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

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

ALCOHOLISM & DRUG ABUSE PREVENTION PROGRAMS
Alameda County Health Care ACCESS (referrals to substance abuse services in Alameda County); www.acbhcs.org ........................................ 800-491-9099
Alcoholics Anonymous Central Office, Oakland; http://eastbayaa.org .......................................................................................... 510-839-8900

ALZHEIMER’S SERVICES
Alzheimer’s Association Helpline (24-hour); www.alz.org ............................................................................................................. 800-272-3900
Alzheimer’s Services of the East Bay, Berkeley; http://aseb.org ........................................................................................................... 510-644-8292
Ethnic Elders Care (website focuses on ethnic elders with Alzheimer’s and related disorders); www.ethnicelderscare.net ........................................ 800-445-8106
Family Caregiver Alliance (limited respite maybe available for unpaid caregivers); www.caregiver.org .......................................................... 800-445-8106
U.C. Davis Alzheimer’s Disease Center (Richmond & Sacramento sites); www.ucdmc.ucdavis.edu/alzheimers .......................................... 530-752-8797

CAREGIVER SUPPORT PROGRAMS
(Note: for support group information, contact also adult day care programs and local hospitals)
Alzheimer’s Association of Northern California; www.alznorcal.org ................................................................................................. 800-272-3900
DayBreak Adult Care Centers, formerly Adult Day Services Network; http://daybreakcenters.org ....................................................... 510-834-8314
Family Caregiver Alliance (assistance for families caring providing long-term care for loved ones); www.caregiver.org ........................................ 800-445-8106
CAREGIVER SUPPORT PROGRAMS (continued)
Family Education and Resource Center (support for family/caregivers of people with mental illness); 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 ................................................. 510-271-8843
City of Berkeley (case management for Berkeley residence 55+, based at the Berkeley Senior Centers); 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
................................................................. 510-238-3762
St. Mary’s Senior Homeless Case Management; 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 ........... 510-383-5185
Alta Bates Summit Diabetes Centers (diabetes self management classes, support groups); www.altabatessummit.org/diabetes ........................................... 510-204-1081
American Cancer Society; www.cancer.org ........................................................................ 800-227-2345
American Diabetes Association; www.diabetes.org ............................................................ 510-654-4499
American Heart Association / American Stoke Association; www.heart.org / www.strokeassociation.org ............................................................ 510-903-4050
Americans with Disabilities Act (ADA), Pacific ADA Center; www.adapacific.org ........... 800-949-4232
Aphasia Center of California (services for persons who have had strokes); http://aphasiacenter.net ........................................................ 510-336-0112
Arthritis Foundation; 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 ......................... 800-952-5666
California Telephone Access Program - CTAP (accessible phone products/services); www.californiaphones.org ............................................. 800-806-1191/TTY: 800-806-4474
Center for Independent Living – CIL; www.cilberkeley.org:
Berkeley (Ed Roberts Campus) .......................................................................................... 510-841-4776
Oakland (Downtown) .......................................................................................................... 510-763-9999
Oakland (Fruitvale) ............................................................................................................ 510-536-2271
Disability Rights California; 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.easycdoesitservices.org ................. 510-704-2111
Hearing and Speech Center of Northern California (testing and product info), San Francisco; www.hearingspeech.org ........................................... 415-921-7658
DISABLED ADULTS SERVICES/PROGRAMS (continued)
Lions Center for the Blind (free services for the Blind and low vision seniors); www.lbcenter.org ................................................................. 510-450-1580
Multiple Sclerosis (MS) Friends Support Line (multiple sclerosis peer phone helpline) ................................................................. 866-673-7436
National Multiple Sclerosis Society; www.nationalmssociety.org ........................................................................................................ 800-344-4867
Parkinson’s Institute; www.thepi.org .............................................................................................................................. 800-655-2273
Regional Center of the East Bay (services to individuals with developmental disabilities); www.rceb.org .................. 510-618-6100
Wheelchair Breakdown Service (emergency wheelchair transportation and breakdown assistance) .............................................. 877-509-4335
Women’s Cancer Resource Center, Oakland; www.wcrc.org ........................................................................................................ 510-420-7900

