

Senior Resource Guide for North County

Nonprofit and Public Agencies Serving
Alameda ● Albany ● Berkeley ● Emeryville ● Oakland ● Piedmont

Alameda County Area Agency on Aging
6955 Foothill Boulevard, 3rd Floor, Oakland CA 94605, 1-800-510-2020
<http://alamedasocialservices.org> (Revised 12/2009)

ADULT DAY CARE/RESPITE (useful web site: www.adsnac.org)

Adult Day Services Network of Alameda County (personalized referrals & community education) ...	510-883-0874
Alzheimer's Services of the East Bay Adult Day Health Care, Berkeley	510-644-8292
Alzheimer's Services of the East Bay Adult Day Health Care, Oakland.....	510-268-1410
Bay Area Community Services Adult Day Care, Oakland.....	510-601-1074
Berkeley Adult Day Health Care, Berkeley	510-601-0167
Center for Elders Independence (PACE—A Program of All-inclusive Care for the Elderly), Oakland..	510-433-1150
Hong Fook Adult Day Health Care, Oakland (14 th Street site)	510-839-9673
Hong Fook Adult Day Health Care, Oakland (Harrison Street site)	510-302-0460
LifeLong Adult Day Health Care, East Oakland.....	510-563-4390
St. Peter's Community Adult Day Care, San Leandro	510-562-4037

ALCOHOLISM & DRUG ABUSE PREVENTION PROGRAMS

Alameda County Health Care ACCESS (referrals to substance abuse services in Alameda County) ..	1-800-491-9099
Alcoholics Anonymous Central Office, Oakland	510-839-8900

ALZHEIMER'S SERVICES

Alzheimer's Association Helpline	1-800-272-3900
Alzheimer's Services of the East Bay, Berkeley	510-644-8292
Ethnic Elders Care	www.ethnicelderscare.net
Family Caregiver Alliance (caregiver respite), San Francisco.....	1-800-445-8106
U.C. Davis Alzheimer's Disease Center, Martinez.....	1-925-372-2485

CAREGIVER SUPPORT PROGRAMS

Adult Day Services Network of Alameda County.....	510-883-0874
Alzheimer's Association of Northern California.....	1-800-272-3900
City of Berkeley.....	510-981-5170
Family Caregiver Alliance	1-800-445-8106
Family Support Services of the Bay Area (kinship support for grandparents/relative caregivers)	510-834-2443

CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND ELDERS

Alzheimer's Services of the East Bay, Berkeley	510-644-8292
Bay Area Community Services (BACS).....	510-271-8843
City of Berkeley (Linkages case management, Berkeley residents 55+).....	510-981-7700
MSSP (Medi-Cal; Oakland, Emeryville, & parts of Berkeley).....	510-238-3762
Over 60 Health Center, Berkeley	510-601-6060
St. Mary's Senior Homeless Case Management	510-923-9600

DISABLED ADULTS SERVICES/PROGRAMS

Alameda County Public Health Department Diabetes Program (for County residents with Type 2 Diabetes available to participate in 7 class series)	510-383-5185
Alta Bates Summit Diabetes Center (diabetes self-management classes, support groups).....	510-204-1081
American Cancer Society.....	1-800-227-2345
American Diabetes Association.....	510-654-4499
American Heart Association / American Stroke Association.....	510-904-4000
Americans with Disabilities Act (ADA), General Information.....	1-800-949-4232
Aphasia Center of California (services for persons who have had strokes).....	510-336-0112
Arthritis Foundation.....	1-800-464-6240
Berkeley Place Deaf/Hearing Project, Berkeley	510-644-2003
.....	TTY - 510-644-2000
Braille & Talking Book Library	1-800-952-5666
California Telephone Access Program (CTAP) (accessible phone products/services).....	1-800-806-1191
.....	TTY 1-800-806-4474
Center for Independent Living (CIL): Berkeley	510-841-4776
Oakland (Downtown).....	510-763-9999
Oakland (Eastmont)	510-635-4920
Oakland (Fruitvale).....	510-536-2271
DCARA (Deaf Counseling, Advocacy and Referral Agency)	1-866-680-0515
.....	TTY 1-877-322-7288
Easy Does It (emergency services for people with severe disabilities and elders in Berkeley)	510-704-2111
Hearing and Speech Center of Northern California, San Francisco.....	1-415-921-7658
Lighthouse for the Blind (consumer products), San Francisco	1-415-431-1481
Lions Center for the Blind, Oakland.....	510-450-1580
National Multiple Sclerosis Society	1-800-344-4867
Parkinson's Institute.....	1-800-786-2958
Protection & Advocacy, Inc. (disability rights advocacy)	510-267-1200
.....	TTY 1-800-649-0154
Wheelchair Breakdown Service (emergency wheelchair transportation and breakdown assistance)	1-877-509-4335
Women's Cancer Resource Center, Oakland.....	510-420-7900

