

## IN-HOME ASSISTANCE

### Caring Hands Caregivers

952-2999

For frail seniors: assistance, support, respite and referrals

### Catholic Charities

1-510-768-3100

Companionship and relief for caregivers

### In-Home Supportive Services (IHSS)

1-800-510-2020 (to apply)

229-8434 (General Information)

Assistance for low income disabled or blind seniors 65+ to allow them to remain in their own homes

### Senior Outreach Services/ Friendly Visitor Program

937-8311, Extension 130

Weekly visits to isolated or lonely seniors 60+

## VETERANS BENEFITS

### CCC Veterans Services

313-1481

Outpatient Clinic Martinez

Switchboard: 372-2000

Hotline/questions: 1-800-382-8387

## ADDITIONAL RESOURCES

### Community Referrals

Dial 211

Referrals provided by Contra Costa Crisis Center for emergency food, rental assistance, health care, housing/shelter, senior services, utility assistance, transportation and more

### CCC Fall Prevention Program

937-8311 Extension 110

Tips on how to maintain

independence by preventing falls



## HEALTH CARE SERVICES

**Medicare**, 1-800-633-4227

TTY 1-877-486-2048

[www.medicare.gov](http://www.medicare.gov)

**Medi-Cal**, 1-800-709-8348 (to apply)

**Denti-Cal Referrals**, 1-800-322-6384

For Medi-Cal patients: information on rights and advice regarding complaints

**Aging with Dignity/Five Wishes**

1-888-594-7437

[www.agingwithdignity.org](http://www.agingwithdignity.org)

(Nominal fee charged)

Help with planning end-of-life care and advance directives

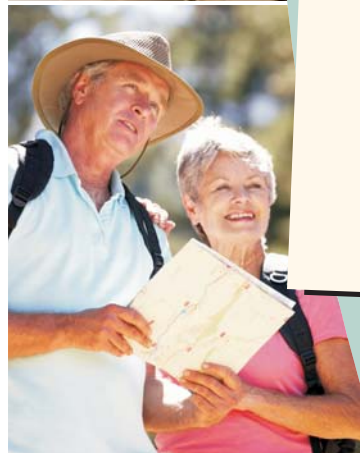
**Community Health Resource**

**Directory:** John Muir/Mt. Diablo Health System

[www.johnmuirmt Diablo.com](http://www.johnmuirmt Diablo.com)

*Published December 2013.*

*To report any discrepancies regarding contact information noted above, please phone 671-5267*



# Pleasant Hill *Senior* Resource Directory

(Please keep this by your phone)

Police, Fire, Paramedic.....

**Dial 911 for all  
emergencies**



Call 9-1-1 only to report emergencies that threaten human life or property and demand immediate attention.

Stroke or Heart Attack is an emergency! **Dial 911**

Stroke Warning Signs: Numbness of face, arm or leg, sudden blurred or decreased vision, difficulty speaking, sudden severe headache, plus others.

Your doctors' names and phone numbers:

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Family and others:

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Courtesy of Pleasant Hill  
Commission on Aging

Please use area code (925) unless otherwise indicated

### ELDER ABUSE

#### Adult Protective Services

1-877-839-4347 (24-hour toll free)  
or 646-2854

To report physical, emotional, financial abuse; self or neglected abuse

#### STAND! Against Domestic Violence

1-888-215-5555 (24-hour line)  
For comprehensive domestic violence services in Contra Costa County

### LEGAL ADVICE

#### Elder Law Clinic (JFK)

969-3550  
Free legal assistance to elders (age 60+ and low- to moderate income) who have been financially abused or exploited

**Elder Court** (Contra Costa County Superior Court) 957-7868

www.cc-courts.org  
A court designed to make it easier for seniors age 65 and older to get help with legal issues related to elder abuse (physical, emotional and financial abuse)



### ADULT DAY CARE

**Mt. Diablo Center for Adult Day Health Care**  
682-6330



### MENTAL HEALTH

**CC Crisis Center** (24-hour lines)  
1-800-833-2900 In Crisis  
1-800-837-1818 Grief Counseling

**Mental Health Clinic Veterans Administration**  
1-800-382-8387 (for veterans)  
Mental health services (geriatric, Alzheimers/dementia and substance abuse)

**Safe Return/MedicAlert Program**  
1-888-572-8566 (to enroll)



### FINANCIAL SERVICES

**Social Security & Supplemental Security**  
1-800-772-1213

**PG&E's CARE (California Alternate Rates for Energy) Program**  
1-800-743-5000  
Financial assistance/discount for income qualified households and housing facilities



### SUPPORT GROUPS

**Alzheimer's Day Care & Resource Center**, 682-6330

**Cancer Support Group**  
933-0107 (Free)

**Grief Support Group**  
674-2132 (Free)

**Home Hospice**  
1-800-853-7454 (Free)  
Grief support after any death

**ALS (Lou Gehrig's Disease)**  
360-0551 (Free)

**Pleasant Hill Senior Center Care Manager**  
798-8788, Extension 640 (Free)

**Smokers Cessation Support Group**  
941-7900 (Free)

### TRANSPORTATION

**Pleasant Hill Senior Van Service**  
671-5272  
\$1.50 each way for Pleasant Hill seniors.  
A Pleasant Hill Commission on Aging volunteer service.  
**BART Information** 676-2278

**County Connection LINK**  
Information: 680-2066 or 680-2067  
Reservations: 938-7433  
For individuals with disabilities that qualify under the Americans with Disabilities Act (ADA)

### FOOD AND NUTRITION

**CC Café Senior Nutrition Program**  
771-7641 (To make reservations)  
Hot lunches served Monday through Friday at Pleasant Hill Senior Center

**Meals on Wheels**, 937-8311  
Hot meals for the homebound

**Salvation Army Social Services**  
676-6180  
Emergency food

### RECREATION

**Pleasant Hill Senior Center**  
(233 Gregory Lane - Pleasant Hill)  
798-8788  
Offers a variety of programs, social activities, wellness services, counseling, travel, resource guide, meals and more

### DISABILITY RESOURCES

**Braille & Talking Book Library**  
1-800-952-5666

**California Telephone Access Program (TAP)**  
Adaptive telephone with doctor's certification (Free)  
1-800-806-1191

**Family Caregiver Alliance**  
Resource center for information, education, planning, support, respite for those caring for adults with chronic, disabling conditions  
1-800-445-8106

**Lions' Center for the Visually Impaired**  
1-800-750-3937

**Lions' Hearing Foundation**  
1-831-634-1351  
Used hearing aids and repair