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

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

EMERGENCY PREPAREDNESS PROGRAMS
(Note: Contact your local Fire Departments and Offices of Emergency Services)
American Red Cross (Preparedness training for groups); www.redcrossbayarea.org ............................................................................. 510-595-4400
CARD - Collaborating Agencies Responding to Disasters (preparedness training for non-profit/community agencies); http://cardcanhelp.org .............................................................................................. 510-451-3140
CORE - Citizens of Oakland Responding to Emergencies (disaster training for Oakland residents); www2.oaklandnet.com ........................................... 510-238-6351
Senior Injury Prevention Partnership (discussion groups for older adults); www.acphd.org ........................................................................ 510-618-2050

EMPLOYMENT PROGRAMS
ASSETS Senior Employment Program (Alameda County residents 55 and older) ............................................................................ 510-238-3535
Downtown Oakland Career Center; http://oaklandpic.org ............................................................................................................................. 510-768-4400
East Bay Works One-Stop Business and Career Centers, Alameda; www.eastbayworks.com/alamedacounty .............................................. 510-748-2208
English Center (school for ESL learners), Career Center; www.englishcenter.edu ................................................................................. 510-836-6700
EMployment Programs (continued)
Lao Family Community Development, Inc.; www.lfcd.org ................................. 510-533-8850
SCORE - Service Corps of Retired Employees (provides free business counseling); http://eastbay.score.org .......................................................... 510-273-6611
SER - Jobs for Progress, Inc. (Service, Employment, Redevelopment), Hayward; www.ser-national.org .............................................................. 510-265-8267
Social Services Agency - Eastmont Career Center; http://eastbayjobdevelopers.org .............................................................. 510-568-8349
Social Services Agency - North Oakland Career Center; http://eastbayjobdevelopers.org .............................................................. 510-208-0903
Unity Council Multicultural Center, One-Stop Career Center; www.unitycouncil.org/onestop .............................................................. 510-535-6101

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

Ethnic / Culturally Specific Programs
Catholic Charities of the East Bay (Immigration and Naturalization Service, Refugee Resettlement Program, Southeast Asian Senior Services), Oakland; www.cceb.org ........... 510-768-3100
East Bay Korean-American Senior Services Center (English), Oakland; www.eastbaykoreanamericanseniorcenter.org .............................................................. 510-763-1879
East Bay Korean-American Senior Services Center (Korean), Oakland; www.eastbaykoreanamericanseniorcenter.org .............................................................. 510-763-0736
Ethiopian Community and Cultural Center; http://ethiopianccc.org .............................................................. 510-268-4770
Ethnic Elders Care (website; focuses on ethnic elders with Alzheimer’s and related disorders) .............................................................. www.ethnicelderscare.net
Family Bridges, Inc. (Asian language-speaking), Oakland (Information & Assistance); www.fambridges.org .............................................................. 510-839-2022
Family Bridges, Inc, Hong Lok Senior Center (Asian language-speaking), Oakland; www.fambridges.org .............................................................. 510-763-9017
Filipino Advocates for Justice (naturalization and immigration assistance at fixed rate), Oakland; www.filipinos4justice.org .............................................................. 510-465-9876
Fruitvale-San Antonio Senior Center (English/Spanish and Khmer-Speaking); www.unitycouncil.org/fruitvale-san-antonio-senior-center ........................................................ ...... 510-535-6931
International Institute of the Bay Area (immigration legal services), Oakland; www.iibayarea.org .............................................................. 510-451-2846
ETHNIC / CULTURALLY SPECIFIC PROGRAMS (continued)
Jewish Family & Children's Services of the East Bay, Older Adult Services; www.jfcs-eastbay.org ................................................................. 510-558-7800
J-Sei, formerly Japanese American Services of the East Bay, Berkeley; http://j-sei.org ................................................................................. 510-848-3560
Korean Community Center of the East Bay, Oakland; http://kcceb.org .......................................................................................... 510-547-2662
Lao Family Community Development, Inc., Oakland Refugees Seniors Club; www.lfcd.org ................................................................. 510-533-8850
Lavender Seniors (support services for LGBT-lesbian/gay/bisexual/transgendered elders); www.lavenderseniors.org ........................................ 510-574-2073
Vietnamese American Community Center of the East Bay; http://vaceb.net ....................................................................................... 510-891-9999

