

SENIOR-FRIENDLY CITY
Councilmember Jane Brunner, 238-7001

North Oakland Senior Resource Guide

Information provided in part by the Alameda County Area Agency on Aging
For additional information contact the City of Oakland's Department of Human Services 238-3931

ADULT DAY CARE/RESPITE

BACS Adult Day Care, Oakland	601-1074
Berkeley Adult Day Health Care (Albany, Berkeley, Emeryville, Oakland).....	601-0167
Center for Elders Independence, Oakland	433-1150
Summit Adult Day Health Care, Oakland	869-8911
Summit Alzheimer's and Dementia Program.....	869-6925

ALCOHOLISM AND DRUG ABUSE

Alameda County Behavioral Health, Oakland	567-8100
Alcoholics Anonymous Central Office, Oakland	839-8900

ALZHEIMER'S SERVICES

Alzheimer's Association Hotline.....	800-660-1993
Alzheimer's Services of the East Bay (day care), Berkeley.....	644-8292
Claremont Center, Berkeley	444-0243
Family Caregiver Alliance (caregiver respite), San Francisco	415-434-3388
U.C. Davis Alzheimer's Disease Center, Martinez	925-372-2485

CASE MANAGEMENT/COORDINATION OF SERVICES FOR HOMEBOUND SENIORS

Linkages (Medi-Cal), Oakland	238-3931
MSSP (Medi-Cal), Oakland, Emeryville, & parts of Berkeley	238-3762
Lifelong Medical Care, Berkeley.....	597-8010, (ext.545)

FAITH-BASED PROGRAMS

Autumn Spirit Ministry (spirituality and aging workshops and classes)	654-5300
Beebee Memorial CME Temple (free exercise, reading, lunch)	655-6114
Catholic Charities of the East Bay (respite care program, volunteer)	768-3151
Evergreen Baptist Church (senior mission building churches in Ghana)	654-2976
Jewish Family and Children's Svcs. of the East Bay (case management, volunteer)	704-7475
Plymouth United Church of Christ (monthly fellowship luncheon primarily for women)	654-5300
Sacred Heart Church, Oakland (free senior program/lunch)	653-9232
St. Augustine's Roman Catholic Church (free senior lunch for parishioners)	653-8631
St. Leo's Church (senior center, programs, activities, low-cost lunches)	654-6177

DISABLED ADULTS SERVICES

American Diabetes Association	654-4499
Americans with Disabilities Act (ADA), General Information	800-949-4232
Aphasia Center of California (services for persons who have had strokes)	336-0112
Arthritis Foundation.....	800-464-6240
Bay Area Hearing Society, San Francisco.....	415-693-5870
Berkeley Place Hearing Project, Berkeley	644-2003
Braille & Talking Book Library.....	952-5666
Center for Independent Living (CIL), Berkeley	841-4776
California Telephone Access Program, (Accessible phone products/services)	800-806-1191 ext:214

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Easter Seal, Oakland.....	835-2131
Lighthouse for the Blind (consumer products), San Francisco.....	415-431-1481
Lions Blind Center, Oakland.....	450-1580
National Multiple Sclerosis Society.....	800-344-4867

EDUCATION

Pleasant Valley Adult School, Oakland	879-4090
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ELDER ABUSE

Alameda County Adult Protective Services, Oakland.....	567-6894
Elder Abuse Prevention (a consortium of Agencies), Richmond.....	233-3427
Victim/Witness Assistance Program, Oakland.....	272-6180

ETHNIC SENIOR PROGRAMS (as defined by Older Americans Act)

East Bay Korean Community Senior Service Center, Oakland (English).....	763-1879
East Bay Korean Community Senior Service Center, Oakland (Korean).....	763-0736
Japanese American Services of the East Bay, Berkeley.....	848-3560
Korean Community Center of the East Bay, Oakland	547-2662
Family Bridges, Inc. (formerly OCCC), Oakland (Information & Assistance).....	839-2022
Family Bridges, Inc. (formerly OCCC), Oakland (Senior Center)	763-9017
The Unity Council, Oakland (Spanish Speaking).....	535-6123
Vietnamese Senior Center of the East Bay, Oakland.....	663-8681

FINANCIAL ASSISTANCE

CANHR (estate planning for long term care & pension rights counseling projects), San Francisco	800-474-1116
ECHO Housing (home seeking, rental assistance)	836-4826
Health Insurance Counseling & Advocacy (HICAP), Oakland.....	839-0393
Medi-Cal	39-1000
Medicare	800-772-1213
Money Management Assistance Program (bill payer program for low-income persons)	271-6075
Property Tax Postponement.....	800-952-5661
QMB Program (Medicare out –of-pocket costs for low-income seniors), Oakland	383-8749
Renter/Homeowner Assistance (yearly)	800-852-5711
Social Security	800-772-1213
Supplemental Security Income (SSI).....	800-772-1213
Veterans Assistance Benefits Counseling (Adult & Aging Services)	383-8781
Public Guardian’s Office (Conservatorships)	567-8000

FOOD AND NUTRITION

Home Delivered Meals

Bay Area Community Services, Oakland.....	986-8916
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Senior Group Dining (congregate meals)

Bay Area Community Services, Oakland.....	986-8900
Alameda County Community Food Bank, Oakland	834-3663
Brown Bag Program	534-8540
Food Stamps	268-2002
Senior Resources Food Co-op (groceries), Oakland.....	444-0243

FRIENDLY VISITORS/TELEPHONE REASSURANCE

Lavender Seniors (support services for gay/lesbian elders).....	667-9655
Library Outreach and Information Services, Berkeley	981-6160

