

HELP AT HOME

A resource guide for older adults
and adults with disabilities in
San Mateo County



Published by San Mateo County
Commission on Aging

HELP AT HOME

This directory is a mini-reference guide to assist San Mateo County adults of all incomes to access resources and to remain safely in their own homes. A listing in this guide does not imply endorsement of any particular agency or service, nor does omission reflect on the value or quality of a service. Information in Help at Home is subject to change. www.smchealth.org/helpathome

NETWORK OF CARE

This comprehensive internet-based resource is for older adults and adults with disabilities, as well as their caregivers, service providers and families. This website provides an extensive service directory to put people in touch with the right services at the right time. It also offers vital information about assistive devices, caregiving, diseases, day-to-day challenges, and support, as well as daily news concerning aging and disabilities. www.sanmateo.networkofcare.org/aging.

THE 24 HOUR HOTLINE

www.smchealth.org..... 1-844-868-0938

The Hotline serves as the main entry point for Aging and Adult Services, including Adult Protective Services. Social Workers answer questions about the variety of services available through the County and in the community. Hotline staff also provide phone support and counseling on issues of concern to older and dependent adults with disabilities and their families.

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PERSONAL CRISIS HOTLINES

Emergency calls for ambulance, fire, highway patrol, mental health crisis, or police services 911

Adult Protective Services 1-844-868-0938

www.smchealth.org/elderabuse

Staff investigates allegations of Elder/Dependent Adult abuse and develops care plans for older adults (60+) and dependent adults (between 18 and 59) who are at risk of neglect, abandonment, isolation, abduction, or physical, sexual, and/or financial abuse.

Aging & Adult Services Hotline..... 1-844-868-0938

www.smchealth.org/contact/24-hour-emergency-advice-line

Alcohol and Drug Helpline 650-573-3950

www.smchealth.org/contact/drug-and-alcohol-helpline

A non-judgmental, confidential place to check in and get support and information about substance abuse.

Community Overcoming Relationship Abuse (CORA)

www.corasupport.org 24-hours:1-800-300-1080

2211 Palm Ave., San Mateo 94404

Serving victims of domestic violence in San Mateo County. Provides counseling, emergency housing & legal assistance.

Institute on Aging Friendship Lifeline

www.ioaging.org/services/friendship-line/..... 1-888-670-1360

National Suicide Prevention Lifeline – 24 hours

www.suicidepreventionlifeline.org 988

SAGE LGBTQ Elder Hotline

www.sageusa.org..... 1-877-360-5428

San Mateo County 24 Hour Crisis Hotline (StarVista) 988

www.sanmateocrisis.org 650-579-0350

**San Mateo County Behavioral Health and Recovery Services
Access Call Center**

www.smchealth.org/bhrs 1-800-686-0101

CORE SERVICE AGENCIES

The eight Core Service Agencies listed below work in close collaboration with the Human Services Agency to provide safety net services to San Mateo County residents in need of food, emergency housing assistance, emergency utility assistance, shelter, and other basic needs. Call the Core Service Agency that serves your area to find out more about the available services and how to access them.

Daly City Community Services Center

350 90th St. Daly City 650-991-8007

Serving Daly City, Colma and Broadmoor

Samaritan House South

1836B Bay Rd. East Palo Alto..... 650-294-4312

Serving East Palo Alto, Menlo Park

Coastside Hope

99 Ave. Alhambra, El Granada..... 650-726-9071

Serving Half Moon Bay, Moss Beach, El Granada

Pacifica Resource Center

1809 Palmetto Avenue, Pacifica..... 650-738-7470

Serving Pacifica

Samaritan House

4031 Pacific Blvd., San Mateo..... 650-347-3468

Serving San Mateo, Belmont, Burlingame, Foster City, Hillsborough, Millbrae, San Carlos

Puente de la Costa Sur

620 North St., Pescadero 650-879-1691

Serving Pescadero, La Honda, Loma Mar, San Gregorio

Fair Oaks Community Center

2600 Middlefield Rd., Redwood City 650-780-7500

Serving RWC, North Fair Oaks, Portola Valley, Woodside, Atherton

YMCA Community Resource Center

1486 Huntington Ave., So. San Francisco..... 650-276-4101

Serving South San Francisco, Brisbane, San Bruno

AGING AND ADULT SERVICES - A DIVISION OF SAN MATEO COUNTY HEALTH SYSTEM

The Hotline 24-Hours: 1-844-868-0938

www.smchealth.org/TIES California Relay Service 711

The Hotline serves as the main entry point for Aging and Adult Services, including Adult Protective Services. Social workers answer questions about the variety of services available through the County and in the community. Hotline staff also provide phone support and counseling on issues of concern to older and dependent adults with disabilities and their families.

Call 1-844-868-0938 to reach, obtain information about, or refer someone to the following programs:

Adult Protective Services

www.smchealth.org/elderabuse 1-844-868-0938

Staff investigates allegations of Elder/Dependent Adult abuse and develops care plans for older adults (60+) and dependent adults (between 18 and 59) who are at risk of neglect, abandonment, isolation, abduction, or physical, sexual, and/or financial abuse.

Elder and Dependent Adult Protection Team (EDAPT)

www.smchealth.org/elderabuse

Partnership between the San Mateo County's Health System's Aging and Adult Services, the District Attorney's Office, and the County Counsel's Office that is focused on identifying, preventing, and protecting dependent and older adults from abuse with a special emphasis on preventing financial abuse. EDAPT staff conduct case investigations, develop service plans for older and dependent adults who are risk for abuse, facilitate connections to supportive/case management services and provides training and outreach services to county residents, local government, and community agencies.

Enhanced Care Management (ECM)

A client centered voluntary program that serves older adults and individuals with disabilities (21+) who are at risk of long-term care admissions and are choosing to remain at home. AAS-ECM provides intensive and comprehensive case management and care coordination services with the goal of improving health outcomes for Medi-CAL recipients and preventing or delaying out of home care. Social Workers and a Public Health Nurse (PHN) conduct in-person visits and assessments, and work in partnership with the Health Plan of San Mateo and community providers.

In Home Supportive Services (IHSS)

www.smchealth.org/home-supportive-services

Provides household and personal care assistance to Medi-Cal eligible elderly, blind and disabled individuals who are unable to remain safely in their homes without this assistance.

Linkages

www.smchealth.org/general-information/linkages

Provides assessment and case management to help older adults and adults with disabilities (18+), without regard to income, remain independent in the community.

Partners for Independence (PFI)

A client centered voluntary program that serves adults (18+) who have a combination of psychosocial and medical needs. PFI clients also have IHSS due to functional limitations. PFI provides intensive case management services and care coordination with the goal of reducing adverse health and psychosocial outcomes, as well as reducing the risk of out-of-home placement. Social workers and a Public Health Nurse (PHN) conduct in-person visits and assessments.

Public Administrator (Referral Line) 650-573-3475

www.smchealth.org/publicadministrator

The Public Administrator Program serves the public by investigating and administering the estates of persons who die without a will or an appropriate person willing or able to act as the administrator. The Public Administrator acts under the authority of the Superior Court.

Public Authority 650-389-9666
www.smchealth.org/ihss/publicauthority

Assists In-Home Supportive Services (IHSS) consumers who need a caregiver by maintaining a list of individuals who are interested in working as independent home care providers. Registry staff are available to provide assistance to consumers who require additional help in hiring a provider or in establishing a positive relationship with their caregiver. The Public Authority is also the employer of record for IHSS providers; manages IHSS provider enrollment, payroll, and benefits; and offers training to providers and consumers. The Public Authority is a separate agency from the County and is governed by the Board of Supervisors with input from an advisory committee.

Public Guardian/Conservatorship Program
www.smchealth.org/publicguardian

The Public Guardian/Public Conservatorship program serves frail elderly adults and adults with disabilities who, due to cognitive impairment or a developmental disability, lack the capacity to provide themselves with food, clothing, or shelter and/or manage their finances or resist fraud or undue influence. The Superior Court makes the decision to appoint a conservator for these adults.

OTHER AGING AND ADULT SERVICES RESOURCES

Area Agency on Aging..... 1-844-868-0938

www.smchealth.org/aaa (California Relay Service) 711

The Area Agency on Aging serves as a focal point for planning for older adults and adults with disabilities residing in San Mateo County. In addition to its advocacy role, the agency administers a variety of federal, state, and local private funds that support a coordinated network of community-based services for older adults and adults with disabilities.

Commission on Aging 650-713-8610

www.smchealth.org/coa (California Relay Service) 711

A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and Aging and Adult Services on matters pertaining to older adults (60+). The Commission acts as an advocacy body for older adults and provides an opportunity for consumers to participate in the development of public policy.