EDUCATION (See also *Senior Centers*)

(Note: Adult Schools may also offer classes for home care providers)

Alameda Adult School.....	510-522-3858
Albany Adult School.....	510-559-6580
Berkeley Adult School.....	510-644-6130
Eastmont Computing Center, Oakland.....	510-382-0555
Piedmont Adult School.....	510-594-2716
Pleasant Valley Adult School, Oakland	510-879-4090
U.C. Berkeley (Osher Lifelong Learning Institute - OLLI).....	510-642-9934

ELDER ABUSE PREVENTION PROGRAMS

Alameda County Adult Protective Services, Oakland	1-866-225-5277
District Attorney Consumer and Environmental Protection Division – Elder Abuse Unit	510-569-9281
District Attorney Victim/Witness Assistance Division	510-272-6180
Legal Assistance for Seniors (services for persons 60 and older), Oakland	510-832-3040

EMERGENCY PREPAREDNESS PROGRAMS

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

American Red Cross (preparedness training for groups)	510-595-4459
CARD (Collaborating Agencies Responding to Disasters) (preparedness training for nonprofit/community agencies)	510-451-3140
CORE (Citizens of Oakland Responding to Emergencies) (training for Oakland residents)	510-238-6351
Senior Injury Prevention Partnership (discussion groups for older adults)	510-577-3535

EMPLOYMENT PROGRAMS

ASSETS Senior Employment Program (for persons 55 and older)	510-238-3535
Center for Independent Living (program for disabled persons seeking employment)	510-841-4776
Eastbay Works One-Stop Business and Career Centers:	
Alameda (555 Appezzato Memorial Parkway, Alameda, 94501)	510-748-2208
North Cities (1918 Bonita Ave., Berkeley, 94704)	510-982-7128
Oakland:	
Downtown, (1212 Broadway, Suite 100, Oakland, 94612)	510-768-4473
East, (675 Hegenberger Rd., 3 rd Flr., Oakland, 94621)	510-563-5200
English Center (66 Franklin, Suite 300, Oakland, 94607)	510-836-6700
Lao Family Community Development (2325 East 12th St., Oakland, 94601)	510-533-8850
Merritt College (12500 Campus Dr. Q202, Oakland, 94619)	510-436-2445
Unity Council Multicultural Center (1900 Fruitvale Ave., Oakland, 94601)	510-535-6101
Forty Plus of Northern California (for 40+ professionals, executives in transition; program fee)	510-568-7587
SCORE—Service Corps of Retired Employees (provides free business counseling)	510-273-6611

