ALZHEIMER’S SERVICES
Alzheimer’s Association, Helpline; (24-hour), www.alz.org ......................................................................................... 800-272-3900
Alzheimer’s Services of the East Bay, Hayward Campus; www.aseb.org ........................................................................ 510-888-1411
Ethnic Elders Care Network, (website that focuses on ethnic elders with Alzheimer's and dementia related disorders); www.ethnicelderscarenetwork.net
Family Caregiver Alliance, Bay Area Resource Center; (free to low-cost services for family caregivers), www.caregiver.org .......... 800-445-8106
UC Davis Health Alzheimer’s Disease Center, East Bay Office; (basic and clinical research, including clinical trials and evaluations);

www.health.ucdavis.edu/alzheimers .......................................................................................................................... 925-357-6515

CAREGIVER SUPPORT PROGRAMS
(Note: for support group information, also contact adult day care programs and local hospitals)
Alzheimer’s Association of Northern California, www.alz.org/norcal .................................................................................... 925-284-7942
DayBreak Adult Care Centers, http://daybreakcenters.org ......................................................................................... 510-834-8314
Family Caregiver Alliance, California Caregiver Resource Center; (offers information and support services to family caregivers);

CAREGIVER SUPPORT PROGRAMS continued
Family Education and Resource Center, Oakland, (support for family/caregiver of people with mental illness); www.askferc.org ................................................................. 888-896-3372
Family Support Services of the Bay Area, (kinship support for grandparents/relative caregivers of children); www.fssba.org ................................................................. 510-834-2443
Lincoln Child Center, Hayward, Kinship Support Program; (grandparent & relative caregivers of children); http://lincolnfamilies.org .... 510-273-4700 ext. 0

CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND SENIORS
LIFE ElderCare, (persons aged 60+); www.lifeeldercare.org .............................................................................................................. 510-894-0370 ext. 2
Multipurpose Senior Services Program - MSSP, City of Fremont; (residents on Medi-Cal; serves Hayward, Fremont, Newark, Union City); www.fremont.gov .............................................................................................................. 510-574-2041
Older Adults, Happy Results , Alameda County Public Health Nursing, (home based nurse case management for high risk Medi-Cal recipients aged 60 +): www.acphd.org/older-adults.aspx ................................................................. 510-383-7037

CHRONIC ILLNESS & DISEASE SUPPORT SERVICES/PROGRAMS
Alameda Public Health Department, Diabetes Program; (free classes for Alameda County residents with Type-2 Diabetes); www.acphd.org .... 510-383-5185
American Cancer Society, www.cancer.org .................................................................................................................. 800-227-2345
American Heart Association, American Stroke Association; www.heart.org/ www.strokeassociation.org ................................................................. 510-903-4050
Aphasia Center of California, (help for persons suffering from loss of language, typically as a result of a stroke); http://aphasiacenter.net ................................................................. 510-336-0112
Multiple Sclerosis (MS) Friends Support Line, (peer helpline), .............................................................................................. 866-673-7436
Parkinson’s Institute, www.thepi.org .................................................................................................................. 800-655-2273

DISABLED ADULT SERVICES/PROGRAMS
Americans with Disabilities Act (ADA), Pacific ADA Center; www.adapacific.org .............................................................................................. 800-949-4232 (Voice and TTY)
California Telephone Access Program - CTAP, (accessible phone products/services); www.californiaphones.org ........ 800-806-1191 / TTY: 800-806-4474
Disability Rights California, Oakland, www.disabilityrightsca.org .............................................................................................. 510-267-1200
Lighthouse for the Blind and Visually Impaired, www.lighthouse-sf.org .............................................................................................. 415-431-1481
Regional Center of the East Bay, (services for individuals with developmental disabilities); www.rceb.org .............................................................................................. 510-618-6100

Central County (Castro Valley, Hayward, San Leandro, San Lorenzo) 2
EDUCATION (also see Senior Centers)
Hayward Center for Education & Careers, Adult School; www.has.edu ...................................................... 510-293-8595
San Leandro Adult School, www.sanleandroadultschool.org ................................................................. 510-667-6287
U.C. Berkeley Osher Lifelong Learning Institute, (community of learning for adults 50+); www.oli.berkeley.edu ................................................................. 510-642-9934