Commission on Disabilities..... 650-713-8610

www.smchealth.org/smccod..... (California Relay Service) 711

A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and Aging and Adult Services on matters pertaining to people with disabilities. The Commission acts as an advocacy body for people with disabilities of all ages and provides an opportunity for them to participate in the development of public policy.

Public Authority Advisory Committee

www.smchealth.org/ihss..... (California Relay Service) 711

A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and the Governing Board of the Public Authority for In-Home Supportive Services (IHSS), Aging and Adult Services, and the Public Authority on the delivery of IHSS services and those aspects of the IHSS program that relate to home care providers. The Advisory Committee provides an opportunity for consumers, providers, advocates, and other interested parties to participate in the IHSS program and policy development.

ADULT DAY CARE

Adult Day Care Centers offer social and recreational services in a protective setting to individuals who cannot be left alone during the day because of social need, confusion, or disability.

Catholic Charities Adult Day Services

www.catholiccharitiessf.org 650-592-9325

787 Walnut St., San Carlos 94070

Coastside Adult Day Health Center

www.coastsideadulthoodhealth.org 650-726-5067

925 Main St., #A, Half Moon Bay 94019

Compassionate care for older adults and disabled adults (18+): respite for families.

PVI Adult Day Service at Rosener House

<https://1pvi.org/> 650-322-0126

500 Arbor Rd., Menlo Park 94025

Health benefits for people to stay in their homes; nurse on staff; social & recreational programs; health services.

Roberta Cerri Teglia Center (formerly Magnolia Center)

www.ssf/net/departments/parks_recreation/recreationdivision/seniors

Adult Day Care Center 650-829-3824

601 Grand Ave., 2nd Floor, South San Francisco 94080

CARE AT HOME

Home Care Organizations

Home Care Organizations are required to be licensed by the Home Care Services Bureau, <https://www.cdss.ca.gov/inforesources/community-care/home-care-services>.

They offer a wide spectrum of non-medical personal care and domestic support services. Staff are available on a continuous, hourly, or live-in basis. Many organizations also provide respite care services. All personnel are employees of, and supervised by, the Home Care Organizations. The organizations withhold taxes, provide workers' compensation insurance, and verify that the aides are registered with the California Department of Social Services.

Home Health Care Agencies

Home Health Care Agencies are licensed by the State of California to provide skilled nursing (Registered Nurse and/or Licensed Vocational Nurse) and are required to offer at least one of the following services: Occupational, Physical or Speech Therapy; Medical Social Services; and/or Certified Home Health Aides. To be covered by Medicare, a physician's order and the need for skilled care is required. Ask the agency if it accepts Medicare, Medi-Cal, or private insurance.

Referral Agencies

These agencies recruit, screen and refer caregivers and place caregivers with clients, generally collecting a placement fee. Some referral agencies charge an hourly rate which includes both the agency fee and the caregiver's wage. The referral agency typically does not pay payroll taxes or workers' compensation insurance. California has no licensure mechanism for these agencies.

Two important questions to ask to ensure you are selecting a licensed Home Care Organization (HCO) or registered Home Care Aides (HCA):

1. For the HCO: What is the license number?
2. For the HCA: What is the PER ID and name as it appears on registration for search registry?

www.cclld.dss.ca.gov/hcsregistry/registrysearch.aspx is the California Department of Social Services' website where consumers can check whether an HCA is registered.

In-Home Supportive Services (IHSS)

www.smchealth.org/home-supportive-services 650-573-3900

Provides household and personal care assistance to Medi-Cal eligible aged, blind, and disabled individuals who are unable to remain safely in their own home without this assistance.

Nagaiki Caregiver Referral Program

Kimochi Social Services 415-931-2275

www.kimochi-inc.org/nagaiki-home-care-registry

Offers a list of caregivers and resources to help older adults and their families in the search and hiring process. \$25 voluntary contribution.

Veterans Administration Home Health Aide Care

[www.va.gov/GERIATRICAL/pages/Homemaker and Home Health Aide Care.asp](http://www.va.gov/GERIATRICAL/pages/Homemaker_and_Home_Health_Aide_Care.asp)

Information and assistance in evaluating eligibility for services.

DEMENTIA CARE

These agencies provide information, support, and services to Alzheimer's and dementia patients and their caregivers and families.

Alzheimer's Association

www.alz.org/norcal 24-hours: 1-800-272-3900

2290 N. First St., #101, San Jose 95131

Catholic Charities Adult Day Services

www.catholiccharitiessf.org 650-592-9325

787 Walnut St., San Carlos 94070

Family Caregiver Alliance

www.caregiver.org 1-800-445-8106

235 Montgomery St #930, San Francisco, CA 94104

Services for family caregivers of adults with physical or cognitive impairments such as Parkinson's, stroke, Alzheimer's, and dementia.

PVI Adult Day Service at Rosener House

<https://1pvi.org/> 650-326-2025

800 Middle Ave., Menlo Park, CA 94025

DISASTER PREPAREDNESS

Several public agencies have published advice on how to be prepared in case of a natural disaster or other emergency.

AARP Disaster Preparedness Resource Center

www.aarp.org/home-family/your-home/disaster-preparedness/

Earthquake Warning California

www.earthquake.ca.gov

Managed by the Governor’s Office of Emergency Services (Cal OES), Earthquake Warning California uses ground motion sensors from across the state to detect earthquakes before humans can feel them and can notify Californians to “Drop, Cover and Hold On” in advance of an earthquake. To receive advance warnings download the MyShake App, <https://myshake.berkeley.edu/>

San Mateo County Health Emergency Preparedness Guide

County Health’s “Read it Before You Need It” guide is available at www.smchealth.org/emergency-preparedness

SMC Alert

<https://www.smcgov.org/node/388760/smc-alert> 650-363-4790

400 County Center, Redwood City 94063

SMC Alert is San Mateo County’s primary alert and warning system. Sign up to receive alerts to your email, smartphone, or landline.

PG&E Preparedness Advice

www.pge.com/en_US/residential/outages/planning-and-preparedness/safety-and-preparedness/safety-and-preparedness.page

Governor’s Office of Emergency Services

www.caloes.ca.gov/ 916-894-5209

Information on emergency plans, earthquake preparedness, disaster assistance, and the Office of Emergency Services.

EMPLOYMENT OPPORTUNITIES

AARP Foundation SCSEP

www.aarp.org/aarp-foundation/our-work/income/scsep 1-800-775-6776

Connects older job seekers looking to return to the workforce and employers looking to benefit from mature, experienced employees.

California Clubhouse

<https://californiaclubhouse.org/> 650-539-3345

220 Industrial Road, Suite 112, San Carlos, CA 94070

Offers programs to assist people to get back to work.

California State Department of Rehabilitation

www.dor.ca.gov/Home/FindAnOffice

801 Trager Ave., #105, San Bruno 94066 650-737-2606

1065 E. Hillsdale Blvd., #403, Foster City 94404 650-358-4180

800 Menlo Ave., #122, Menlo Park 94025 650-688-6380

Provides counseling, testing, and training necessary for physically or mentally disabled persons to become competitively employed.

Goodwill Industries

www.sfgoodwill.org/work-at-goodwill-san-francisco-san-mateo-and-marin 415-575-2101

Vocational rehabilitation for disabled and disadvantaged adults.

JobTrain

www.jobtrainworks.org 650-330-6429

1200 O' Brien Drive, Menlo Park 94025

Preparation for careers in high-demand and emerging fields.

NOVAworks

www.novaworks.org 650-581-0058

1777 Borel Place #500, San Mateo 94402

Nonprofit, federally funded employment, and training agency providing customized services to the jobseekers in Silicon Valley. Specialized services for veterans, youth, and older workers.

Peninsula Family Services - Second Careers Employment Program

www.pfso.org.....650-403-4300 x 4750

24 2nd Ave., San Mateo 94402

Paid one-on-one job matchups and paid internships for persons (55+).
Must meet income requirements for training.

Phase2Careers

www.phase2careers.org

Assist older adults in finding new career opportunities through job search and career development workshops, employment roundtables, networking and recruitment events, and special presentations.

San Mateo County Human Services Agency

www.smcgov.org/hsa/vocational-rehabilitation-services

..... 650-8002-6450

550 Quarry Rd., San Carlos

Job training, placement, or employment for employable county residents on General Assistance or undergoing psychiatric treatment.

VA – Veterans

www.va.gov/careers-employment 1-800-827-1000

Support-and-services for Veterans and service members with service-connected disabilities. Helps qualifying Veterans learn new skills, find a new job, start a new business, get educational counseling, or return to their former job.