ETHNIC / CULTURALLY SPECIFIC PROGRAMS

Catholic Charities of the East Bay, Oakland (Immigration and Naturalization Services, Refugee Resettlement Program, Southeast Asian Senior Services)	510-768-3100
East Bay Korean Community Senior Service Center, Oakland (English)	510-763-1879
East Bay Korean Community Senior Service Center, Oakland (Korean)	510-763-0736
Ethnic Elders Care	www.ethnicelderscare.net
Family Bridges, Inc. (Asian language-speaking), Oakland (Information & Assistance)	510-839-2022
Family Bridges, Inc. (Asian language-speaking), Oakland (Hong Lok Senior Center)	510-763-9017
Filipinos for Affirmative Action, Oakland (free naturalization assistance)	510-465-9876
Fruitvale-San Antonio Senior Center, Oakland (English/Spanish and Khmer-Speaking)	510-535-6123
International Institute of the East Bay (immigration legal services)	510-451-2846
Japanese American Services of the East Bay, Berkeley	510-848-3560
Jewish Family & Children's Services of the East Bay – Older Adult Services	510-558-7800
Korean Community Center of the East Bay, Oakland	510-547-2662
Lao Family Community Development, Inc.—Oakland Refugees Seniors Club	510-533-8850
Lavender Seniors (support services for LGBT—lesbian/gay/bisexual/transgendered—elders)	510-667-9655
Filipinos for Affirmative Action (free naturalization assistance), Oakland	510-465-9876
Vietnamese American Community Center of the East Bay (formerly Seton Senior Center)	510-663-4681

FINANCIAL ASSISTANCE (useful websites: www.benefitscheckup.org & www.govbenefits.gov)

Alameda County Social Services Agency:	
Eastmont Self-Sufficiency Center (6955 Foothill Blvd., 1 st Floor, Oakland, 94605)	510-383-5300
North County Multi-Service Center (2000 San Pablo Ave., Oakland, 94612)	510-891-0700
CANHR (California Advocates for Nursing Home Reform), San Francisco (estate planning for long term care)	1-415-974-5171, 1-800-474-1116

FINANCIAL ASSISTANCE (continued) (useful websites: www.benefitscheckup.org & www.govbenefits.gov)

CAP (Cash Assistance Program for Immigrants).....	510-268-2332, 1-800-648-0954
ECHO Housing (rental assistance).....	510-836-4826
Social Security / SSI	1-800-772-1213
Veterans Assistance Benefits Counseling (Adult & Aging Services).....	510-577-3547

FOOD AND NUTRITION**Home Delivered Meals**

Alameda Meals on Wheels (Alameda only)	510-865-6131
Albany Meals on Wheels (Albany only)	510-524-9124
Bay Area Community Services (Oakland only)	510-986-8916
Berkeley Tri/City Nutrition Program (Berkeley only)	510-981-5250
Emeryville (Tri/City Nutrition Program) (Emeryville only)	510-596-3730

Senior Group Dining (congregate meals)

Bay Area Community Services (Alameda & Oakland Only), Oakland	510-986-8909
Tri-City Café (Contact senior centers for Albany, Berkeley, Emeryville):	
Albany Senior Center	510-524-9122
Berkeley Senior Centers:	North 510-981-5190, South 510-981-5170, West 510-981-5180
Emeryville Senior Center	510-596-3730
Alameda County Community Food Bank	510-635-3663, 1-800-870-3663
Brown Bag Program	510-534-8540
Food Stamps	510-891-0700 (North County Ctr.), 510-383-5300 (Eastmont Ctr.)
Senior Resources Food Co-op (wholesale produce), St. Paul's Church, Oakland.....	510-444-5974

FRIENDLY VISITORS/TELEPHONE REASSURANCE PROGRAMS

Alameda Friendly Visitor (free weekly visits; city of Alameda residents).....	510-748-0342
Lavender Seniors (support services for LGBT—lesbian/gay/bisexual/transgendered—elders)	510-667-9655
Library Outreach and Information Services, Berkeley	510-981-6160
St. Mary's Center, Oakland	510-923-9600
Senior Center Without Walls (group activities for homebound seniors thru FREE phone conference calls) ...	1-877-797-7299
Senior Companions	510-238-3080
Tele-Care (daily phone calls to people who are homebound or isolated), Alta Bates Medical Center ...	510-204-4487

HEALTH INSURANCE PROGRAMS (useful website : www.cahealthadvocates.org)

