

Senior Resource Guide for South County

Nonprofit and Public Agencies Serving

Fremont • Newark • Union City

Alameda County Area Agency on Aging

6955 Foothill Boulevard, 3rd Floor, Oakland CA 94605, 1-800-510-2020 / 510-577-3530

<http://alamedasocialservices.org> (Revised 10/2010)

ADULT DAY CARE/RESPIRE (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, Hayward	510-888-1411
Bay Area Community Services Adult Day Care, Fremont.....	510-656-7742
On Lok SeniorHealth (PACE—Program of All Inclusive Care for the Elderly), Fremont.....	510-249-2700

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 (website focuses on ethnic elders with Alzheimer's and related disorders)	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, Berkeley	510-883-0874
Alzheimer's Association of Northern California.....	1-800-272-3900
City of Fremont Caregiver Support Program (serves Fremont, Union City, Newark)	510-574-2035
Family Caregiver Alliance.....	800-445-8106
Family Education and Resource Center (support for family/caregivers of people with mental illness)	510-746-1700
Lincoln Child Center Kinship Support Services Program (grandparent & relative caregivers).....	510-583-8026

CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND SENIORS

City of Fremont Senior Help Line (Fremont, Newark, Union City residents)	510-574-2041
MSSP (residents on Medi-Cal; serves Hayward, Fremont, Newark, Union City).....	510-574-2041

DISABLED ADULTS SERVICES/ PROGRAMS

Alameda County Public Health Department Diabetes Program (free classes for County residents with Type 2 Diabetes)	510-383-5185
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
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
Community Resources for Independent Living (CRIL).....	510-881-5743
DCARA (Deaf Counseling, Advocacy and Referral Agency).....	1-866-680-0515
.....	TTY 1-877-322-7288
Disability Rights California (formerly Protection & Advocacy, Inc.).....	510-267-1200
.....	TTY 1-800-649-0154
Hearing and Speech Center of Northern California, San Francisco (testing and product info)	1-415-921-7658
Lighthouse for the Blind (consumer products), San Francisco.....	1-415-431-1481

DISABLED ADULTS SERVICES/ PROGRAMS (continued)

Lions Center for the Blind, Oakland (including services for newly blind seniors).....	510-450-1580
MS Friends Support Line (multiple sclerosis peer phone helpline).....	1-866-673-7436
National Multiple Sclerosis Society.....	1-800-344-4867
Parkinson's Institute.....	1-800-786-2958
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)

Fremont Adult School.....	510-793-6465
New Haven Adult School, Union City.....	510-489-2185,ext. 200
Newark Adult Education.....	510-818-3700
U.C. Berkeley (Osher Lifelong Learning Institute – OLLI, www.oli.berkeley.edu).....	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 years and older), Oakland.....	1-800-393-0363

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
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
Eastbay Works One-Stop Business and Career Centers: Tri-Cities, Fremont (39155 Liberty St., Suite B200, Fremont, 94538).....	510-794-3669
Tri-Cities, Newark (39399 Cherry St., Newark, 94560).....	510-742-2323
SCORE—Service Corps of Retired Employees (provides free business counseling).....	510-273-6611

END-OF-LIFE PLANNING & ARRANGEMENTS

(Note: Hospice agencies provide support and care services for people facing terminal illness. Contact Senior Information for a list of local hospice agencies.)

Alameda County Bar Association (lawyer referral service-\$30 for 30 minute consultation— pertaining to estate planning, wills and trusts).....	510-302-2222
Alameda County Coroner (indigent burial/cremation in case of no next of kin or financial means— eligibility determined by application).....	510-268-7300
Alameda County Public Administrator (administers estates of decedents who have no next of kin or executor).....	510-577-1979
California Advocates for Nursing Home Reform (elder law attorney referral services and information on Medi-Cal estate recovery).....	1-415-974-5171, 1-800-474-1116
California Department of Consumer Affairs' Cemetery and Funeral Bureau (licenses funeral agencies, publishes consumer guide: www.cfb.ca.gov).....	1-800-952-5210
Crisis Support Services of Alameda County (grief counseling, grief support group for seniors).....	1-800-309-2131
Funeral Consumers Alliance (consumer education).....	www.funerals.org
Legal Assistance for Seniors (provides workshop on advance health care directive).....	510-832-3040