ELDER ABUSE PREVENTION
Adult Protective Services - APS, Alameda County; www.alamedasocialservices.org ................................................................. 510-577-3500 / 866-225-5277
District Attorney - Consumer & Environmental Protection Unit, http://www.alcoda.org/cewpd/ ................................................................. 510-383-8600
Legal Assistance for Seniors, (elder abuse representation for Alameda County residents 65+); www.lashicap.org ................................................................. 510-832-3040

EMERGENCY PREPAREDNESS PROGRAMS
(Note: Contact your local Fire Departments and Offices of Emergency Services)
American Red Cross, Alameda County, (preparedness training for groups); www.redcross.org ................................................................. 510-595-4400
Senior Injury Prevention Program - SIPP, (emergency preparedness classes for Older Adults); www.acphd.org ................................................................. 510-618-2050

EMPLOYMENT PROGRAMS
SER-Jobs for Progress, Service, Employment, Redevelopment; (employment program, low income seniors 55+); www.ser-national.org ......... 510-265-8267

END-OF-LIFE PLANNING & ARRANGEMENTS
Alameda County Bar Association, (lawyer referral service - $35 for 30-minute consultation, estate planning, wills & trusts); www.acbanet.org .... ..... 510-302-2222 Opt. 4
Alameda County Care Partners, (advance directive, POLST and additional support for IHSS recipients); http://gettingthemostoutoflife.org/ihss-pilot ................................................................. 510-577-3517
Alameda County Coroner, (burial/cremation in case of no next of kin or financial means, eligibility determined by application); www.alamedacountysheriff.org ................................................................. 510-268-7300
Alameda County Long-Term Care Ombudsman Program, (witnesses Advance Health Care Directives for residents in Skilled Nursing Facilities); www.alamedasocialservices.org ................................................................. 510-638-6878
Alameda County Public Administrator, (administers estates of decedents who have no next of kin or executor); www.alamedasocialservices.org ................................................................. 510-577-3539 or 510-777-4270
Bay Area Funeral Consumers’ Alliance (BA-FCA, (consumer education); http://www.ba-fca.org ................................................................. 650-321-2109
END-OF-LIFE PLANNING & ARRANGEMENTS continued
California Advocates for Nursing Home Reform - CANHR, (elder law attorney referral services and information on Medi-Cal estate recovery); www.canhr.org .......................................................................................................................... 800-474-1116 /415-974-5171
California Department of Consumer Affairs’ Cemetery and Funeral Bureau, (licenses funeral agencies, publishes consumer guide); www.cfb.ca.gov .......................................................................................................................... 800-952-5210
Getting the Most Out of Life, Alameda County Hospice Project; (education and utilization of advance care planning and hospice services); http://gettingthemostoutoflife.org .......................................................................................................................... 510-667-3099

ETHNIC / CULTURALLY SPECIFIC PROGRAMS
Ethiopian Community and Cultural Center, www.ethiopianccc.org .......................................................................................................................... 510-268-4770
Ethnic Elders Care Network, www.ethnicelderscarenetwork.net
Filipino Advocates for Justice, (naturalization and immigration assistance); www.filipino4justice.org .......................................................................................................................... 510-465-9876
International Institute of the Bay Area, Oakland; (immigration legal services); www.iibayarea.org .................................................................................................................................. 510-451-2846
Jewish Family & Children's Services of the East Bay, Older Adult Services; www.jfcs-eastbay.org .......................................................................................................................... 510-558-7800
Korean Community Center of the East Bay, (Korean Info Line: 1-844-828-2254); http://kcceb.org .................................................................................................................................. 510-547-2662
Lavender Seniors of the East Bay, (support services for LGBTQ elders); www.lavenderseniors.org .......................................................................................................................... 510-736-LGBT (5428)
Pacific Center for Human Growth, (peer groups for LGBTQ seniors); www.pacificcenter.org .......................................................................................................................... 510-548-8283

FINANCIAL ASSISTANCE
Alameda County Social Services Agency:
   Eden Area Multi-Service Center; (24100 Amador St, Hayward 94544); http://alamedasocialservices.org .......................................................................................................................... 510-670-6000
Alameda County Veterans’ Service Office, Oakland; http://alamedasocialservices.org .......................................................................................................................... 510-577-1926
Cash Assistance Program Immigrants - CAPI, (provides benefits for legal non-citizens in financial need that are ineligible for federal Supplemental Security Income - SSI); http://alamedasocialservices.org .................................................................................................................................. 800-648-0954/ 510-268-2332
Social Security Administration, SSI; www.ssa.gov .................................................................................................................................. 800-772-1213