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

FOOD & NUTRITION
Alameda County Community Food Bank; www.accfb.org ............................................................................................................................. 510-635-3663/800-870-3663
CalFresh (California's Food Stamp Program); www.alamedasocialservices.org:
   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); http://mercyretirementcenter.org .... 510-534-8540 ext. 369
Senior Resources Food Co-op (wholesale produce) St. Paul's Church, Oakland; www.stpaulsoakland.org .................................................. 510-444-5973

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

North County (Alameda, Albany, Berkeley, Emeryville, Oakland, Piedmont) 5
FOOD & NUTRITION (Senior Group Dining)
Spectrum Community Services (senior community dining; call for a list of sites); Alameda, Oakland; 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 .............................................................. 510-524-9122
    North Berkeley Senior Center; www.ci.berkeley.ca.us ........................................... 510-981-5190
    South Berkeley Senior Center; www.ci.berkeley.ca.us ........................................... 510-981-5170
    Emeryville Senior Center; 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 ................................................. 510-748-0342
Family Bridges, Inc., Friendly Visitors Program (provides companionship to homebound, socially-isolated Cantonese or Mandarin speaking seniors);
    www.fambridges.org .................................................................................. 510-763-9017
Lavender Seniors (support services for LGBT-lesbian/gay/bisexual/transgendered elders); 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 ..................................................................... 510-238-3080
St. Mary's Center; www.stmaryscenter.org ..................................................................... 510-923-9600
Tele-Care, Alta-Bates Medical Center (daily phone calls to people who are homebound or isolated); www.altatabatessummit.org .................. 510-204-4487

HEALTH INSURANCE PROGRAMS
Alameda County Adult, Aging and Medi-Cal Services Department; www.alamedasocialservices.org:
    Medi-Cal Long Term Care (new applicants contact County Medi-Cal Center) ............. 510-777-2300/ 800-698-1118
    Medi-Cal Long Term Care; (ongoing cases only) .................................................... 510-577-1900
Medicare Savings Programs, QMB, SLMB, QI-1 (QMB—Qualified Medicare Beneficiary Program, SLMB—Specified Low-Income Medicare Beneficiary, QI—Qualified Individual); www.alamedasocialservices.org ................................................. 510-577-1900
Covered California (affordable health care for Californians); www.coveredca.com ...................... 800-300-1506
HealthPAC (for persons not eligible for Medi-Cal with income at or below 200% Federal Poverty Level) ............................................. http://achealthcare.org
HICAP - Health Insurance Counseling and Advocacy Program; 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 ............................................................................ 510-777-2300
Medicare, Social Security; www.ssa.gov ........................................................................... 800-633-4227
HOME IMPROVEMENT PROGRAMS FOR LOW TO MODERATE INCOME HOUSEHOLDS
Alameda County Healthy Homes Department, Housing Rehabilitation Program (Minor Home Repair grants, Accessibility grants, and Rehabilitation Loans);
www.achhd.org ................................................................................................................. 510-670-5399
Center for Independent Living - CIL, Residential Access Program (Berkeley residents only; free accessibility modifications for persons with disabilities);
www.cilberkeley.org ........................................................................................................... 510-649-1100 ext. 3103
Housing Authority of the City of Alameda, Residential Rehabilitation (City of Alameda residents; accessibility modifications - renters ok with landlord’s permission); www.alamedahsg.org ....................................................................................... 510-747-4341
Rebuilding Together - East Bay-North, Albany, Berkeley, and Emeryville; www.rtebn.org ......................................................................................................................... 510-644-8979
Rebuilding Together - Oakland, Oakland; www.rtoakland.org ......................................................................................................................... 510-625-0316