FAMILY CAREGIVER SUPPORT SERVICES

Alzheimer's Association

www.alz.org/help-support/caregiving..... 1-800-272-3900

Brain Support Network

www.brainsupportnetwork.org..... 650-814-0848

Caregiver Support Groups dealing with Lewy Body Dementia, Progressive Supranuclear Palsy, Multiple System Atrophy.

Coastside Adult Day Health Center

www.coastsideadultdayhealth.org/services.....650-726-5067

Conducts a weekly caregiver support group.

Edgewood Center for Children & Families

<https://edgewood.org>..... 1-844-334-3411

Family Caregiver Alliance..... 1-800-445-8106

www.caregiver.org 415-434-3388

Kimochi, Inc.

www.kimochi-inc.org 415-725-1920

Legal Aid Society of San Mateo County

www.legalaidsmc.org 650-558-0915

Operates a Senior Advocates Program that assists residents of San Mateo County (60+).

FINANCIAL ASSISTANCE, GOVERNMENT PROGRAMS & INSURANCE

Aging & Adult Services Hotline..... 1-844-868-0938

www.smchealth.org/contact/24-hour-emergency-advice-line

Core Service Agencies

Core Service Agencies work in close collaboration with the Human Services Agency to provide individuals and families with basic emergency and support services to stabilize their living situations. Find the agency serving your area at <https://www.smcgov.org/hsa/core-service-agencies-emergency-safety-net-assistance>

Health Insurance Counseling Advocacy Program

(HICAP) 1-800-434-0222

www.hicapsanmateocounty.org..... 650-627-9350

Free Medicare counseling and advocacy including information about supplemental insurance plans, prescription drug coverage and long-term care insurance policies. Services are provided by appointment at your local senior center and other locations throughout the county.

Health Plan of San Mateo (HPSM)

www.hpsm.org 650-616-0050

A managed care health plan that provides health care benefits to San Mateo County residents who are enrolled in programs such as Medi-Cal, HealthWorx and Care Advantage.

Care Advantage..... 1-866-880-0606

HPSM's Medicare Advantage / Prescription Drug Plan for residents eligible for both Medicare and Medi-Cal.

Medi-Cal

www.smcgov.org/hsa/health-coverage..... 1-800-223-8383

Visit or call any of the following offices with questions or to apply:

400 Harbor Blvd., Bldg. B, Belmont 94002 650-802-6470

271-92nd St., Daly City 94015..... 650-301-8400

2415 University Ave., East Palo Alto 94303 650-363-4175

2500 Middlefield Rd., Redwood City 94063..... 650-599-3811

Medicare

www.medicare.gov..... 1-800-633-4227

Peninsula Family Service

www.peninsulafamilyservice.org 650-403-4300

24 Second Ave., San Mateo 94401

DriveForward 650-403-4300 x 4105

Lending Circles 650-403-4300 x 4105

Second Careers Employment Program .. 650-403-4300 x 4385

Social Security/Medicare Eligibility/SSI

www.ssa.gov 1-800-772-1213

FOOD, CLOTHING & OTHER SERVICES

SENIOR NUTRITION SITES

The menus at the Older American Act (OAA) funded sites (marked with an *asterisk below) are approved by Registered Dietitians to meet the U.S. Dietary Reference Intakes. Some sites have a suggested donation; others have a set fee. Days & times of service vary.

- *Belmont Twin Pines Senior & Community Center**
www.belmont.gov..... 650-595-7441
20 Twin Pines Ln., Belmont 94002
- *Doelger Senior Center**
www.dalycity.org/329/Active-AdultsSeniors..... 650-991-8012
101 Lake Merced Blvd., Daly City 94015
- *East Palo Alto Senior Center**
www.smc-connect.org/locations/east-palo-alto-senior-center
560 Bell St., East Palo Alto 94303..... 650-329-5900
- *Fair Oaks Adult Activity Center**
www.peninsulafamilyservice.org 650-780-7525
2600 Middlefield Rd., Redwood City 94063
- *Lincoln Community Center**
www.dalycity.org/329/Active-AdultsSeniors..... 650-991-8018
901 Brunswick St., Daly City 94014
- *Martin Luther King Jr. Community Center**
www.cityofsanmateo.org 650-522-7470
725 Monte Diablo, San Mateo 94401
- Menlo Park Senior Center**
<https://www.menlopark.gov> 650-330-2282
110 Terminal Ave., Menlo Park 94025
- *Millbrae Senior Center**
www.selfhelpelderly.org 415-319-4115
450 Poplar Ave., Millbrae 94030
- *Pacifica Senior Services**
www.cityofpacifica.org..... 650-738-7384
540 Crespi Dr., Pacifica 94044

Peninsula Volunteers, Inc. (PVI) https://1PVI.org	650-326-2025
800 Middle Avenue, Menlo Park 94025	
Redwood City Veterans Memorial Senior Center www.redwoodcity.org/departments/parks-recreation-and-community-services/seniors	650-780-7270
1455 Madison Ave., Redwood City 94061	
Roberta Cerri Teglia Center www.ssf.net	650-829-3820
601 Grand Ave., South San Francisco 94080	
*San Bruno Senior Center www.sanbruno.ca.gov/331/50-Senior-Center	650-616-7150
1555 Crystal Springs Road, San Bruno 94066	
San Carlos Adult Community Center www.cityofsancarlos.org/acc	650-802-4384
601 Chestnut St., San Carlos 94070	
San Mateo Senior Center www.cityofsanmateo.org	650-522-7490
2645 Alameda de las Pulgas, San Mateo 94403	
*Self-Help for the Elderly www.selfhelpelderly.org	650-342-0822
E. 5th Ave., San Mateo 94401	
*Senior Coastsiders www.seniorcoastsiders.org	650-726-9056
925 Main St., Half Moon Bay 94019	

HOME DELIVERED MEALS

Applicants must be unable to shop and/or safely prepare meals on their own, and not have adequate assistance. Donation based program; financial contributions are welcome.

City of Pacifica Meals on Wheels www.cityofpacifica.org	650-738-7350
Serving Pacifica.	

Meals on Wheels of San Francisco

<https://www.mowsf.org/> 415-920-1111

2142 Jerrold Avenue, San Francisco, CA 94124

Serving North County

Peninsula Volunteers, Inc. (PVI)

<https://1PVI.org> 650-326-2025

800 Middle Avenue, Menlo Park 94025

Serving Central and South County.

Self-Help for the Elderly

www.selfhelpelderly.org 650-342-0822

50 E. 5th Avenue, San Mateo 94401 650-342-0822

450 Poplar Avenue, Millbrae 94030..... 415-319-4115

Serving Asian meals to residents of Burlingame, Foster City, San Mateo & Millbrae

Senior Coastsiders

www.seniorcoastsiders.org 650-726-9056

925 Main Street, Half Moon Bay 94019

Serving Montara to Half Moon Bay

GROCERY SHOPPING & FOOD SERVICES

Ecumenical Hunger Program

www.ehpcares.org 650-323-7781

241 Pulgas Ave., East Palo Alto 94303

North Peninsula Food Pantry & Dining Center

www.fooddc.org 650-994-5150

31 Bepler St. Daly City 94014

Pacifica Resource Center

www.pacresourcecenter.org 650-738-7470

1809 Palmetto Ave., Pacifica 94044

Second Harvest of Silicon Valley

www.shfb.org 1-800-984-3663

Call to find out about food, hot meals, and pantries in your community.

Brown Bag Program - for adults 60+ and & disabled adults 55+

CalFresh (Food Stamps) - money for groceries.

Family Harvest - groceries for families with children under 26
Produce Mobile - fruits/vegetables.

DONATIONS, DOWNSIZING & RECYCLING

Goodwill

www.sfgoodwill.org/donate/donate-goods

Donation centers in:

Redwood City..... 650-292-8500

San Mateo..... 650-292-8500

South San Francisco..... 650-737-9827

Household Hazardous Waste Program

www.smchealth.org/hhw 650- 372-6200

San Mateo County’s HHW Program helps residents reuse, recycle, or responsibly manage residential hazardous waste for free.

PARCA

www.parca.org 1-877-997-2722, 650-312-0725

Recology of San Mateo County

www.recology.com/recology-san-mateo-county 650-558-9575

The Salvation Army Donations and Gift Stores

<https://satruck.org/>..... 1-800-728-7825

1170 Mission Rd., South San Francisco 94080

Society of St. Vincent de Paul of San Mateo County

<https://svdpsm.org>

Donation centers:

344 Grand Ave., South San Francisco 94080 650-589-8445

40 N. B St., San Mateo 94401 650-294-8912

728A Willow Rd., Menlo Park 94025 650-366-6367

HOME SAFETY & MEDICAL EQUIPMENT

DURABLE MEDICAL EQUIPMENT

Ask each medical supplier if their services are covered by Medicare, Medi-Cal, or private insurance. Also call your local pharmacy for information about small equipment and supplies.