FOOD & NUTRITION
Alameda County Community Food Bank, www.accfb.org .......................................................................................................................... 510-635-FOOD (3663)
CalFresh (California’s Food Stamp Program):
   Eden Area Multi-Service Center; (24100 Amador St, Hayward 94544); http://alamedasocialservices.org .......................................................................................................................... 510-670-6000
Mercy Brown Bag Program, (supplemental groceries twice a month to eligible low-income seniors); https://mercybrownbag.org/ .................................................................................................................................. 510-534-8540 ext. 369
**FOOD & NUTRITION (Home Delivered Meals)**
SOS Meals on Wheels, Oakland, Piedmont; [www.sosmow.org](http://www.sosmow.org) ........................................................................................................ 510-460-5855

**FOOD & NUTRITION (Senior Group Dining)**
Spectrum Community Services, Castro Valley, Hayward, San Leandro, San Lorenzo; [senior community dining; call for a list of sites; www.spectrumcs.org](http://www.spectrumcs.org) ........................................................................................................ 510-881-0300 ext. 222

**FRIENDLY VISITORS / TELEPHONE REASSURANCE PROGRAMS**
Covia, Well Connected; [formerly Senior Center Without Walls; group activities and friendly conversation for homebound seniors thru FREE phone conference calls;](https://covia.org) ........................................................................................................................................ 877-797-7299
Covia, Social Call; [social phone calls for people who are homebound or isolated;](http://covia.org) ........................................................................................................................................ 877-797-7299
Crisis Support Services of Alameda County, [in-home counseling for homebound adults aged 60+; www.crisissupport.org](http://www.crisissupport.org) ........................................................................................................................................ 510-420-2460
Lavender Seniors of the East Bay, [support services for LGBTQ - Lesbian, Gay, Bi-Sexual, Transgendered and Queer elders; www.lavenderseniors.org](http://www.lavenderseniors.org) ........................................................................................................................................ 510-736-LGBT (5428)
LIFE ElderCare, [www.lifeeldercare.org](http://www.lifeeldercare.org) ........................................................................................................................................ 510-894-0370 ext. 2

**HEALTH INSURANCE PROGRAMS**
Alameda County Social Services Agency, Workforce Benefits Administration:
Medi-Cal Unit; [www.alamedasocialservices.org](http://www.alamedasocialservices.org) ........................................................................................................ 800-698-1118 / 510-777-2300
Medi-Cal Long-Term Care; [www.alamedasocialservices.org](http://www.alamedasocialservices.org) ........................................................................................................ 510-383-8735
Medicare Savings Programs; [QMB - Qualified Medicare Beneficiary Program, SLMB - Specified Low-Income Medicare Beneficiary, QI - Qualified Individual; www.alamedasocialservices.org](http://www.alamedasocialservices.org) ........................................................................................................ 800-698-1118 / 510-777-2300
Covered California, [affordable healthcare for Californians; www.coveredca.com](http://www.coveredca.com) ........................................................................................................ 800-300-1506
HealthPAC, [for persons not eligible for Medi-Cal with income at or below 200% Federal Poverty Level; www.achealthcare.org](http://www.achealthcare.org) ........................................................................................................ 877-879-9633
HICAP - Health Insurance Counseling and Advocacy Program, [www.lashicap.org](http://www.lashicap.org) ........................................................................................................ 510-832-3040
Medicare, Social Security Administration; [www.ssa.gov](http://www.ssa.gov) ........................................................................................................ 800-633-4227

**HOME IMPROVEMENT PROGRAMS FOR LOW TO MODERATE INCOME HOUSEHOLDS**
Alameda County Healthy Homes Department, Housing Rehabilitation Program; [minor home repair grants and rehabilitation grants; www.achhd.org](http://www.achhd.org) ........................................................................................................ 510-567-8280
City of Hayward, Housing Rehabilitation Program; [Hayward residents only, minor home repairs grants available also available; www.hayward-ca.gov](http://www.hayward-ca.gov) ........................................................................................................ 510-583-4225
Renew Alameda County, Habitat for Humanity; [affordable home renovation loans-simple 1% interest with payment deferred until the sell of the home; www.renewac.org](http://www.renewac.org) ........................................................................................................ 510-803-3388