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North Oakland Parish, Oakland	658-9869
St. Mary's Center, Oakland.....	893-4723
Telecare (Alta Bates Medical Center), Berkeley.....	204-4487
Senior Companions (City of Oakland)	238-3080

HOME IMPROVEMENT FOR LOW TO MODERATE INCOME HOUSEHOLDS

Major Rehab Low Interest Loans

Oakland Office of Housing & Neighborhood Development	238-3909
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Minor Home Repair Grants

Alameda County Housing & Community Development, Hayward	670-5398
Rebuilding Together (Oakland).....	625-0316

HOSPICES

Heartland Hospice, Concord.....	866-561-7056
Pathways Hospice and Grief Counseling, Oakland	632-4390
Sutter VNA & Hospice (hospice and grief counseling), Emeryville	800-698-1273

HOUSING ASSISTANCE

Center for Independent Living (CIL) (disabled housing assistance), Oakland	763-9999
Conciliation Forum (dispute mediation), Oakland	763-2117
ECHO Housing (home seeking, rental assistance), Oakland	836-4826
ECHO Housing (reverse mortgage counseling), Oakland	271-7931
Sentinel (housing counseling), Oakland	836-2687

IN-HOME SERVICES

Affordable Home Care Services (registry) - IHSS Referrals, Oakland	271-6078/6079
Alameda County In- Home Supportive Services (IHSS), Oakland (Intake)	567-8080
Center for Independent Living (CIL), Oakland	763-9999
.....	TDD: 444-1837
North Oakland Parish, Inc., Oakland (North Oakland only).....	658-9869

LEGAL SERVICES

Bay Area Legal Aid, Oakland.....	663-4744
Legal Assistance for Seniors, Oakland	832-3040
Senior Legal Hotline of Northern California (for legal questions).....	800-222-1753
Volunteer Legal Services, Oakland	893-7160

MEDICAL/DENTAL CARE

County Facilities

Central Health Clinic, Oakland.....	271-4263
Eastmont Wellness Center (Health/Dental Services), Oakland	577-5668
Native American Health Center, Oakland	261-1962
West Berkeley Health (and dental), Center	704-6000

Nonprofit Facilities

Alameda County Dental Society (referrals)	547-7188
Berkeley Primary Care Access Clinic (at Herrick Hospital).....	204-4666
Denti-Cal (information on Medi-Cal dental benefits & dentists)	800-322-6384
Lifelong Over 60 Health Care Center (and dental), Berkeley	601-6060
Senior-Dent.....	800-736-7071 ext: 4180

MENTAL HEALTH/COUNSELING

Alameda County Health Care ACCESS (referrals to mental health clinics & psychiatrists) ..	800-491-9099
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Alta Bates Medical Center (emergency, in-patient & day services), Oakland	204-4405
Asian Community Mental Health Services, Oakland	451-6729
Crisis Support Services of Alameda Co. (will provide in-home counseling to seniors).....	889-1104
Suicide Prevention/Crisis Support (for those who are suicidal)	849-2212

NURSING HOME ASSISTANCE

CANHR (advice on nursing home selection), San Francisco	800-474-1116
Ombudsman, Inc. (complaint Resolution), Oakland	638-6878

SENIOR CENTERS (city sponsored) Also see Ethnic Senior Programs

North Oakland Senior Center	597-5085
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TRANSPORTATION

AC Transit Senior Discount, Oakland	891-4706
American Red Cross (Alameda residents only) (medical appointments)	814-4200
American Cancer Society (cancer patients), Oakland	832-7012
BART Senior Discount, Oakland	464-7133
DMV Parking Placards for Disabled Drivers	800-777-0133
East Bay Paratransit Service (for those who meet ADA criteria).....	287-5040
Travel Information (public transportation information for Bay Area)	817-1717
Taxi and Van Services.....	238-3036

UTILITIES ASSISTANCE

CAP, Salvation Army (water discounts, low-income EBMUD customers) Oakland.....	532-6050
California Telephone Access Program	800-806-1191 ext 214
Energy Assistance Programs, PG&E Customer Service (medical care baseline service)	800-743-5000
HEAP (energy asst. for persons with income at or below 130% of poverty)	881-0300,ext. 214
Lifeline (telephone discounts).....	800-323-8587
REACH, Salvation Army (delinquent PG&E bills), Oakland	532-5988
Weatherization (for low-income Oakland households), Hayward	889-0921

IMPORTANT PHONE NUMBERS

Alameda County Area Agency on Aging Senior Information.....	800-510-2020
Alameda County Social Services Index.....	268-2002
Alameda Medical Association (how to locate doctors who accept Medi-Cal).....	654-5383
Bay Area Senior Olympics.....	891-8033
Eden Information & Referral	537-2552
Eldercare Locator (information on services outside Alameda County/California).....	800-677-1116
Foster Grandparent Program, Oakland	238-3080
Friends of Oakland Seniors, Inc. (fundraising and support for the senior centers).....	891-8033
HUG Project (Senior employment in childcare, nursery and kindergarten)	533-8159
Immigration Questions: International Institute of the East Bay	451-2846
Immigrant Assistance Line (English, Spanish)	415-543-6767
Immigrant Assistance Line (Cantonese, Mandarin, Japanese)	415-543-6769
Partners in Care of Alameda (health care professionals educating public and peers)	891-8033
Respite Registry (limited respite services for caregivers).....	768-3147
Retired Senior Volunteer Program (RSVP), Oakland	464-3179
State of California Community Care Licensing (apply to open residential care homes).....	286-4201
U.S. Department of Veteran's Affairs Counseling.....	800-827-1000