Apria Healthcare

www.apria.com 650-588-9744

480 Carlton Ct., South San Francisco 94080

Bay City Medical Supplies

<http://baycitymedicalsupplies.com/>

1465-A Chapin Ave., Burlingame 94010 650-347-6606

1040 Brewster Ave., Redwood City 94063 650-367-6900

DURABLE MEDICAL EQUIPMENT - LOANED

Many senior centers make loans of small equipment and supplies. See Senior Center section for contact information.

Coastside Adult Day Health Center

www.coastsideadulthoodhealth.org 650-726-5067

925 Main St. Suite A, Half Moon Bay 40195

Lends medical home equipment such as walkers, wheelchairs, shower chairs and bedside commodes. Confirmation of this service is pending.

Medical Equipment Loan Program (MELP)

<http://www.fremedequip.org> 650-590-9112

San Carlos and Belmont pick up locations.

A non-profit organization that recycles donated used durable equipment and loans it at no cost to recipients. Equipment is inspected, cleaned, and inventoried by volunteers before being made available.

Equipment for children is available through **AbleCloset** at the same location.

HOME MODIFICATION & ADAPTIVE EQUIPMENT

California Telephone Access Program (CTAP)

www.californiaphones.org 1-800-806-1191

Free specialized phones and accessories for qualifying residents.

CID Housing Accessibility Modification

www.cidsanmateo.org/services/housing-accessibility-modification.php
..... 650-645-1780

Installs ramps, handrails, grab bars, vertical lifts etc.

City of San Mateo Home Repair Programs

www.cityofsanmateo.org/3895/Home-Repair-Programs
..... 650-522-7220

Habitat for Humanity 1-800-422-4828

www.habitatgsf.org/home-repair 415-625-1000

Home preservation program for low income residents

Home Safety Services, Inc

www.homesafety.net 1-888-388-3811

890 Cowan Rd., #G, Burlingame 94010 650-571-7774

Installs grab bars, stair railings, wheelchair ramps, etc.

Rebuilding Together Peninsula 650-366-6597

www.rebuildingtogetherpeninsula.org/safe-at-home

841 Kaynyne St., Redwood City 94063 650-366-6597

The Safe at Home program helps older adults, families, and people with disabilities live more independently by addressing minor repairs.

Vista Center for the Blind & Visually Impaired

www.vistacenter.org 650-858-0202

2500 El Camino Real, #100, Palo Alto 94306

For the blind and visually impaired: social services, training in activities of daily living, orientation, and mobility; support groups and counseling; Braille and computer classes; CCTV Rental Program, technology training.

HOME SAFETY & MEDICAL EMERGENCY RESPONSE

Adaptive Physical Education Program

www.adaptivepevmc.org 650-368-7732

939 Valota Rd., Redwood City 94061

Fitness and wellness program for adults of all ability levels, particularly older adults with physical disabilities or health limitations.

Fall Prevention Coalition of San Mateo County

www.smcfallprevention.org 1-844-663-2557

Prevent falls among older adults through collaboration, education, resource development & advocacy.

LifeStation, Inc.

www.lifestation.com 1-855-400-5131

Fee-based personal emergency response systems, medical alert equipment and monitoring service.

MedicAlert Foundation

www.medicalert.org 24-hours: 1-800-432-5378

Fee-based MedicAlert protection plans using a necklace or bracelet. Emergency assistance for plan members.

Peninsula Health & Fitness Center

phcdfitness.org 650-448-1472

Offers a space for older adults to engage in physical activity (i.e, tailored classes, and more) and socialization opportunities

PG&E

www.pge.com/en_US/safety/safety.page 1-800-743-5000

If you smell gas, call 911. Information and resources for improved safety at home and outside.

HOSPICE CARE

Hospice Services provide physical and emotional care for terminally ill patients and their families.

By the Bay Health

<https://bythebayhealth.org/btbh-hospice-care/>..... 415-927-2273

180 Redwood St., #350, San Francisco 94102

Serving Marin, San Francisco, and San Mateo Counties

Kaiser Permanente Medical Center

Hospice Department (For Kaiser members only)

www.kp.org 650-299-3907

400 Veterans Blvd., #400, Redwood City 94063

Mission Hospice & Home Care

www.missionhospice.org..... 650-554-1000

1670 Amphlett Blvd., #300, San Mateo 94402

Pathways

<https://pathwayshealth.org/> 1-888-978-1306

395 Oyster Point Blvd, Suite 128, South San Francisco 94080

An affiliate of Sequoia Hospital/Dignity Health serving San Mateo County.

Sutter Care at Home

www.sutterhealth.org 650-685-2830

1700 S. Amphlett Blvd., San Mateo 94402

Veterans Affairs Health Care System Hospice Care Program

www.paloalto.va.gov 1-800-455-0057

3801 Miranda Ave., Palo Alto 94304 650-493-5000

795 Willow Rd., Menlo Park 94025 650-614-9997

HOSPITALS & MEDICAL CENTERS

AHMC Seton Medical Center

<https://www.ahmchealth.com/smc/>

Coastside:600 Marine Blvd., Moss Beach 94038 650-563-7100

Daly City:1900 Sullivan Ave., Daly City 94015 650-992-4000

Kaiser Permanente Medical Center (Kaiser members only)

www.kp.org

1100 Veterans Blvd., Redwood City 94063 650-299-2000

1200 El Camino Real, South San Francisco 94080 650-742-2000

1000 Franklin Pkwy., San Mateo 94403 650-358-7000

Mills-Peninsula Medical Center

www.sutterhealth.org 650-696-5400

1501 Trousdale Dr., Burlingame 94010

100 S. San Mateo Dr., San Mateo 94401

San Mateo Medical Center

www.smchealth.org/san-mateo-medical-center 650-573-2222

222 W. 39th Ave., San Mateo 94403

Sequoia Hospital

www.dignityhealth.org/bayarea/locations/sequoia 650-369-5811

170 Alameda de las Pulgas, Redwood City 94062

Stanford Health Care

www.stanfordhealthcare.org 650-723-4000

300 Pasteur Dr., Stanford 94305

Veterans Affairs Health Care System

www.paloalto.va.gov 1-800-455-0057

3801 Miranda Ave., Palo Alto 94304 650-493-5000

795 Willow Rd., Menlo Park 94025 650-614-9997

HOUSING OPTIONS & REFERRALS

Core Service Agencies - Coordinated Entry System

<https://samaritanhousesanmateo.org/service/housing-services/>

..... 650-347-3468

Samaritan House administers the Coordinated Entry System program which was designed to streamline and prioritize access to limited resources for the most vulnerable San Mateo County residents seeking homeless services.

Core Service Agencies - Emergency Safety Net Assistance

The County's eight Core Service Agencies work in close collaboration with the Human Services Agency to provide individuals and families with basic emergency and support services to stabilize their living situations, including housing assistance. Find your local agency at

www.smcgov.org/hsa/core-service-agencies-emergency-safety-net-assistance.

Department of Housing

www.smcgov.org/housing/residents 650-802-3300

264 Harbor Blvd., #A, Belmont, 94002

Information about affordable housing, eligibility, wait lists, down payment assistance, and below market rate (BMR) housing.

Housing Choices

www.housingchoices.org..... 408-498-5777

3460 W. Bayshore, #205, Palo Alto 94303

A Sobrato Center for Nonprofits program creating and supporting affordable housing opportunities for people with development and other disabilities.

Housing Industry Foundation

www.hifinfo.org 650-437-2980

Evaluates and qualifies recipients for emergency housing grants.

Human Investment Project (HIP Housing)

www.hiphousing.org..... 650-348-6660

800 S. Claremont St., #210, San Mateo 94402

Provides housing information and referral services, home sharing program and operates affordable rental housing.

Lesley Senior Communities

www.lesleyseniorcommunities.org 650-726-4888

A non-profit organization providing housing for older adults and people with disabilities with low to extremely low incomes.

Openhouse

www.openhousesf.org/housing 415-296-8995

Publishes Current Affordable Housing List for the Bay Area.

Project Sentinel

www.housing.org..... 1-800-339-6043

1615 Hudson St., #A, Redwood City 94061

Fair housing enforcement, tenant-landlord dispute resolution, reverse mortgage, and foreclosure prevention counseling.

WeHope

www.wehope.org..... 650-330-8000

1854 Bay Rd., East Palo Alto 94303

Provides emergency shelter for unhoused, homeless, and at-risk adults in East Palo Alto and surrounding San Mateo County and Santa Clara County communities.