Central County (Castro Valley, Hayward, San Leandro, San Lorenzo) 5 8/19
HOME IMPROVEMENT PROGRAMS FOR LOW TO MODERATE INCOME HOUSEHOLDS continued
Spectrum Community Services, Low Income Weatherization Assistance Program; (federally funded program that provides free energy efficiency improvements in homes of qualified homeowners or renters); www.spectrumcs.org .......................................................... 510-881-0300 ext. 272

HOUSING ASSISTANCE PROGRAMS
Alameda (County) Housing Authority, www.haca.net .......................................................................................... 510-538-8876
CRIL - Community Resources for Independent Living, (disabled housing assistance); www.crilhayward.org .................. 510-881-5743/ TTY: 510-881-0218
ECHo Housing, (information on fair housing laws, illegal housing discrimination and tenant/landlord services); www.echofairhousing.org ........ 510-581-9380
Eden Information & Referral, (rental housing information and emergency shelter referrals); www.edenir .......................................................... 2-1-1/ 888-886-9660
HERA - Housing and Economic Rights Advocates, (mortgage and financial counseling programs); www.heraca.org ........................................ 510-271-8443
NID Housing Counseling Agency, (HUD-Approved Intermediary, assisting with reverse mortgage education, foreclosure prevention, rental housing and financial management); www.nidhousing.com .......................................................... 510-268-9792

IN-HOME SERVICES
Alameda County In-Home Supportive Services- IHSS, (client information and to apply); www.alamedasocialservices.org .......................... 510-577-1800
Alameda County In-Home Supportive Services- IHSS, (provider information and to apply); www.alamedasocialservices.org ............. 510-577-1877
Public Authority for IHSS, (provider registry list for IHSS clients); www.ac-pa4ihss.org .......................................................... 510-577-1980
Public Authority for IHSS, (provider registry); www.ac-pa4ihss.org .......................................................... 510-577-5694

INJURY PREVENTION
DayBreak Adult Care Centers, http://daybreakcenters.org .......................................................................................... 510-834-8314
LIFE ElderCare, Fall Prevention Program; www.lifeeldericare .................................................................................. 510-894-0370 ext. 2
Senior Injury Prevention Partnership - SIPP, (fall prevention programs and older driver safety); www.acphd.org ....................... 510-618-2050
Spectrum Community Services, Fall Prevention Program; (multiple locations throughout the County, contact for a location); www.spectrumcs.org .................................................................................. 510-881-0300 ext. 270

LEGAL SERVICES
Alameda County Bar Association, Lawyer Referral Services; www.acbanet.org .......................................................... 510-302-2222
Alameda County Bar Association, Volunteer Legal Services; www.acbanet.org .......................................................... 510-302-2222
Bay Area Legal Aid, www.baylegal .......................................................... 800-551-5554
CANHR - California Advocates for Nursing Home Reform, (elder law attorney referral services and information on Medi-Cal estate recovery); www.canhr.org .......................................................... 800-474-1116
Centro Legal de la Raza, (low-cost immigration legal services); www.centrolegal.org .......................................................... 510-437-1554
LEGAL SERVICES continued
East Bay Community Law Center, (for low-income persons needing legal advice/counsel); www.ebclc.org .......................................................... 510-548-4040
Eviction Defense Center, (provides free and low-cost legal services to Alameda County tenants who are facing eviction); www.evictiondefensecenteroakland.org .......................................................... 510-452-4541
HERA - Housing and Economic Rights Advocates, (low-income and moderate income residents with special focus to vulnerable groups and key issues); www.heraca.org .......................................................... 510-271-8443
International Institute of the Bay Area, (immigration legal services); www.iibayarea.org .......................................................... 510-451-2846
Legal Assistance for Seniors, (serves persons aged 60+); www.lashicap.org .......................................................... 510-832-3040
SEEDS Community Resolution Center, (community mediation services); www.seedscrc.org .......................................................... 510-548-2377