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

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

INJURY PREVENTION
Senior Injury Prevention Partnership (falls prevention and older driver safety discussion groups); www.acphd.org ........................................................................... 510-618-2027
St. Mary’s Center (exercise program; medicine education program); www.stmaryscenter.org ........................................................................... 510-923-9600

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

MEDCAL/DENTAL CLINICS & SERVICES
Alameda County Dental Society (referrals: Alameda, Emeryville, Oakland Piedmont); www.alamedacds.org .................................................. 510-547-7188
Alameda County Medical Centers:
  Eastmont Wellness Center; www.eastmontahs.org .......................................................... 510-567-5700
  Highland Hospital & Highland Wellness; www.highlandahs.org / www.highlandwellnessahs.org .................................................. 510-437-4800
Alameda-Contra Costa Medical Association (doctor referrals); www.accma.ca .......................................................... 510-654-5383
Asian Health Services, Oakland; www.asianhealthservices.org ........................................ 510-986-6800
Berkeley Dental Society (referrals: Albany & Berkeley); http://berkeleydentalsociety.org .................................................. 510-644-9800
Berkeley Free Clinic (medical/dental services); www.berkeleyfreeclinic.org .................................................. 510-548-2570
Charlotte Maxwell Complementary Clinic (provides free complementary alternative medical treatments for low-income women with cancer);
  www.charlottemaxwell.org ............................................................................................. 510-601-7660
Denti-Cal (information on Medi-Cal dental benefits); www.denti-cal.ca.gov .................................................. 800-322-6384
La Clinica de la Raza, Oakland; www.laclinica.org .......................................................... 510-535-4000
LifeLong Medical Care (provides high-quality health and social services to low-income persons regardless of ability to pay), Berkeley, Oakland;
  www.lifelongmedical.org ............................................................................................. 510-981-4100
LifeLong Medical Care – Dental Care Office (provides dental care to low-income persons regardless of ability to pay), Berkeley; www.lifelongmedical.org .................................................. 510-981-4146
Native American Health Center; www.nativehealth.org .................................................. 510-535-4400
Oakland VA Outpatient Clinic; www.northernCalifornia.va.gov ........................................ 510-382-8387
MEDICAL/DENTAL CLINICS & SERVICES (continued)
Order of Malta Clinic for Uninsured (solely for patients who do not have medical insurance), Oakland; www.orderofmaltauswestern.org .......................... 510-587-3000
ReCARES, formerly Home CARES (medical equipment recyclers); www.homecares.org ........................................................................................................... 510-251-2273
U.C. Berkeley School of Optometry Eye Center, www.caleyecare.org ......................................................................................................................... 510-642-2020
University of the Pacific - Dental Care Center, Union City; http://dental.pacific.edu ........................................................................................................ 510-489-5200
West Oakland Health Council, Albert J. Thomas Medical Clinic; Oakland; www.wohc.org ........................................................................................... 510-568-9230
West Oakland Health Council, East Oakland Health Center (and dental); www.wohc.org .............................................................................................. 510-430-9401
West Oakland Health Council, West Oakland Health Center (and dental); www.wohc.org .............................................................................................. 510-835-9610
West Oakland Health Council, William Byron Rumford Medical Clinic, Berkeley; www.wohc.org ............................................................................. 510-549-3166

MENTAL HEALTH / COUNSELING PROGRAMS
Alameda County Health Care ACCESS (referrals to mental health services in Alameda County); www.acbhcs.org ............................................................... 800-491-9099
Alta Bates Medical Center - Psychiatric Intake (emergency, in-patient acute care & outpatient day services), Berkeley; www.altabatessummit.org ................................................................. 510-204-4405
Asian Community Mental Health Services, Oakland; www.acmhs.org .............................................................................................................................. 510-970-9750
Berkeley Mental Health (serves Berkeley and Albany residents); www.ci.berkeley.ca.us ........................................................................................................ 510-981-5290
Crisis Support Services of Alameda County (Senior in-Home Counseling, Grief Counseling and Support Groups); www.crisissupport.org ................... 800-260-0094
Geriatric Assessment & Response Team - GART (consultation services, short-term case management for Alameda County residents 60+ with serious mental health, alcohol or drug concerns) ............................................................................. 510-891-5650
La Clinica de la Raza, Oakland; www.laclinica.org ................................................................................................................................. 510-535-4000
LEGENDS at Valley Health System (short-term, voluntary inpatient program for behavioral health concerns in people 65 and older); www.valleycare.com ................................................................................ 925-373-8038/ 800-884-8038
Mental Health Association of Alameda County; http://mhaac.org:
  Family Caregiver Support ............................................................................. 510-835-0188
  Mental Health Advocates ............................................................................. 510-835-5532
  Patient’s Rights Advocates ......................................................................... 510-835-2505
Suicide Prevention / Crisis Support (24-hour support line); www.crisissupport.org ................................................................................................. 800-309-2131