INFORMATION, REFERRAL, ASSISTANCE & ADVOCACY

San Mateo County 24-hour Emergency Advice Line

24 Hour Hotline 1-800-675-8437 or 1-844-868-0938

www.smchealth.org/contact/24-hour-emergency-advice-line

Staffed by knowledgeable and experienced social workers and public health nurses who answer questions about the wide variety of services available throughout the County. It is the main entry point for services provided by the Aging and Adult Services Division.

211

www.211bayarea.org 211 or 1-800-273-6222

Information and referral service that connects callers with community services, such as food, shelter, counseling, employment assistance.

Center for Independence of Individuals with Disabilities

www.cidsanmateo.org 650-645-1780

2001 Winward Way #103, San Mateo

Information and referral; peer counseling and support groups; assistive technology; financial counseling; housing modification; independent living skills; advocacy and personal assistance.

Daly City Partnership Healthy Aging Response Team (HART)

www.dcpartnership.org 650-991-5558

101 Lake Merced Blvd., Daly City 94015

Peer volunteers connecting adults (50+) and disabled persons. Information and referral phone line; drop in consultations at Doelger Senior Center in English, Mandarin, Spanish, Tagalog.

Health Insurance Counseling Advocacy Program (HICAP)

www.hicapsanmateocounty.org 1-800-434-0222 or 650-627-9350

..... 1-800-434-0222 or 650-627-9350

1710 S Amphlett Blvd #100, San Mateo 94402

Free Medicare counseling and advocacy including information about supplemental insurance plans, prescription drug coverage and long-term care insurance policies. Services are provided by appointment at your local senior center and other locations throughout the county.

Kaiser Permanente Resource Directory

<https://healthy.kaiserpermanente.org/health-wellness/social-health/resource-directory/resource-directory>

Searchable database providing information about transportation, food, housing, benefits, employment, and other resources.

Network of Care

www.sanmateo.networkofcare.org/aging

Comprehensive, internet-based resource listing created and maintained by San Mateo County for the elderly and people with disabilities, and their caregivers and service providers.

Ombudsman Services of San Mateo County

<https://ossmc.org/>..... 650-238-5880

Works to protect the rights of residents living in long term care in San Mateo County. Assistance for individuals and their family and friends who are trying to navigate the long term care system.

Peninsula Family Service - Fair Oaks Adult Activity Center

<https://www.peninsulafamilyservice.org/our-programs/older-adult-services/>..... 650-780-7525

2600 Middlefield Rd., Redwood City 94063

Contact a Case Manager and Information and Assistance Specialist to find resources regarding aging in place, transportation, food, emergency shelter, caregiver support, health and wellness, recreation, housing, and health insurance. Bilingual English & Spanish.

Senior Coastsiders

www.seniorcoastsiders.org/care-management..... 650-726-9056

925 Main St., Half Moon Bay 94019

Care Manager can connect seniors and persons with disabilities to services and programs available on the Coastside. Provides services to keep seniors and adults with disabilities as healthy, active, and independent as possible and help them age in place.

Sequoia Strong

www.seqhd.org/sequoia-strong-adults-50 650-421-2155

Sequoia Strong™ is your personal resource guide to healthy living in southern San Mateo County. All activities and services are personally recommended by the Sequoia Healthcare District for District residents. Most resources are free or low cost.

LEGAL ASSISTANCE

Family Caregiver Resource Center

www.caregiver.org/connecting-caregivers/bay-area-caregiver-center
..... 415-434-3388

Non-profit organization working with family care givers including determining eligibility for legal consultation.

California Advocates for Nursing Home Reform

www.canhr.org 1-800-474-1116

Provides referral services to a panel of attorneys specializing in elder abuse / neglect law and estate planning.

Community Overcoming Relationship Abuse (CORA)

www.corasupport.org 24 hours:1-800-300-1080
..... 650-652-0800

Serving victims of domestic violence in San Mateo County. Provides counseling, emergency housing & legal assistance.

Lawyer Referral Service

www.smcba.org/for-the-public/find-a-lawyer 650-369-4149

Non-profit service of the San Mateo County Bar Association to assist the public in finding a qualified lawyer. \$35.00 fee for a half hour consultation with an attorney.

Legal Aid Society of San Mateo County

www.legalaidsmc.org 650-558-0915

The Senior Advocates Program assists residents of San Mateo County (60+) with government benefits, elder abuse, simple wills, consumer law and debt collection, guardianships for older adults caring for young children and advanced healthcare directives.

Peninsula Conflict Resolution Center (PCRC)

www.pcrweb.org 650-513-0330

Neighborhood, family, consumer, community, landlord/tenant, and employee mediation service.

LGBTQ+ COMMUNITY SERVICES

Alzheimer's Association

www.alzconnected.org 24 hours: 1-800-272-3900
Provides emotional support including LGBTQ caregiver support groups.

CoastPride Center

<https://coastpride.org> 650-479-1902

Congregational Church of San Mateo

www.ccsm-ucc.org 650-343-3694

225 Tilton Ave., San Mateo 94401

Open, progressive & affirming Christian Congregation.

Community Overcoming Relationship Abuse (CORA)

www.corasupport.org 24 hours: 1-800-300-1080

Institute on Aging Friendship Line California

www.ioaging.org 24 hours: 1-888-670-1360

Home Care and Support Services 650-424-1411 or 415-750-4111

LGBTQ Commission of San Mateo County

www.lgbtq.smcgov.org 650-363-4467

Metropolitan Community Church (MCC) of San Francisco

www.admin@mccsf.org 415-863-4434

Openhouse

www.openhouse-sf.org 415-296-8995

Housing & community services for LGBTQ older adults.

Parents, Families & Friends of LGBTQ (PFLAG)

www.pflag.org

PFLAG San Jose / Peninsula 408-270-8182

PFLAF San Francisco 415-921-8850

Peninsula Family Services LGBTQ Peer Counseling

www.pfso.org 650-403-4300 x 4750

24 Second Ave., San Mateo 94401

SAGE LGBTQ National Elder Hotline

www.sageusa.org 1-877-360-5428

San Mateo County Pride Center

www.sanmateopride.org 650-591-0133

1021 S. El Camino Real, San Mateo 94402

Star Vista Crisis Intervention and Suicide Prevention Center

www.sanmateocrisis.org 650-579-0350

LIBRARIES

SAN MATEO COUNTY LIBRARIES

www.smcl.org..... 1-833-937-7625 or text 650-851-0147

San Mateo County Libraries offer many services, including one hour tech tutor sessions, free PrintAnywhere (25 pages), Discover & Go museum passes, rooms for meetings, loans of laptops, hotspots and other equipment, computer use, study rooms and virtual meeting spaces. Volunteer opportunities, such as book club leader, adult literacy tutor, and more are also available. For more information, check

www.smcl.org/volunteer

Atherton - 2 Dinkelspiel Station Ln., Atherton 94027

Belmont - 1110 Alameda de las Pulgas, Belmont 94002

Brisbane - 163 Visitacion Ave., Brisbane 94005

East Palo Alto - 2415 University Ave., East Palo Alto 94303

Foster City - 1000 E. Hillsdale Blvd., Foster City 94404

Half Moon Bay - 620 Correas St., Half Moon Bay 94019

Millbrae - 1 Library Ave., Millbrae 94030

North Fair Oaks - 2510 Middlefield Rd, Redwood City 94063

Pacifica Sanchez - 1111 Terra Nova Blvd., Pacifica 94044

Pacifica Sharp Park - 104 Hilton Wy., Pacifica 94044

Portola Valley - 765 Portola Rd., Portola Valley 94028

San Carlos - 610 Elm St., San Carlos 94070

Woodside - 3140 Woodside Rd., Woodside 94062

CITY LIBRARIES

Many City Libraries offer services such as technology assistance, book delivery, computer and printer use, and maker spaces. City Libraries often also offer career workshops and volunteer opportunities.