MEDICAL/DENTAL CLINICS & SERVICES
Alameda County Dental Society, (Low-cost dental options); www.alamedacds.org .......................................................... 510-547-7188
Alameda Health System, Hayward Wellness; www.alamedahahealthsystem.org .......................................................... 510-266-1700
Alameda-Contra Costa Medical Association, (doctor referrals); www.accma.org .......................................................... 510-654-5383
Chabot College Dental Hygiene, www.chabotcollege.edu .......................................................... 510-723-6900
Davis Street Family Resource Center, Medical / Dental Clinic; www.davisstreet.org .......................................................... 510-347-4620
Denti-Cal, Medi-Cal Dental Program; (information on Medi-Cal dental benefits); www.denti-cal.ca.gov .......................................................... 800-322-6384
Southern Alameda County Dental Society, (referrals); www.sacds.org .......................................................... 510-782-5316
Tiburcio Vasquez Health Center, www.tvhc.org .......................................................... 510-471-5907
U.C. Berkeley School of Optometry Eye Clinic, www.cal-eye-care.org .......................................................... 510-642-2020
University of Pacific - Dental Care Center, www.dental.pacific.edu .......................................................... 510-489-5200

MENTAL HEALTH / COUNSELING PROGRAMS
Alameda County Behavioral Health Care, ACCESS; (Medi-Cal referrals to mental health services in Alameda County); www.acbhcs.org .......................................................... 800-491-9099
Asian Community Mental Health Services, www.acmhs.org .......................................................... 510-869-6000
Crisis Support Services of Alameda County, (senior in-home counseling, grief counseling, support groups); www.crisissupport.org .......................................................... 510-420-2460 / 24-Hour Crisis Line: 800-273-8255
Davis Street Primary Care Clinic, (affordable counseling and mental health services); www.davisstreet.org .......................................................... 510-347-4620 ext. 140
Family Education and Resource Center, Oakland, (support for family/caregiver of people with mental illness); www.askferc.org .......................................................... 888-896-3372 / 510-746-1700
Geriatric Assessment & Response Team, (consultation services, short-term case management for Alameda County residents 60+ with serious mental health, alcohol or drug concerns); www.acbhcs.org .......................................................... 510-891-5650
Mental Health Association of Alameda County, www.mhaac.org .......................................................... 510-835-5010
Pacific Center for Human Growth, (mental health services and peer support groups for LGBTQ folks); www.pacificcenter.org .......................................................... 510-548-8283

Central County (Castro Valley, Hayward, San Leandro, San Lorenzo) 7 8/19
MENTAL HEALTH / COUNSELING PROGRAMS  continued
Suicide Prevention / Crisis Support, www.crisissupport.org ................................................................................................................. 800-273-8255

NURSING HOME ASSISTANCE / LONG-TERM CARE FACILITIES (useful website: www.calqualitycare.org)
Alameda County Long-Term Care Ombudsman Program, (licensed care facility resolution & advocacy; list RCFE - Residential Care Facilities for the Elderly and SNF- Skilled Nursing Facilities); www.alamedasocialservices.org .............................................................................................................................. 510-638-6878
California Community Transitions, Center for Independent Living, East Bay Innovations; (assistance for eligible Medi-Cal beneficiaries who are in a state licensed health care facility for 90-days or longer move back into their own home); www.eastbayinnovations.org ........................................... 510-618-1580
CANHR - California Advocates for Nursing Home Reform, (advice on nursing home selection; resident’s right advocates); www.canhr.org ........................................................................................................................................................................ 800-474-1116 / 415-974-5171

State of California Community Care Licensing, Adult and Senior Care Regional Office; (Residential Care Facilities for the Elderly – RCFE questions and complaints); www.cdss.ca.gov ........................................................................................................................................................................ 510-286-4201
State of California Department of Public Health, (questions or complaints about hospital, skilled nursing facility-SNF or any other healthcare facility); www.cdph.ca.gov ................................................................. 866-247-9100

PUBLIC GUARDIAN’S OFFICE
Alameda County Public Guardian - Conservator, Probate Conservatorship; (court-appointed conservatorship); www.alamedasocialservices.org ........................................................................................................................................................................ 510-577-3585
Alameda County Public Guardian - Conservator, Mental Health (LPS) Conservatorship; (referrals are made by mental health professionals from an approved locked acute psychiatric facility); www.alamedasocialservices.org ........................................................................................................................................................................ 510-577-7045