ETHNIC / CULTURALLY SPECIFIC SENIOR PROGRAMS

Afghan Elderly Association.....	510-574-2059
Catholic Charities of the East Bay, Oakland (Immigration and Naturalization Services, Refugee Resettlement Program, Southeast Asian Senior Services).....	510-768-3100
City of Fremont Senior Center.....	510-790-6600
Ethnic Elders Care (website focuses on ethnic elders with Alzheimer's and related disorders)	www.ethnicelderscare.net
Filipino Advocates for Justice (free naturalization assistance), Union City.....	510-487-8552
Jewish Family & Children's Services of the East Bay – Older Adult Services	510-558-7800
Indian Community Center, Milpitas (serves South Alameda County residents)	408-934-1130, ext.15
International Institute of the East Bay (immigration legal services).....	510-451-2846
Lavender Seniors (support services for LGBT—lesbian/gay/bisexual/transgendered—elders)	510-667-9655
Taiwanese Community Help Association.....	510-784-7341

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

Alameda County Social Services Agency: Fremont Outstation (39155 Liberty St., Ste. C330, Fremont, 94536)	510-670-6000, 1-800-698-1118
CANHR (California Advocates for Nursing Home Reform), San Francisco (estate planning for long term care)	1-415-974-5171, 1-800-474-1116
CAPI (Cash Assistance Program for Immigrants).....	510-268-2332, 1-800-648-0954
ECHO Housing (rental assistance)	510-581-9380
Social Security /SSI.....	1-800-772-1213
Veterans Assistance Benefits Counseling (Adult & Aging Services—Fremont Office)	510-795-2686

FOOD AND NUTRITION

Home Delivered Meals

LIFE ElderCare Meals on Wheels.....	510-574-2092
<i>Senior Group Dining (congregate meals)</i>	
Afghan Meal Program (Wednesdays only), Fremont.....	510-574-2059
Fremont Multi-Service Senior Center (meals prepared on site)	510-790-6605
Newark Senior Center	510-742-4840
Ralph and Mary Ruggieri Senior Center	510-675-5497
Spectrum Community Services.....	510-881-0300
Alameda County Community Food Bank.....	510-635-3663, 1-800-870-3663
Brown Bag Program	510-742-4840
Food Stamps.....	510-795-2428
Tri-City Volunteers (emergency food).....	510-793-4583

FRIENDLY VISITORS/TELEPHONE REASSURANCE PROGRAMS

Lavender Seniors (support services for LGBT—lesbian/gay/bisexual/transgendered—elders)	510-667-9655
LIFE ElderCare (friendly visitors, home helpers)	510-574-2097
Senior Center Without Walls (group activities for homebound seniors thru FREE phone conference calls) ...	1-877-797-7299
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).....	1-800-393-0363
Medi-Cal (Alameda County Social Services Agency): Fremont Outstation (39155 Liberty St., Ste. C330, Fremont, 94536)	510-795-2428
.....	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
Washington Hospital Health Insurance Information Service	1-800-770-9447

HOME IMPROVEMENT PROGRAMS FOR LOW TO MODERATE INCOME HOUSEHOLDS

Alameda County Housing & Community Development	510-670-5398
City of Fremont Housing Rehabilitation Program (Fremont residents only).....	510-494-4500
City of Newark Senior Property Maintenance Program (yard work or small outside maint.).....	510-793-1400,ext.727