HICAP (Health Insurance Counseling and Advocacy Program)	510-839-0393
Medi-Cal (Alameda County Social Services Agency):	
Medi-Cal Center (Enterprise Office, 8477 Enterprise Way, Oakland, 94621).....	510-777-2300
.....	1-800-698-1118
Medicare.....	1-800-633-4227
Alameda County Adult and Aging Services Department:	
Medi-Cal Long Term Care (new applicants contact County Medi-Cal Center)	510-777-2300, 1-800-698-1118
Medi-Cal Long Term Care (ongoing cases only)	510-577-1900
Medicare Savings Programs (QMB, SLMB, QI-1).....	510-577-1900
(QMB—Qualified Medicare Beneficiary Program, SLMB—Specified Low-Income Medicare Beneficiary,	
QI—Qualified Individual)	
Uninsured Help Line	1-800-234-1317

HOME IMPROVEMENT PROGRAMS FOR LOW TO MODERATE INCOME HOUSEHOLDS

Minor Home Repair Grants

Alameda County Housing & Community Development (County MHR Program serves Albany, Dublin, Fremont, Livermore, Newark, Oakland, Piedmont, Pleasanton, San Leandro, Union City, uninc. Alameda County)	510-670-5398
City of Alameda Rehabilitation Program.....	510-749-5814
City of Berkeley Minor Home Repair (Berkeley homeowners only).....	510-981-7760
Rebuilding Together (Albany, Berkeley, Emeryville).....	510-644-8979
Rebuilding Together (Oakland)	510-625-0316

Major Rehab Low Interest Loans

Alameda County Housing & Community Development.....	510-670-5398
City of Alameda Rehabilitation Program.....	510-749-5814
City of Berkeley Housing and Energy Services (Berkeley only)	510-981-5400
Oakland Office of Housing & Community Development (Oakland only).....	510-238-3909

HOSPICE PROGRAMS

Crisis Support Services of Alameda County (Grief Counseling Project).....	1-800-260-0094
Kaiser Oakland Hospice (and bereavement services)	510-752-6390
Pathways Hospice (and grief counseling), Oakland.....	510-632-4390
Sutter VNA & Hospice (and grief support), Emeryville	1-800-698-1273
VITAS Innovative Hospice Care of the East Bay (bereavement and grief support).....	1-866-548-4827

HOUSING ASSISTANCE PROGRAMS

Housing Authorities:

Alameda (County) – Housing Authority of the County of Alameda.....	510-538-8876
..... (serves Albany, Dublin, Emeryville, Fremont, Hayward, Newark, Pleasanton, San Leandro, Union City, Castro Valley, San Lorenzo)	
Alameda (City) – Housing Authority of the City of Alameda	510-747-4300
Berkeley Housing Authority	510-981-5470
Oakland Housing Authority.....	510-874-1500
ACORN (foreclosure counseling).....	510-434-3110
Center for Independent Living (disabled housing assistance), Oakland.....	510-841-4776
Berkeley	510-841-4776
ECHO Housing (home seeking, rental assistance)	510-836-4826
ECHO Housing (reverse mortgage counseling)	510-271-7931
Eden Information & Referral (rental housing information and emergency shelter referrals)	2-1-1
HERA—Housing and Economic Rights Advocates (mortgage counseling).....	510-271-8443
Housing Rights, Inc. (Albany, Berkeley, Emeryville, Piedmont only)	510-548-8776

IN-HOME SERVICES

Alameda County In-Home Supportive Services (IHSS Intake & Client Information Services)	510-577-1800
Alameda County In-Home Supportive Services (IHSS Payroll)	510-577-1877
Center for Independent Living (CIL) – (private pay referrals).....	510-841-4776
..... TDD:	510-848-3101
Public Authority (IHSS Registry Referral).....	510-577-1980
Rapid Response (emergency worker replacement for IHSS consumers)	1-866-397-3689

INJURY PREVENTION

Bay Area Community Services (home modification program).....	510-271-8843
St. Mary’s Center (exercise program)	510-923-9600
Senior Injury Prevention Partnership (falls prevention and older driver safety discussion groups)	510-577-3535

