

# SENIOR ASSISTANCE DIRECTORY

A listing of commonly requested telephone numbers

Emergency Services	
AAA Emergency Road Services	1-800-222-4357
Alameda County Suicide Prevention Crisis Line – 24/7	1-800-309-2131
Citizen’s Emergency Response Team (CERT)	510-337-2129
Employment	
Alameda One Stop Career Center	510-748-2208
ASSETS Senior Employment	510-238-3535
Employment Development Department (EDD)	1-800-300-5616
Food and Nutrition	
Alameda Food Bank	510-523-5850
Alameda Meals on Wheels (AMOW)	510-865-6131
Brown Bag Program	510-534-8540
Mastick Café	510-747-7503
General Information	
AARP	1-888-687-2277
Adult Protective Services	510-577-3500
Alameda County Area Agency on Aging	510-577-1900
Alameda County In Home Support Services	510-577-1800
Alameda County Information and Referral	211
Alameda Family Services	510-629-6300
Alameda Fire Department (non-emergency)	510-337-2100
Alameda Free Library	510-747-7777
Alameda Friendly Visitor	510-748-0342
Alameda Police (non-emergency)	510-337-8340
Alameda Recreation and Park Department	510-747-7529
Alameda Senior Safety Program	510-337-2133
Bay Area Community Services (BACS)	510-613-0330
California Advocacy for Nursing Reform (CANHR)	415-974-5171 or 1-800-474-1116
Center for Independent Living (CIL)	510-763-9999
Family Caregiver Alliance	415-434-3388
Jewish Family and Children’s Services of the East Bay	510-558-7800
Lavender Seniors of the East Bay	510-736-5428
Lions Center for the Blind	510-450-1580
Mastick Senior Center	510-747-7506
Regional Center of the East Bay	510-618-6100
Senior Center without Walls	510-444-5974 or 1-877-797-7299
Social Security Administration and SSI	1-800-772-1213
US Postmaster	1-800-275-8777
Veterans Services	510-577-3546
Health & Well-Being	
Alameda Hospital	510-522-3700
Alzheimer’s Association	1-800-272-3900
American Cancer Society	1-800-227-2345
American Diabetes Association	1-800-342-2383
American Heart Association	1-800-242-8721
American Lung Association	1-800-548-8252
Dental Consultation	510-747-7506
Flu Shot Hotline	510-500-2400
Health Insurance Counseling and Advocacy Program (HICAP)	510-839-0393
HICAP Appointments	510-747-7506
Kaiser Hospital	510-752-1000
Medi-Cal Center	1-800-541-5555

OVER

<b>Health &amp; Well-Being (cont.)</b>	
Medicare Center	1-800-633-4227
Parkinson Disease Information and Referral	1-866-250-2414
Physician Referral Services	510-522-7058
Podiatry Consultation	510-747-7506
Senior Injury Prevention Program	510-481-4190
Sutter VNA and Hospice	510-450-8596
UC Berkeley Optometry	510-642-2020
<b>Housing</b>	
Alameda County Housing Authority	510-538-8876
City of Alameda Housing Authority	510-747-4300
City of Oakland Housing Authority	510-874-1500
ECHO Housing, Home Seeking, Rental Assistance	510-496-0496 or 1-888-922-3246
Eden Information & Referral, Emergency Shelter	211
Homeless Prevention Resources – Midway Shelter	1-866-292-9688
Minor Home Repair Program (City of Alameda)	510-747-4341
Rent Review Advisory Committee (City of Alameda)	510-747-4346
<b>Legal Services &amp; Mediation</b>	
Alameda County Bar Association	510-302-2222
Lawyers in the Library - Main (1 <sup>st</sup> Wednesday of the Month)	510-747-7713
Lawyers in the Library - West (3 <sup>rd</sup> Monday of the Month)	510-747-7767
Legal Assistance for Seniors (LAS)	510-832-3040
Legal Assistance Hotline	1-800-222-1753
SEEDS (Mediation Services)	510-548-2377
<b>Utilities</b>	
Alameda County Industries (ACI)	510-483-1400
Alameda Municipal Power	510-748-3900
AT&T	1-800-310-2355
Comcast	1-800-934-6489
DIRECTV	1-800-531-5000
Dish Network	1-800-333-3474
EBMUD	1-866-403-2683
HEAP Discounts	510-881-0300
PG&E (Energy Assistance Program)	1-800-743-5000
<b>Monitoring</b>	
Locater Service for Wanders (Safe Return ID Bracelet)	1-888-572-8566
Telephone Reassurance Program	510-204-4487
Vital Link	1-800-752-5522
<b>Support Groups</b>	
Alzheimer's Caregiver Support Group (Mastick Senior Center)	510-747-7506
Grief Recovery Group (Alta Bates)	510-869-6778
Grief Support Group (Alameda Hospital & Gentiva Hospice)	925-737-0203
Bereavement Support Group (Sutter VNA & Hospice)	510-450-8596
<b>Transportation</b>	
AC Transit	510-891-4700
DMV	1-800-777-0133
East Bay Paratransit	510-287-5000
Go Go Grandparent	1-855-464-6872
Non-Emergency Wheelchair Transportation Program	1-877-509-4335
Road to Recovery (Cancer Society Transportation Service)	510-832-7012
Mobility Matters	925-284-6161
Transportation Information	511
Veterans Cab	510-337-1900
Welcome Transportation	510-522-8911