Burlingame Libraries

www.burlingame.org/library

480 Primrose Rd., Burlingame 94010..... 650-558-7400

1800 Easton Dr., Burlingame 94010..... 650-340-6180

Daly City Libraries

www.dalycity.org/211/Library

- 40 Wembley Dr., Daly City 94015 650-991-8023
- 460 Martin St., Daly City 94014 650-991-8074
- 134 Hillside Blvd., Daly City 94014 650-991-8073
- 275 Southgate Ave., Daly City 94015 650-991-8071

Menlo Park Libraries

www.menlopark.gov/Government/Departments/Library-and-Community-Services/Library

- 800 Alma St., Menlo Park 94025 650-330-2500
- 413 Ivy Drive, Menlo Park 94025 650-330-2540

Redwood City Libraries

www.redwoodcity.org/departments/library

- 1044 Middlefield Rd., Redwood City 94063 650-780-7018
- 2140 Euclid Ave., Redwood City 94061 650-780-7010
- 399 Marine Pkwy., Redwood City 94065 650-780-5740

San Bruno Library

www.sanbruno.ca.gov/342/Library

- 701 Angus Ave., San Bruno 94066 650-616-7078

San Mateo Libraries

www.cityofsanmateo.org/514/Locations-Hours

- 55 W. 3rd Ave., San Mateo 94402 650-522-7800
- 205 W. Hillsdale Blvd., San Mateo 94403 650-522-7882
- 1530 Susan Court, San Mateo 94403 650-522-7892

South San Francisco Libraries

www.ssf.net/departments/library

- 840 W. Orange Ave., So. San Francisco 94080 650-829-3860
- 306 Walnut Ave., So. San Francisco 94080 650-877-8530
- 520 Tamarack Lane, So. San Francisco 94080 650-877-8540

MENTAL HEALTH SERVICES

Mills-Peninsula Medical Center

Outpatient Behavioral Health

www.sutterhealth.org/mills/services/behavioral-health 650-696-4690

Referrals to doctors that are part of the Sutter Health network for treatment of depression, anxiety and/or chemical dependency.

National Alliance on Mental Illness of San Mateo County

www.namisanmateo.org/support/for-individuals-with-a-mental-health-diagnosis..... 650-638-0800

Older Adult System of Integrated Services (OASIS)

www.smchealth.org/article/older-adult-system-integrated-services 650-573-3689

Home visits by mental health professionals for persons (60+) with mental health diagnosis.

Peninsula Family Service 650-403-4300

www.peninsulafamilyservice.org/our-programs/older-adult-services

Peer Counseling - Trained volunteer counselors provide support to adults (55+), multiple languages available.

You Talk, We Listen - Short term confidential counseling for adults (55+) by a licensed therapist. \$15 co-pay per visit.

..... 650-403-4300, ext. 4389

San Mateo County 24 Hour Crisis Hotline (StarVista) 988

www.sanmateocrisis.org 650-579-0350

San Mateo County Behavioral Health and Recovery Services Access Call Center

www.smchealth.org/bhrs 1-800-686-0101

Information, assessment & referrals; substance abuse rehabilitation.

San Bruno VA Clinic

www.va.gov/san-francisco-health-care 650-615-6030

1001 Sneath Ln., #300, San Bruno 94066

Palo Alto VA Medical Center

www.va.gov/palo-alto-health-care/health-services/#mental-health-care 650-614-9997, ext.2237

795 Willow Rd., Menlo Park 94025

OTHER MEDICAL SERVICES

Hearing and Speech Center

www.hearingspeech.org..... 415-921-7658

1234 Divisadero St., San Francisco 94115

Medi-Cal

www.smcgov.org/hsa/health-coverage..... 1-800-223-8383

Visit or call any of the following office with questions or to apply:

400 Harbor Blvd., Bldg. B, Belmont 94002 650-802-6470

271-92nd St., Daly City 94015..... 650-301-8400

2415 University Ave., East Palo Alto 94303 650-363-4175

2500 Middlefield Rd., Redwood City 94063..... 650-599-3811

North East Medical Services (NEMS)

www.nems.org 650-550-3923

211 Eastmoor Ave., Daly City 94015

1850 Sullivan Ave., Daly City 94015

Multilingual services available to the Asian community.

Palo Alto VA Medical Centers

www.va.gov/palo-alto-health-care

795 Willow Rd., Menlo Park 94025 650-614-9997

3801 Miranda Ave., Palo Alto 94304 650-493-5000

Ravenswood Family Health Center

www.ravenswoodfhc.org 650-330-7400

1885 Bay Rd., East Palo Alto 94303

Offers comprehensive health services for all ages regardless of insurance, immigration status or ability to pay.

Ron Robinson Senior Care Center

www.smchf.org/ron-robinson-senior-care-center 650-573-2655

222 W. 39th Ave., San Mateo 94403

Outpatient clinic on the first floor of San Mateo Medical Center committed to delivering top-notch comprehensive healthcare services tailored to meet the unique needs of older adults.

- Samaritan House**
www.samaritanhousesanmateo.org 650-347-3648
- San Mateo Free Clinic**
 19 W. 39th Ave., San Mateo 94403..... 650-578-0400
- Redwood City Free Clinic**
 114 Fifth Ave., Redwood City 94063 650-839-1447
 Medical and dental services for low-income and uninsured individuals.
- San Bruno VA Outpatient Clinic**
www.va.gov/san-francisco-health-care 650-615-6000
 1001 Sneath Ln., #300, San Bruno 94066
- San Mateo County Health Clinics**
www.smchealth.org/smmc-guide-clinics 650-573-2426
 222 W. 39th Ave., 1st Floor, San Mateo 94403
- Coastside Clinic** 650-573-3941
 225 S. Cabrillo Hwy., #100A, Half Moon Bay 94019
- Daly City Health Center**..... 650-372-3200
 380 90th St., Daly City 94015
- Fair Oaks Health Center**..... 650-578-7141
 2710 Middlefield Rd., Redwood City 94063
- South San Francisco Clinic** 650-877-7070
 306 Spruce Ave., South San Francisco 94080
- San Mateo County Mobile Clinic**
www.smchealth.org/mobileclinic..... 650-573-2786
 For San Mateo residents who are homeless, uninsured, on Medi-Cal, Medicare, or San Mateo County ACE. Available on different days in South San Francisco, Redwood City and San Bruno.
- Sequoia Hospital - Health and Wellness Center**
www.dignityhealth.org/bayarea/locations/sequoia/services/health-wellness-center 650-367-5998
 749 Brewster Ave., Redwood City 94063
 Community health resource center, support groups, health screenings, fall prevention classes, and diabetes classes.

Vista Center for the Blind & Visually Impaired

www.vistacenter.org..... 650-858-0202

2500 El Camino Real, #100, Palo Alto 94306

For the blind and visually impaired: social services; training and counseling; support groups in Mandarin and Cantonese, CCTV rentals; low vision clinic and a store.

DENTAL SERVICES

Ravenswood Family Health Center

www.ravenswoodfhc.org/services/dental..... 650-289-7700

1807 Bay Rd., East Palo Alto 94303

Primary and preventative health care to all, regardless of ability to pay or immigration status.

Samaritan House

www.samaritanhousesanmateo.org 650-347-3648

San Mateo Free Clinic..... 650-578-0400

19 W. 39th Ave., San Mateo 94403

Redwood City Free Clinic 650-839-1447

114 Fifth Ave., Redwood City 94063

San Mateo County Dental Society

www.smcds.com 650-637-1121

San Mateo Referrals for dental care.

San Mateo Medical Center

www.smchealth.org/smmc-services-dental..... 650-573-3941

Coastside Clinic 650-573-3941

225 S. Cabrillo Hwy., #100A, Half Moon Bay 94019

Fair Oaks Health Center..... 650-578-7141

2710 Middlefield Rd., Redwood City 94063

Sonrisas Dental Health

www.sonrisasdental.org

430 N. El Camino Real, San Mateo 94401 650-727-3480

210 San Mateo Rd., #104, Half Moon Bay 94019..... 650-726-2411

Preventative and restorative care for patients with or without insurance.

SENIOR & COMMUNITY CENTERS

Senior and Community Centers are the entry point for many services for older adults, leisure activities and meal programs. Staff may offer information about, and referral to, services and agencies which may assist older adults to remain at home.

Well Connected - Front Porch Communities and Services

www.covia.org/programs/well-connected 1-877-797-7299

Offers free activities, conversation, classes, and support groups throughout the Bay Area to older adults. Participation is through free telephone conference calls. Available in English & Spanish.