HOUSING ASSISTANCE PROGRAMS

Alameda County Housing Authority.....	510-538-8876
City of Fremont Office of Housing & Redevelopment.....	510-494-4500
Community Resources for Independent Living (CRIL) (disabled housing assistance).....	510-881-5743
HERA—Housing and Economic Rights Advocates (mortgage counseling).....	510-271-8443
ECHO Housing (home seeking, rental assistance)	510-581-9380
ECHO Housing (reverse mortgage counseling)	510-271-7931
Eden Information & Referral (rental housing information and emergency shelter referrals)	2-1-1
Fremont Fair Housing and Landlord/Tenant Program (Family Resource Center)	510-574-2270
Fremont Office of Housing and Redevelopment (information about affordable housing in Fremont area) ..	510-494-4500
NID-Housing Counseling Agency (homeowner/foreclosure counseling)	510-268-9792

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
Community Resources for Independent Living (CRIL) (private pay referrals)	510-881-5743
.....	TTY— 510-881-0218
Public Authority (IHSS Registry Referral)	510-577-1980
Rapid Response (emergency worker replacement for IHSS consumers).....	1-877-306-4425

INJURY PREVENTION

LIFE ElderCare (exercise, medication review, home safety check program for frail, homebound seniors over 60)	510-574-2088
Senior Injury Prevention Partnership (falls prevention and older driver safety discussion groups)	510-577-3535

LEGAL SERVICES

AARP Legal Services Network (will refer AARP members to local lawyers).....	www.aarpls.com
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 person needing legal advice/counsel).....	510-548-4040
HERA—Housing and Economic Rights Advocates.....	510-271-8443
Legal Assistance for Seniors (services for persons 60 years and older)	1-800-393-0363
SEEDS Community Resolution Center.....	510-548-2377
Senior Legal Hotline of Northern California (phone legal advice for persons 60 and older; pertaining to foreclosures, reverse mortgages, food stamps, and pensions).....	1-800-222-1753

MEDICAL/DENTAL CLINICS & SERVICES

Alameda-Contra Costa Medical Association (doctor referrals)	510-654-5383
Alameda County Medical Center—Newark Health Center.....	510-505-1600
Denti-Cal (information on limited emergency dental services Medi-Cal may still cover).....	1-800-322-6384
Home CARES Equipment Recyclers.....	510-251-2273
Southern Alameda County Dental Society (referrals)	510-782-5442
Tiburcio Vasquez Health Center.....	510-471-5880
Tri-City Health Center.....	510-770-8040
U.C. Berkeley School of Optometry Eye Clinic	510-642-2020
University of the Pacific Dental Care Center.....	510-489-5200
Washington Hospital (Clinics – Fremont, Newark, Union City)	510-797-1111
Washington Hospital (Washington on Wheels Mobile Health Clinic).....	510-608-3203

VETERANS SERVICES

Veterans Assistance Benefits Counseling (Adult & Aging Services) 510-577-3547
Veterans Assistance Benefits Counseling (Adult & Aging Services—Fremont Office) 510-795-2686
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 Homeword Bound Program (home delivery of library materials) 510-745-1491
Coming of Age Bay Area (formerly RSVP) 1-888-308-1767
Ombudsman (volunteer advocates for persons in long term care facilities) 510-638-6878
Stagebridge (senior actors and storytellers), Oakland 510-444-4755
Tri-Cities League of Volunteers 510-793-5683
Volunteer Center of the East Bay 510-232-0163

IMPORTANT PHONE NUMBERS

Alameda County Area Agency on Aging Senior Information510-577-3530 / 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 (Homeword Bound, Programs for Older Adults,
Library Computer Training and more) 510-745-1499
Alameda County Social Services Agency:
Fremont Outstation (39155 Liberty St., Ste. C330, Fremont, 94536) 510-670-6000, 1-800-698-1118
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 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 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
- Geriatric Care Management & Other Private Services
- Home Health Care, Home Care, and Hospice Agencies
- Mental Health Agencies
- Placement Agencies
- Senior Centers
- SSI/CAPI
- Utilities Assistance