LEGAL SERVICES

AARP Legal Assistance Services (will refer AARP members to local lawyers: www.aarp.org/families/legal_issues)	
Alameda County Bar Association / Lawyer Referral Service (\$30 fee for ½ hr consultation and referral)	510-302-2222
Alameda County Bar Association / Volunteer Legal Services (free assistance for low-income persons)	510-302-2222
Bay Area Legal Aid, Oakland	1-800-551-5554
CANHR (California Advocates for Nursing Home Reform), San Francisco (estate planning for long term care, lawyer referral service)	1-415-974-5171, 1-800-474-1116
Centro Legal de la Raza (low-cost immigration legal services)	510-437-1554
East Bay Community Law Center (for low income persons needing legal advice/counsel)	510-548-4040
Eviction Defense Center	510-452-4541
HERA—Housing and Economic Rights Advocates	510-271-8443
International Institute of the East Bay (immigration legal services)	510-451-2846
Legal Assistance for Seniors (services for persons 60 and older), Oakland	510-832-3040
SEEDS Community Resolution Center	510-548-2377
Senior Legal Hotline of Northern California (free legal advice by phone for persons over 60)	1-800-222-1753

MEDICAL/DENTAL CLINICS & SERVICES

Alameda-Contra Costa Medical Association (doctor referrals)	510-654-5383
Alameda County Dental Society (referrals: Alameda, Emeryville, Oakland, Piedmont)	510-547-7188
Alameda County Medical Center (Highland Hospital)	510-437-4800
Asian Health Services, Oakland	510-986-6800
Berkeley Dental Society (referrals: Albany & Berkeley)	510-644-9800
Berkeley Free Clinic (health/dental services; evenings, call 5:45 pm for apt.)	510-548-2570
Berkeley Primary Care Access Clinic (at Herrick Hospital)	510-204-4666
Berkeley Public Health Clinic	510-981-5350
Charlotte Maxwell Complementary Clinic (provides free complementary alternative medical treatments for low-income women with cancer)	510-601-7660
Denti-Cal (information on limited emergency dental services Medi-Cal may still cover)	1-800-322-6384
Eastmont Wellness Center, Oakland	510-567-5700
Home CARES Equipment Recyclers	510-251-2273
La Clinica De La Raza, Oakland	510-535-4000
Lifelong Medical Care Dental Clinic, Berkeley	510-280-6080
Lifelong Medical Care Downtown Oakland Clinic	510-451-4270
Lifelong Medical Care East Oakland Clinic (and dental)	510-615-4870
Lifelong Medical Care Over 60 Health Center (and dental), Berkeley	510-601-6060
Native American Health Center, Oakland	510-261-1962
Oakland VA Outpatient Clinic	1-800-382-8387
Order of Malta Clinic for Uninsured, Oakland (solely for patients who do not have medical insurance)	510-587-3000
U.C. Berkeley School of Optometry Eye Clinic	510-642-2020
University of the Pacific Dental Care Center, Union City	510-489-5200
WOHC Albert J. Thomas Medical Clinic, Oakland	510-568-9230
WOHC East Oakland Health Center (and dental)	510-430-9401
WOHC West Oakland Health Center (and dental)	510-835-9610
WOHC William Byron Rumford Medical Clinic, Berkeley	510-549-3166

MENTAL HEALTH/COUNSELING PROGRAMS

Alameda County Health Care ACCESS (referrals to mental health services in Alameda County)	1-800-491-9099
Alta Bates Medical Center (emergency, in-patient & day services), Berkeley	510-204-4405
Asian Community Mental Health Services, Oakland	510-451-6729
Berkeley Mental Health (serves Berkeley and Albany residents)	510-981-5290
Crisis Support Services of Alameda County (Senior In-Home Counseling; Grief Counseling)	1-800-260-0094

TRANSPORTATION PROGRAMS AND SERVICES

AC Transit Senior Discount.....	510-891-4706
American Cancer Society (program for cancer patients), Oakland	510-832-7012
BART Senior Discount	510-464-7133
DMV Parking Placards for Disabled Drivers	1-800-777-0133
East Bay Paratransit Service (for those who meet ADA criteria).....	510-287-5040
Travel Information (public transportation information for Bay Area, dial 511).....	510-817-1717
Taxi and Van Services	
Alameda.....	510-747-7500
Albany	510-524-9122
Berkeley.....	510-981-7269
Emeryville	510-596-3730
Oakland	510-238-3036