Belmont

Twin Pines Senior & Community Center 650-595-7441

www.belmont.gov/departments/parks-and-recreation/adults-seniors

20 Twin Pines Ln., Belmont 94002

Brisbane

Brisbane Senior Center 415-508-2135

www.brisbaneca.org/parksrec/page/senior-sunrise-room

2 Visitacion Ave., Brisbane 94005

Daly City

www.dalycity.org/329/Active-AdultsSeniors

Doelger Senior Center 650-991-8012

101 Lake Merced Blvd., Daly City 94015

Lincoln Park Community Center 650-991-8018

901 Brunswick St., Daly City 94014

Bayshore Community Center 650-991-5701

450 Martin Street, Daly City 94014

War Memorial Community Center 659-991-8020

6655 Mission St., Daly City 94014

East Palo Alto

East Palo Alto Senior Center 650-853-3149

www.smc-connect.org/locations/east-palo-alto-senior-center

560 Bell St., East Palo Alto 94303

Foster City

Foster City Parks and Recreation Department

www.fostercity.org..... 650-286-2585

650 Shell Blvd., Foster City 94404

Peninsula Jewish Community Center (PJCC)

www.pjcc.org..... 650-212-7522

800 Foster City Blvd., Foster City 94404

Half Moon Bay

Senior Coastsiders

www.seniorcoastsiders.org 650-726-9056

925 Main St., Half Moon Bay 94019

Menlo Park

Menlo Park Senior Center

<https://menlopark.gov/Government/Departments/Library-and-Community-Services/Seniors-older-adults>..... 650-330-2280

Temporarily at **Arrillaga Family Recreation Center**

700 Alma St., Menlo Park 94025

Peninsula Volunteers, Inc. - Little House

<https://1pvi.org/littlehouse/>.....650-326-2025

800 Middle Ave., Menlo Park 94025

Millbrae

Millbrae Recreation Center..... 650-259-2360

<https://www.ci.millbrae.ca.us/368/Seniors>

477 Lincoln Circle, Millbrae 94030

Pacifica

Pacifica Senior Services

www.cityofpacifica.org/departments/parks-beaches-recreation/senior-services..... 650-738-7350

540 Crespi Dr., Pacifica 94044

Redwood City

Fair Oaks Adult Activity Center..... 650-780-7525

www.pfso.org

2600 Middlefield Rd., Redwood City 94063

Redwood City Veterans Memorial Senior Center www.redwoodcity.org/departments/parks-recreation-and-community-services/seniors	650-780-7270
1455 Madison Ave., Redwood City 94061	
<u>San Bruno</u>	
San Bruno Senior Center www.sanbruno.ca.gov/331/50-Senior-Center	650-616-7150
1555 Crystal Springs Rd., San Bruno 94066	
<u>San Carlos</u>	
San Carlos Adult Community Center www.cityofsancarlos.org/acc	650-802-4384
601 Chestnut St., San Carlos 94070	
<u>San Mateo</u>	
Martin Luther King Jr. Community Center www.cityofsanmateo.rec.org	650-522-7470
725 Monte Diablo, San Mateo 94401	
San Mateo Japanese American Community Center www.smjacc.org	650-343-2793
415 S. Claremont St., San Mateo 94401	
San Mateo Senior Center www.cityofsanmateo.org/638/Senior-Center	650-522-7490
2645 Alameda de las Pulgas, San Mateo 94403	
Self-Help for the Elderly www.selfhelpelderly.org	650-342-0822
50 E. 5th Ave., San Mateo 94401	
<u>South San Francisco</u>	
Robert Cerri Teglia Center www.ssf.net	650-829-3824
400 Grand Ave., South San Francisco 94080	

SUPPORT GROUPS

Regularly scheduled groups are available in the community to exchange ideas and offer mutual encouragement. Most of these organizations offer information and referral. Phone your local hospital, senior center, or religious organization for additional support group information.

Al-Anon

www.alanonmidpeninsula.org..... 650-592-7935

Alcoholics Anonymous

www.aa-san-mateo.org 650-577-1310

ALS Association

www.als.org/local-support/states/california..... 916-979-9265

Alzheimer's Association

www.alz.org/norcal..... 24-hours: 1-800-272-3900

American Cancer Society

www.cancer.org 24-hours 1-800-227-2345

American Diabetes Association

www.diabetes.org/healthy-living/seniors..... 1-800-342-2383

Arthritis Foundation

www.arthritis.org/healthy-living..... 1-800-283-7800

Breathe California

www.lungsrus.org/senior-resources 408-998-5865

Center for Independence of Individuals with Disabilities

[www.https://www.cidsanmateo.org/services/counseling-peer-support.php](https://www.cidsanmateo.org/services/counseling-peer-support.php)..... 650-645-1780

Cocaine Anonymous

www.ca.org 415-226-1300

Community Overcoming Relationship Abuse

(CORA)..... 24-hours: 1-800-300-1080

www.corasupport.org 650-652-0800

Serving victims of domestic violence in San Mateo County. Provides counseling, emergency housing & legal assistance.

Epilepsy Foundation

www.epilepsynorcal.org/support-groups..... 1-800-632-3532

- Family Caregiver Alliance**..... 1-800-445-8106
www.caregiver.org/connecting-caregivers/support-groups/
 235 Montgomery St., San Francisco 94104 415-434-3388
- Gamblers Anonymous**
www.gamblersanonymous.org 1- 855-222-5542
- Hearing Loss Association**
www.hearinglossca.org/support/peninsula-chapter/ 650-867-5256
 Volunteer organization that provides support, education, and advocacy.
 For more information, email: info@hearinglosspen.org.
- Kara**
www.kara-grief.org/support-for/adults..... 650-321-5272
- Lupus Foundation of Northern California**
www.lfnc.org/online-support-groups 408-954-8600
- National Alliance on Mental Illness of San Mateo**
www.namisanmateo.org/support/for-individuals-with-a-mental-health-diagnosis..... 650-638-0802
- National Kidney Foundation**
www.kidney.org/treatment-support 1-855.653.2273
- National Multiple Sclerosis Society**
www.nationalmssociety.org/Chapters/CAN/Services-and-Support/Social-Emotional-support..... 1-800-344-4867
- Neurological Support Network**
www.brainsupportnetwork.org/support-group 650-814-0848
 Alzheimer's, Parkinson's, and Caregiver support groups, local and virtual.
- Nicotine Anonymous**
www.nicotine-anonymous.org/find-a-meeting..... 1-877-879-6422
- Pacifica Stroke Association** 650-565-8485
www.pacificstrokeassociation.org/stroke-support-groups
- Peninsula Family Service Peer Counseling**
www.pfso.org..... 650-403-4300 x 4750
 Trained volunteer counselors provide support to adults (55+) in English, Mandarin, Spanish, Tagalog, and to the LGBTQIA+ community.
- Vista Center for the Blind & Visually Impaired**
www.vistacenter.org..... 650-858-0202

TECHNOLOGY

Most libraries and many senior centers provide support and instructions helping older adults to make the best use of their smart phones, tablets, and laptops. Check your local library and senior center for details.

AARP Senior Planet 1-888-713-3495
www.seniorplanet.org/about/our-purpose 650-918-5570

Courses and information helping older adults use technology to learn new skills, save money, get in shape, and make new friends. Senior Planet @Avenidas, located in Palo Alto, offers tech tutoring and other courses in English and Mandarin.

Community Tech Network (CTN)
www.communitytechnetwork.org 1-855-983-0318

Nonprofit organization seeking to eliminate the digital divide by providing digital skills training while helping learners to acquire home internet and a device.

GCF Global LearnFree.org
<https://edu.gcfglobal.org/en/>

GCFLearnFree.org offers more than 200 topics, including more than 2,000 lessons, more than 1,000 videos, and more than 50 interactives and games, completely free.

Peninsula Family Service - Help@Hand 650-403-4300 x 4750
www.pfso.org

Offers the opportunity to attend Get App-Y workshops, in person or virtually, to learn new technology skills and how to use APPs to improve health and wellness. Services available in English and Spanish.

Peninsula Volunteers, Inc. (PVI)
<https://1pvi.org> 650-326-2025

Offers a variety of technology classes and a tech lab that are affordable for seniors on a tight budget.

TRANSPORTATION

Call each program for the status of service, eligibility, fee, route, and schedule details.

City of Menlo Park Shuttles

www.menlopark.gov/shuttles..... 650-330-6770

Free community shuttles for the general public. Crosstown Shuttle offers scheduled weekday service around Menlo Park and parts of Palo Alto, with connections to regional transit agencies. Shoppers' Shuttle offers door-to-door service around Menlo Park and to Palo Alto, Redwood City on Tuesdays, Wednesdays, and Saturdays. All shuttles are wheelchair accessible and have bicycle racks.

City of Pacifica Connect a Ride

www.cityofpacific.org/departments/parks-beaches-recreation/senior-services..... 650-738-7353

Participant must be a Pacifica resident (65+). Rides must begin or end in Pacifica. All locations within the City of Pacifica, to/from Colma Bart Station and rides to/from hospitals between Daly City and Burlingame.

City of San Mateo Get Around..... 650-522-7490

www.cityofsanmateo.org/3795/Get-Around-Senior-Rides-Program

City of San Mateo residents (60+). 8 one-way trips per month for \$5 per ride; \$2 per ride if the Recreation Fee Assistance is approved. On demand, 24/7 service. Register online in person or by mail: 2645 Alameda de las Pulgas, San Mateo 94403.