SENIOR CENTERS (also see Ethnic /Culturally Specific Senior Programs)
Castro Valley, Kenneth C. Aitken Senior & Community Center, (17800 Redwood Road, Castro Valley, CA 94546); www.haywardrec.org ........................................................................................................... 510-881-6738
Hayward, Hayward Area Senior Center, (22325 North Third Street, Hayward, CA 94546); www.haywardrec.org ........................................................................................................... 510-881-6766
San Leandro, Korean Community Center of the East Bay, (101 Callan Avenue, #400, San Leandro, CA 94577); www.kcceb.org ........................................................................................................................................................................... 510-547-2662 / Korean: 510-547-3258
San Leandro, San Leandro Senior Community Center, (13909 East 14th Street, San Leandro, CA 94578); www.sanleandro.org ........................................................................................................................................................................... 510-577-7990
Well Connected, former Senior Center Without Walls; (group activities and friendly conversation for homebound seniors through FREE phone conference calls); www.covia.org ........................................................................................................................................................................... 877-797-7299

TRANSPORTATION PROGRAMS & SERVICES
5-1-1.org, (travel information for the Bay Area); www.511.org ........................................................................................................................................................................... 5-1-1
AC Transit, (senior and disabled discounted passes); www.actransit.org ........................................................................................................................................................................... 510-891-4777
American Cancer Society, Road to Recovery; (provides transportation to and from treatments for cancer patients); www.cancer.org ........................................................................................................................................................................... 800-227-2345
TRANSPORTATION PROGRAMS & SERVICES continued

BART, (senior and disabled discounted passes); [www.bart.gov](http://www.bart.gov) .................................................................................. 510-464-7134
DMV Parking Placard for Disabled Drivers, [www.dmv.ca.gov](http://www.dmv.ca.gov) ................................................................. 800-777-0133
Drivers for Survivors, (free transportation and supportive companionship for cancer patients); [www.driversforsurvivors.org](http://www.driversforsurvivors.org) .................................................................................. 510-579-0535
East Bay Paratransit Service - EBPT, (transportation for those that meet the Americans with Disabilities Act - ADA criteria); [www.eastbayparatransit.org](http://www.eastbayparatransit.org) ................................................................................. 800-555-8085

Taxi and City Transportation Programs:

Hayward; (taxi program and door-to-door service, also serves Castro Valley residents); [www.haywardca.gov](http://www.haywardca.gov) .......................................................... 510-583-4230
San Leandro; (taxi program and FLEX Shuttle); [www.sanleandro.org](http://www.sanleandro.org) ................................................................................................................................. 510-577-7985

Travel Training:

Community Resources for Independent Living (CRIL) and City of Hayward; (individual and group training for people with disabilities and seniors); [www.crilhayward.org](http://www.crilhayward.org) .................................................................................. 510-881-5743 ext. 5938
Lighthouse for the Blind; (individual and group training for people with disabilities and seniors with visual impairments); [www.lighthouse-sf.org](http://www.lighthouse-sf.org) .................................................................................. 415-694-7357

Through the Looking Glass; (training for families with disability issues in Alameda County); [www.lookingglass.org](http://www.lookingglass.org).... 510-848-1112 ext. 8156

United Seniors of Oakland and Alameda County (USOAC); (group training for seniors aged 55+ and people with disabilities); [www.usoac.org](http://www.usoac.org) .................................................................................. 510-729-0851

VIP Rides, LIFE ElderCare; (assisted rides for seniors and people with disabilities); [www.lifeeldericare.org](http://www.lifeeldericare.org) .................................................................................. 510-856-9010

UTILITIES ASSISTANCE

California Lifeline Program, (provides discounts on home phone and cell phone services); [www.cpuc.ca.gov/lifeline](http://www.cpuc.ca.gov/lifeline) ......................................................... 866-272-0349
California Telephone Access Program - CTAP, (accessible phone products/services); [www.californiaphones.org](http://www.californiaphones.org) ............ 800-806-1191 / TTY: 800-806-4474
EBMUD - East Bay Municipal Utility District, Customer Assistance Program; (discount program for low-income customers); [www.ebmud.com](http://www.ebmud.com) .................................................................................. 866-403-2683

