

# SENIOR ASSISTANCE DIRECTORY

<b>Emergency Services</b>	
AAA Emergency Road Services	1-800-222-4357
Alameda County Suicide Prevention Crisis Line – 24/7	1-800-309-2131
<b>Employment</b>	
Alameda One Stop Career Center	510-748-2208
ASSETS Senior Employment	510-238-3535
Employment Development Department (EDD)	1-800-300-5616
<b>Food and Nutrition</b>	
Alameda Food Bank	510-523-5850
Alameda Meals on Wheels (AMOW)	510-865-6131
Mastick Café	510-747-7503
Mercy Brown Bag Program	510-534-8540
<b>General Information</b>	
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 Family Services	510-612-7807
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 Safety and Accessibility Modification Program	510-337-2133
Bay Area Community Services (BACS)	510-613-0330
Center for Independent Living (CIL)	510-763-9999
Community Emergency Response Team Program (CERT)	510-337-2129
Eden Information & Referral Program	211
Family Caregiver Alliance	1-800-445-8106
Jewish Family and Children's Services of the East Bay	510-558-7800
Lavender Seniors of the East Bay	510-574-2073
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 (SSA) and SSI	1-800-772-1213
US Postmaster	1-800-275-8777
Veterans Services	510-577-3546
<b>Health &amp; Well-Being</b>	
Alameda Hospital	510-522-3700
Alzheimer's Association	1-800-272-3900
Alzheimer's Services of the East Bay	510-644-8292
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
Bay Area Community Services (BACS)	510-613-0330
BACS Four Bridges Mental Health Facility	510-750-8810
Dental Consultation	510-747-7506
Flu Shot Hotline	510-500-2400
<b>Health &amp; Well-Being (cont.)</b>	
Health Insurance Counseling and Advocacy Program (HICAP)	510-839-0393
HICAP Appointments	510-747-7506
Kaiser Hospital	510-752-1000
	<b>OVER</b>

Medi-Cal Center	1-800-698-1118
Medicare Center	1-800-633-4227
Order of Malta Oakland Clinic	510-587-3000
Parkinson Disease Information and Referral	1-866-250-2414
Physician Referral Services	510-522-7058
Podiatry Consultation	510-747-7506
Senior Connections (Case Management)	510-747-7505
Senior Injury Prevention Program	510-481-4190
Sutter VNA and Hospice	510-450-8596
UC Berkeley Optometry	510-642-2020
<b>Housing</b>	
California Advocates for Nursing Home Reform (CANHR)	415-974-5171 or 1-800-474-1116
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
Housing Authority of the County of Alameda	510-538-8876
Housing Authority of the City of Alameda	510-747-4300
Housing Authority of the City of Oakland	510-874-1500
Minor Home Repair Program (City of Alameda)	510-747-4341
Rent Review Advisory Committee (RRAC)	510-747-4327
<b>Legal Services, Mediation &amp; Notary</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) Appointments	510-747-7506
Legal Assistance Hotline	1-800-222-1753
Notary Services	510-747-7506
SEEDS (Mediation Services)	510-548-2377
<b>Monitoring</b>	
Locator Service for Wanderers (Safe Return ID Bracelets)	1-888-572-8566
Telephone Reassurance Program	510-204-4487
Vital Link	1-800-752-5522
<b>Recycling</b>	
Alameda County Industries (ACI)	510-483-1400
Alameda Police Department--Medicine Disposal	510-337-8340
Household Hazardous Waste Oakland Facility	800-606-6606
<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 or 510-888-1411
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
Non-Emergency Wheelchair Transportation Program	1-877-509-4335
Road to Recovery (Cancer Society Transportation Service)	510-832-7012
Mobility Matters	510-928-7433
Transportation Information	511
Veterans Cab	510-337-1900
Welcome Transportation	510-522-8911
<b>Utilities</b>	
Alameda County Industries (ACI)	510-483-1400
Alameda Municipal Power	510-748-3900
EBMUD	1-866-403-2683
Spectrum Community Services (HEAP Program)	510-881-0300
PG&E (Energy Assistance Program)	1-800-743-5000