NURSING HOME ASSISTANCE / LONG-TERM CARE FACILITIES (useful websites: www.calqualitycare.org & www.nursinghomeguide.org)
California Community Transitions, Center for Independent Living; (eligible Medi-Cal beneficiaries who are in a state licensed health care facility for 90 days or longer move into their own home); www.dhcs.ca.gov ................................................................. 510-841-4776 ext. 3128
CANHR - California Advocates for Nursing Home Reform (advice on nursing home selection; residents’ rights advocates) San Francisco; www.canhr.org ................................................................................................. 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 ......................................................... 510-638-6878
State of California Community Care Licensing (RCFE licensing); www.ccld.ca.gov .................................................................................. 510-622-2602
State of California Department of Public Health (SNF & Home Health Care Licensing); www.cdph.ca.gov .............................................. 800-236-9747

PUBLIC GUARDIAN’S OFFICE
(court appointed conservatorships); www.alamedasocialservices.org .................................................................................. 510-577-1900

SENIOR CENTERS (also see Ethnic / Culturally Specific Senior Programs)
Alameda, Mastick Senior Center (1155 Santa Clara Avenue, Alameda, 94501); www.mastickcenter.com ......................................................... 510-747-7500
Albany, Albany Senior Center (846 Masonic Avenue, Albany, 94706); www.albanyc.ca.org ........................................................................... 510-524-9122
Berkeley, J-Sei, formerly Japanese American Services of the East Bay (1710 Carleton Street, Berkeley, 94703); www.j-sei.org ...................... 510-883-1106
Berkeley, Jewish Community Center of the East Bay (1414 Walnut Street, Berkeley, 94709); www.jccceastbay.org ........................................ 510-848-0237
Berkeley, North Berkeley Senior Center (1901 Hearst Avenue, Berkeley, 94709); www.ci.berkeley.ca.us ..................................................... 510-981-5190
Berkeley, South Berkeley Senior Center (2939 Ellis Street, Berkeley, 94703); www.ci.berkeley.ca.org .......................................................... 510-981-5170
Emeryville Senior Center (4321 Salem Street, Emeryville, 94608); www.emeryville.org ................................................................. 510-596-3730
Oakland, Downtown Oakland Senior Center (200 Grand Street, Oakland 94610); www.oaklandnet.com ...................................................... 510-238-3284
Oakland, East Bay Korean American Senior Center (1723 Telegraph Avenue, Oakland, 94612); www.eastbaykoreanamericanseniorcenter.org .... 510-763-1879
Oakland, East Oakland Senior Center (9255 Edes Avenue, Oakland, 94603); www.oaklandnet.com ............................................................. 510-615-5731
Oakland, Fruitvale-San Antonio Senior Center (3301 E. 12th Street, Suite 200, Oakland, 94601); 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 ......................................................... 510-763-9017
Oakland, Korean Community Center of the East Bay (1700 Broadway, Suite 400, Oakland, 94612); www.kccb.org ........................................ 510-547-2662
Oakland, North Oakland Senior Center (5714 Martin Luther King Jr. Way, Oakland, 94609); www.oaklandnet.com .............................................. 510-597-5085
Oakland, St. Mary’s Center, Drop-in Center (925 Brockhurst Street, Oakland, 94608); www.stmaryscenter.org ........................................... 510-923-9600
Oakland, Vietnamese American Community Center of the East Bay (655 International Blvd., Oakland, 94606); www.thevcc.org ................. 510-891-9999
Oakland, West Oakland Senior Center (1724 Adeline Street, Oakland, 94607); www.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 ...................................................................................... 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 (travel information for the Bay Area): www.511.org ................................................................. 5-1-1
AC Transit (senior and disabled discounted passes): www.actransit.org ..................................................... 510-891-4706
American Cancer Society, Road to Recovery (transportation program for cancer patients): www.cancer.org ................................................................. 800-227-2345
BART (senior and disabled discount tickets): www.bart.gov/tickets ................................................................. 510-464-7136
DMV Parking Placards for Disabled Drivers; www.dmv.ca.gov ................................................................. 800-777-0133
East Bay Paratransit Service – EBPT (for those who meet Americans with Disabilities Act (ADA) criteria): www.eastbayparatransit.org ................................................................. 800-555-8085
Taxi and Van Services (Note: eligibility varies - call for details) .................................................................
   Alameda (city), (discount taxi vouchers; medical and shopping trip shuttle): www.mastickcenter.com ................................................................. 510-747-7500
   Albany (taxi ride refund program; community shuttle): www.albanyca.org ................................................................. 510-524-9122
   Berkeley (taxi scrip program; medical return trip program): www.ci.berkeley.ca.us ................................................................. 510-981-7269
   Emeryville (taxi reimbursement; discount EBPT tickets; 8-To-Go Shuttle): www.ci.emeryville.ca.us ................................................................. 510-596-3730
   Oakland (taxi reimbursement; discount van vouchers): www2.oaklandnet.com ................................................................. 510-238-3036
   Oakland Taxi Up & Go (free taxi service to medical appointments): www2.oaklandnet.com ................................................................. 510-238-3175
Travel Training:
   United Seniors of Oakland and Alameda County (Senior Group Travel Training): www.usoac.org ................................................................. 510-729-0852
   Center for Independent Living (training on how to use public transit to get to destinations of choice): www.cilberkeley.org ................................................................. 510-841-4776
Wheelchair Breakdown Service (emergency wheelchair transportation and breakdown assistance): ................................. 877-509-4335