UTILITIES ASSISTANCE

Alameda Power & Telecom (energy audit, weatherization program)	510-748-3947
California Lifeline (telephone service discounts).....	1-866-272-0349
California Telephone Access Program (CTAP) (accessible phone products/services).....	1-800-806-1191
.....	TTY 1-800-806-4474
EBMUD Customer Assistance Program (CAP), Salvation Army (water discounts for low-income EBMUD customers)	510-645-9710
HEAP (Alameda County—except Albany, Berkeley, Emeryville) (energy assistance for low-income households)	510-889-0921
HEAP (Albany, Berkeley, Emeryville)	510-981-7770
PG&E CARE (discount on gas/electric bills for qualified low-income households)	1-866-743-2273
PG&E Customer Service—Energy Assistance Programs (medical care baseline service, multi-lingual)	1-800-743-5000
PG&E Energy Partners (weatherization measures, energy-efficient appliances for qualified low-income PG&E customers)	1-800-989-9744
PG&E REACH, Salvation Army (emergency energy assistance for low-income households)	510-645-9710
Weatherization (for low-income Alameda County households—except Albany, Berkeley, Emeryville).....	510-889-0921
Weatherization (for low-income Albany, Berkeley, Emeryville households)	510-981-7770

VETERANS SERVICES

Oakland VA Outpatient Clinic (medical and mental health services).....	1-800-382-8387
Oakland Vet Center (services include mental health counseling)	510-763-3904
Veterans Assistance Benefits Counseling (Adult & Aging Services).....	510-577-3547
U.S. Department of Veteran's Affairs Counseling.....	1-800-827-1000

VOLUNTEER OPPORTUNITIES

(See also *Friendly Visitor/Telephone Reassurance & Food and Nutrition* categories, etc.)

Alameda County Library Homework Bound Program (home delivery of library materials).....	510-745-1491
Experience Corps (adults 55+ tutor and mentor elementary school children)	510-495-4966
Senior Companions & Foster Grandparents Programs, Oakland	510-238-3080
Ombudsman, Inc. (volunteer advocates for persons in long term care facilities)	510-638-6878
Retired Senior Volunteer Program (RSVP), Oakland	510-452-0868
Stagebridge (senior actors and storytellers), Oakland	510-444-4755
Volunteer Center of the East Bay	510-232-0163

IMPORTANT PHONE NUMBERS: OTHER

Alameda County Area Agency on Aging Senior Information .. 510-577-3530 / 1-800-510-2020

Alameda-Contra Costa County Medical Association (to locate doctors who accept Medi-Cal)	510-654-5383
Alameda County Library Services to Older Adults (Homeward Bound, Programs for Older Adults, Library Computer Training and more)	510-745-1499
Alameda County Social Services Agency	510-891-0700 (North County Ctr.), 510-383-5300 (Eastmont Ctr.)
Contra Costa County Senior Information	1-925-229-8434
Eden Information & Referral.....	2-1-1
Eldercare Locator (information on services outside Alameda County/California)	1-800-677-1116
55 Alive Driving Classes: check www.aarp.org/families/driver_safety/ for a class near you.	1-888-227-7669
Immigration Questions: International Institute of the East Bay.....	510-451-2846
MedicAlert Service (for persons with special medical needs; call for information)	1-800-432-5378
Public Authority (IHSS Registry Referral).....	510-577-1980
Public Authority (Centralized Registry Information Line—for worker application and orientation)...	510-577-5694
Public Authority (IHSS Worker Health Benefits Hotline)	510-777-4201
Public Authority (IHSS Worker and Consumer Training)	510-577-3554
Senior Injury Prevention Partnership (SIPP)	510-577-3535
Social Security / SSI	1-800-772-1213

Other guides available from the Area Agency on Aging upon request:

- Senior Housing Guide
- A Listing of Retirement Residences and Continuing Care Retirement Communities
- Emergency Response Programs
- Employment Assistance and Resources for Older Persons
- Food & Nutrition Resources
- Home Health Care and Home Care Agencies
- Mental Health/Geriatric Care Agencies & Geriatric Care Consultants
- Senior Centers
- SSI/CAPI
- Utilities Assistance