anon

Family Groups592-7935

www.ncwsa.org/district-13.html

Meetings and Locations592-7935

www.ncwsa.org

Alcohol and Drug Helpline573-3950

www.crisiscenter.cc

24-hour information about and referral to substance abuse services.

Alcoholics Anonymous (AA)577-1310

www.aa-san-mateo.org

ALS (Lou Gehrig's Disease)1-415-904-2572

www.alsabayarea.org

Alzheimer's Association1-800-272-3900

www.alzncal.org or www.alz.org/norcal

- American Cancer Society**508-8186
www.cancer.org
- American Diabetes Association**1-408-241-1922
www.diabetes.org
- American Heart Association and American Stroke Association**259-6700
www.americanheart.org1-415-433-2273
- Arthritis Foundation**1-800-464-6240
www.arthritis.org
- Breathe California**1-877-3BREATHE
www.ggbreathe.org994-5868
- Catholic Charities CYO**
- Counseling Services**295-2160
- San Carlos Adult Day Services**592-9325
www.cccyo.org
- Center for Independence of Individuals with Disabilities**
 (formerly Center for Independence of the Disabled - CID)
www.cidsanmateo.org
- Daly City991-5124
- San Mateo645-1780
(TTY) 522-9313
- Cocaine Anonymous**1-415-821-6155
www.ca.org
- Community Gatepath**259-8500
www.communitygatepath.com
 For disabled persons and their families.
- Community Overcoming Relationship Abuse (CORA)**
www.corasupport.org1-800-300-1080
312-8515
 Serves victims / survivors of domestic abuse.
- Epilepsy Foundation**1-800-632-3532
www.epilepsynorcal.org

- Family Caregiver Alliance**1-800-445-8106
www.caregiver.org1-415-434-3388
 Services for families and friends who are concerned with, or caring for, brain-impaired adults.
- Gamblers Anonymous**1-800-287-8670
www.gamblersanonymous.org
- Hearing Loss Association**593-6760
www.hearingloss.org
- Kara**321-5272
www.kara-grief.org
 Grief counseling.
- Lost Chord**583-2819
 For those who have had a laryngectomy.
- Lupus Foundation of Northern California**
www.lfnc.org1-408-954-8600
- Mills-Peninsula Health Services**
www.mills-peninsula.org
Community Resources Information ...1-800-654-9966
 100 S. San Mateo Dr., San Mateo 94401
- Mills-Peninsula Senior Focus**
Caregiver Services696-3660
www.mills-peninsula.org
 1720 El Camino Real, #10, Burlingame 94010
- Muscular Dystrophy Association**1-415-673-7500
www.mda.org
- National Alliance on Mental Illness (NAMI)** ...638-0800
www.namisanmateo.org
- National Kidney Foundation**1-415-543-3303
www.kidneyca.org
- National Multiple Sclerosis Society**1-800-344-4867
www.nationalmssociety.org
- Nicotine Anonymous**1-415-908-6702
www.nicotine-anonymous.org

Parkinson's Institute1-800-655-2273
www.thepi.org1-408-734-2800

Peninsula Stroke Association565-8485
www.psastroke.org

Senior Peer Counseling403-4300
Counseling in English (extension 4322), Spanish / La Esperanza Vive (extension 4321), Filipino (extension 4363), Cantonese and Mandarin (extension 4392) for persons age 55 or over with concerns of aging such as loneliness, depression, grief or illness. Home visits and resources are available. Also serves the LGBT community.

Sequoia Hospital
Health and Wellness Center367-5998
www.sequoiahospital.org

Seton Medical Center
Health Resource Center (library)991-6677
www.setonlibrary.org

Sutter VNA and Hospice685-2821
www.suttervnaandhospice.org685-2822
Offers Saturday grief support workshops, weekly drop-in grief support groups, one-on-one counseling, and 8-week loss specific groups.

United Cerebral Palsy Association593-1811
www.ucpscsm.org

Vista Center858-0202
www.vistacenter.org
For the blind and visually-impaired.

TRANSPORTATION SPECIALIZED

Special transportation services respond to the needs of mobility impaired persons and other disabled persons unable to use public transportation. Call each service for eligibility, fee, route and schedule details.

American Cancer Society(24 hour) 1-800-227-2345
www.cancer.org508-8186
Transportation to and from treatment centers for ambulatory cancer patients only.

FISH (Friends in Service to Humanity)

Volunteer transportation assistance for medical appointments.

Burlingame, Foster City, Hillsborough, Millbrae, San Mateo
.....(Answering service) 570-6002

Belmont, Redwood City, San Carlos . . .(Answering service) 593-1288

Get Up and Go

Peninsula Jewish Community Center (PJCC) 378-2750

www.pjcc.org

Door-to-door, shared ride, wheelchair-accessible bus and van service for non-driving older adults. Escorts available. Reservations required. No religious affiliation or PJCC membership required.

Need-A-Ride462-0853

Transportation for ambulatory seniors.
Serves Palo Alto to San Mateo.

San Mateo County Transit District (SamTrans)

Redi-Wheels and RediCoast1-800-660-4287

www.samtrans.com/rw.html(TTY) 508-6448

P.O. Box 3006, 1250 San Carlos Ave., San Carlos 94070

Curb-to-curb paratransit service for people whose disabilities prevent them from riding accessible Sam Trans buses. Call for certification information. Redi-Wheels serves San Mateo County except for the coast south of Pacifica; RediCoast serves the Coastside.

Call regarding transportation to:

San Francisco1-415-351-7000
(San Francisco Paratransit)

Santa Clara County1-800-894-9908
(Valley Transportation Authority - VTA)

SilverRide1-877-U-RIDE-10 (874-3310)

www.SilverRide.com1-415-861-7433

Provides door-through-door transportation, accompaniment, activity planning, concierge services and group social outings to older adults, including those with dementia. Fee for service.

OTHER TRANSPORTATION SERVICES

Driver Safety Classes1-888-227-7669

www.aarp.org/drive

AARP offers classes at 14 sites in the county.

Identification Placard for the Disabled

People who are mobility impaired may apply for a placard to hang from the rear view mirror of the car in which they are riding. This will allow parking in specially designated parking spaces.

Call Department of Motor Vehicles for application and physician's certification1-800-777-0133
www.dmv.ca.gov

Senior Mobility Guide

www.peninsularides.org

A comprehensive booklet and Web site providing information about a wide range of transportation programs and services to help seniors stay mobile, active and connected to the community. The booklet is available at senior centers and libraries.

VOLUNTEER SERVICES

Hands On Bay Area1-415-541-9616

www.handsonbayarea.org

Provides flexible one-day and weekend projects.

Mills-Peninsula Senior Focus

www.mills-peninsula.org

1720 El Camino Real, #10, Burlingame 94010

Foster Grandparent and Senior Companion Programs

.696-7662

Provides subsidy to low-income seniors who volunteer with frail seniors or at-risk children.

Retired and Senior Volunteer Program (RSVP)

.696-7660

Matches adults 55 or over with volunteer opportunities through community organizations.

Volunteer Center235-3550

www.thevolunteercenter.net1-415-982-8999

Refers groups and individuals of all ages to nonprofit agencies that need volunteers.

Volunteer Match1-415-241-6868

www.volunteermatch.org

Offers a variety of online services to support nonprofits and volunteers.

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