UTILITIES ASSISTANCE

Alameda Municipal Power (city of Alameda residents, energy audit, weatherization program): www.alamedamp.com ................................................................. 510-748-3900
California Lifeline (telephone service discounts): www.cpuc.ca.gov ................................................................. 866-272-0349
California Telephone Access Program - CTAP (accessible phone products/services): www.californiaphones.org ................................................................. 800-806-1191/ TTY 800-806-4474
Heat Energy Assistance Program (HEAP) & Weatherization (energy assistance for low-income households; attic insulation, weather-stripping, and related conservation measures): www.spectrumcs.org ................................................................. 510-881-0300
PG&E - Pacific Gas & Electric, Medical Baseline Allowance (energy at the lowest, baseline, price for residential customers with qualifying medical .. condition/s): www.pge.com ................................................................. 800-743-5000
UTILITIES ASSISTANCE (continued)
PG&E - Pacific Gas & Electric, Relief for Energy Assistance through Community Help - REACH (one-time energy-assistance administered through the Salvation Army); www.pge.com ................................................................. 800-933-9677
ReachOut Wireless (discounted cell phone service); www.reachoutmobile.com ................................................................. 877-777-1914

VETERANS SERVICES
Alameda County Veterans Services (Oakland Office); Adult, Aging and Medi-Cal Services; www.alamedasocialservices.org ........................................ 510-577-1926
Oakland VA Outpatient Clinic, www.northernCalifornia.va.gov ................................................................. 510-382-8387
Oakland Vet Center, www.va.gov .................................................................................................................. 510-763-3904
U.S. Department of Veteran's Affairs, www.va.gov .................................................................................. 800-827-1000

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

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

Public Authority for In-Home Support Services; 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 ........................................................................ 510-618-2050

Social Security/ SSI; www.ssa.gov ................................................................................................................ 800-772-1213

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

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

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

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

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

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