City of South San Francisco Shuttle..... 650-877-8550

www.ssf.net/services/free-south-city-shuttle

Free weekday shuttle service within South San Francisco and to SamTrans and BART.

Friends in Service to Humanity (FISH)..... 650-593-1288

Rides to medical appointments Mon.-Fri. 9am-4pm. Requires 5 business days' notice in advance. Serves residents of Belmont, San Carlos & Redwood City in cooperation with Sequoia Village.

Peninsula Family Service (PFS) Got Wheels....650-403-4300 x 4750

www.pfso.org

Up to 6 taxi rides per month at \$5 per one-way ride point-to-point in Daly City, Colma, Brisbane, South San Francisco, San Bruno, Millbrae, Burlingame, Hillsborough, Half Moon Bay, El Granada, Moss Beach, and Montara for residents (70+).

Peninsula Jewish Community Center (PJCC) Get Up & Go

<https://pjcc.org/programs/senior-transportation/> 650-378-2750

Free senior transportation program Monday–Friday. PJCC membership is not necessary and there are no income or religious affiliation requirements. Reservations are required no later than the Wednesday in the week prior to the date transportation is **needed**.

Peninsula Volunteers, Inc. Little House RIDE PVI

www.1pvi.org/ridepvi 650-272-5040

Low-cost or no-cost Lyft or Uber rides between your residence and doctor, dentist, grocery stores, pharmacies, and senior centers. Serving most of San Mateo County. Registration required.

San Mateo County Transit District (SamTrans)

www.samtrans.com

Bus Service..... 1-800-660-4287

All buses are wheelchair accessible. Seniors and people with disabilities can pay a reduced fare with proof of eligibility. Call Customer Service for schedule information.

Ride Plus

www.samtrans.com/microtransit-samtrans-ride-plus 650-238-5880

On demand ride service within two service areas: Half Moon Bay/El Granada and East Palo Alto/Belle Haven. Ride Plus can take you anywhere, including bus routes 117 and 294 (HMB) or 280, 281, and 296 (EPA/Belle Haven). the grocery store, events, activities, or your job.

Redi-Wheels and RediCoast..... 1-800-660-4287

Curb-to-curb paratransit service for people whose disabilities prevent them from riding accessible San Trans buses. Call for certification information. Redi-Wheels serves San Mateo County except for the coast south of Pacifica. RediCoast serves the Coastsides.

TRANSPORTATION SERVICES

Provided by Senior/Community Centers

Some agencies provide transportation services related only to their programs. Call each service for eligibility, fee, route, and schedules.

Belmont Twin Pines Senior & Community Center

www.belmont.gov..... 650-595-7444

20 Twin Pines Ln., Belmont 94002

East Palo Alto Senior Center

<https://www.smc-connect.org/locations/east-palo-alto-senior-center>

..... 650-329-5900

560 Bell St, East Palo Alto, CA 94303

Menlo Park Senior Center

www.menlopark.gov..... 650-330-2200

700 Alma St., Menlo Park, CA 94025

Pacifica Senior Services

www.cityofpacifica.org..... 650-738-7350

540 Crespi Dr., Pacifica 94044

Peninsula Volunteers, Inc. - Rosener House Adult Day Services

www.penvol.org/rosenerhouse..... 650-322-0126

500 Arbor Rd., Menlo Park 94025

Roberta Cerri Teglia Center

www.ssf.net..... 650-829-3820

601 Grand Ave., South San Francisco 94080

San Bruno Senior Center

www.sanbruno.ca.gov..... 650-616-7150

1555 Crystal Springs Rd., San Bruno 94066

Senior Coastsiders

www.seniorcoastsiders.org..... 650-726-9056

925 Main St., Half Moon Bay 94019

Senior Coastsiders provides transportation to the Center Monday through Friday so people may participate in the classes, activities, and lunch. Grocery shopping is available once a week. Call the Center to arrange a ride.

TRANSPORTATION RESOURCES

Call each program for status of service, eligibility, fee, and schedule details.

AARP Driver Safety Classes

www.aarp.org/drive 1-888-227-7669

Nation's largest classroom and online driver safety course designed especially for drivers (50+).

California Highway Patrol (CHP)

Age Well-Drive Smart Older Driver Traffic Safety Seminars

www.chp.ca.gov/programs-services/programs/age-well-drive-smart

..... 916-843-3000

Addresses older drivers' safety/mobility. Seminar topics include myths about older drivers; compensating for age related changes; "Tune Up" your driving skills; rules of the road; safe driving tips and transportation alternatives.

Clipper Card

www.clippercard.com/ClipperWeb/discounts 1-877-878-8883

Senior Clipper Cards (65+) provide discounts on public transportation including BART, Caltrain, and SamTrans. Apply by mail, email, fax, or in person.

Department of Motor Vehicles-Disabled Person Parking Placard

www.dmv.ca.gov/portal/dmv-virtual-office/dpp-application/

..... 1-800-777-0133

Placard to hang from the rear view mirror for people who are mobility impaired. Allows parking in specially designated parking spaces. Apply online or in person.

San Mateo County Transit District (SamTrans) - Mobility Ambassadors

<https://www.samtrans.com/rider-info/seniors> 650-508-6362

Mobility Ambassadors are volunteers who help older adults and adults with disabilities become familiar with their transportation options.

VILLAGES

“Villages” are virtual communities of neighbors helping neighbors. They are nonprofit membership organizations, largely run by volunteers. The goal is to make it possible for older adults to continue living in their own homes and communities as they age, by providing services such as transportation, technology assistance, and minor home repairs. The Village programs emphasize home safety, healthy living, and social interaction. Members pay dues to belong to the Village, and there are typically a number of different levels of membership that can be seen on the website for each Village listed below. Financial assistance is often available for those with lower income levels.

Avenidas Village

www.avenidas.helpfulvillage.com 650-289-5405

450 Bryant St., Palo Alto 94301

Serving Palo Alto and surrounding communities.

Brisbane Village Helping Hands

www.brisbanevillage.org 415-508-2185

Serving residents of Brisbane.

Foster City Village

www.fostercityvillage.org 650-378-8541

Community Center - 1000 E. Hillsdale Blvd., Foster City 94404

Serving residents in the 94404 ZIP Code.

Villages of San Mateo County

is the umbrella 501(c)(3) nonprofit organization for three local Villages in San Mateo County. www.villagesofsmc.org

Mid-Peninsula Village 650-260-4569

PO Box 813, San Carlos 94070

Serving San Mateo, Burlingame, Hillsborough, Millbrae & San Bruno.

Sequoia Village 650-260-4569

PO Box 813, San Carlos 94070

Serving Belmont, San Carlos, Redwood City & Redwood Shores.

Village of the Coastside 650-440-5030

PO Box 1595, El Granada 94018

Serving Half Moon Bay, El Granada, Moss Beach, Montara, Pacifica, Skyline, and Pescadero.

VOLUNTEER SERVICES

Below is a list of organizations that focus a significant portion of their work on connecting individuals with volunteer opportunities. Many of the organizations listed throughout this resource guide also rely on volunteers. If there is an organization that focuses on a cause that aligns with your interests, call them to inquire about any volunteer opportunities they may have. Many senior centers, libraries, hospitals, and schools also coordinate volunteer services in their communities.

AmeriCorps Seniors

www.americorps.gov/serve/american-seniors

Volunteers (55+) serve with organizations dedicated to helping others.

City of San Mateo Get Connected

<https://cityofsanmateo.galaxydigital.com/need/> 650-522-7277

Create the Good

<http://www.createthegood.org>..... 1-866-740-7719

ARRP program that connects to volunteer opportunities.

Engage

www.engage.pointsoflight.org

A new website for creating, sharing, and participating in volunteering opportunities.

Hands On Bay Area

www.handsonbayarea.org..... 415-541-9616

Connects people with high-quality volunteer projects through their extensive network of local nonprofits and schools in need.

Volunteer Match

www.volunteermatch.org..... 415-241-6868

Website that connects people with volunteer opportunities at local organizations and causes.

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Acknowledgements

**San Mateo County
Board of Supervisors**

**San Mateo County
Commission on Aging**

**San Mateo County Health System
Aging and Adult Services Division**

**Commission on Aging
Resource, Access & Inclusion Committee**

Please email Lindsey Joyner, ljoyner@smcgov.org at San Mateo County Aging and Adult Services to report corrections for the next edition, or to request printed copies in English, Spanish, or Chinese.

For a PDF version of the Help at Home resource guide,
or to view the information online,
connect to one of the following websites:

www.smchealth.org/helpathome

or

www.sanmateo.networkofcare.org/aging