Heat Energy Assistance Program ( HEAP) & Weatherization Program, Spectrum Community Services; (energy assistance for low-income households; attic insulation, weather-stripping, and related conservation measures); [www.spectrums.org](http://www.spectrums.org) .................................................................................. 510-881-0300

PG&E - Pacific Gas & Electric; [www.pge.com](http://www.pge.com):

CARE - California Alternative Rates for Energy Program; (discount on gas/electric bills for qualified low-income households); 866-743-2273
Energy Savings Assistance Program; (weatherization, energy-efficient appliances for qualified low-income households); .................. 800-933-9555
Medical Baseline Program; (energy at the lowest, baseline price for residential customers with qualifying medical conditions); .... 800-743-5000
Relief for Energy Assistance through Community Help -REACH; (one-time energy assistance administered through Salvation Army); .................................................................................. 822-933-9677

RHA Delivering Solutions, Moderate Income Direct Install Program - MIDI; (no cost energy efficient upgrades for moderate income households); .................................................................................. 866-455-0898

Central County (Castro Valley, Hayward, San Leandro, San Lorenzo)
VETERANS SERVICES
U.S. Department of Veteran’s Affairs, www.va.gov ........................................................................................................................................ 800-827-1000

VOLUNTEER OPPORTUNITIES
Alameda County Long-Term Care Ombudsman Program, (volunteer advocates for persons in long-term care facilities); www.alamedasocialservices.org .......................................................................................................................................................................................... 510-638-6878
Pacific Center for Human Growth, (volunteer opportunities available, outreach, front desk and/or skill based teams); www.pacificcenter.org ............................................................................................................................................. 510-548-8283 ext. 221
Stagebridge, (senior actors and storytellers); http://stagebridge.org ................................................................................................................................................................. 510-444-4755
Volunteer Match, (volunteers are matched with organizations with need for volunteers); www.volunteermatch.org .......................................................................................................................... 415-241-6868
IMPORTANT NUMBERS
AARP Driver Safety Program, (online and classroom courses available); www.aarp.org ................................................................. 800-350-7025
Alameda County Area Agency on Aging, Senior Information & Assistance; (provides information on senior resources within Alameda County); http://seniorinfo.acgov.org ........................................................................................................ 800-510-2020 / 510-577-3530
Alameda County Library Foundation, Older Adults Programs; (Homeward Bound, Library Computer Training, and more); www.aclf2.org ................ 510-505-7077
Alameda County In-Home Supportive Services- IHSS, (client information and to apply); www.alamedasocialservices.org ...................................................... 510-577-1800
Alameda County In-Home Supportive Services- IHSS, (provider information and to apply); www.alamedasocialservices.org .............................................. 510-577-1877
Alameda County Social Services Agency, Eden Area Multi-Service Center; (24100 Amador St, Hayward 94544); http://alamedasocialservices.org .................................................................................................................................
........................................................................................................ 510-670-6000
Contra Costa County, Senior Information & Assistance; http://ehsd.org ......................................................................................................................... 925-229-8434
Eldercare Locator, (information services outside Alameda County/California); http://eldercare.acl.gov .................................................................................. 800-677-1116
Immigration Questions, International Institute of the East Bay; http://iibayarea.org ........................................................................................................ 510-451-2846
Public Authority for In-Home Supportive Services, Registry Information Line - Provider Application and Orientation; www.ac-pa4ihss.org .................................................................................................................................
........................................................................................................ 510-577-5694
Public Authority for In-Home Supportive Services, IHSS Registry Referral - Clients to find a Provider; www.ac-pa4ihss.org ................................................. 510-577-1980
Senior Injury Prevention Program - SIPP, (fall prevention programs); www.acphd.org ................................................................. 510-618-2050
Social Security Administration / SSI, www.ssa.gov .......................................................................................................................... 800-772-1213
Tax Assistance, AARP Tax-Aide Program; (free filing assistance); www.aarp.org ......................................................................................... 888-687-2277
Tax Assistance, Internal Revenue Service (IRS); (general information); www.irs.gov ................................................................................................. 510-907-5000

Other guides available from the Area Agency on Aging by request:
   Senior Housing Guide ● Retirement Residences & Continuing Care Retirement Communities ● Emergency Response Programs ● Fall Prevention ● Food & Nutrition Resources Guide ● Home Health Care, Home Care & Hospice Agencies ● Placement Agencies ● SSI/CAPI

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

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