

HELP AT HOME



2015-2017

A guide to assist
San Mateo County residents
to remain at home

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 remain in their own homes when they are ill, disabled or in crisis.

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. Individual providers are not listed in this booklet.

Information in Help at Home is subject to change; for the most current information,

visit www.smchealth.org/helpathome

NETWORK OF CARE

www.sanmateo.networkofcare.org/aging

This comprehensive internet-based resource is for older adults and adults with disabilities, as well as their caregivers, service providers and families.

This website, **www.sanmateo.networkofcare.org/aging** 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.

The "My Folder" feature allows users to store and organize important medical and healthcare-related information about themselves on a secure, Verisign-encrypted server. Users, if they choose to, can grant access to these files to others, such as a physician, lawyer, family member, trusted caregiver or friend.

Other resources include links to pertinent websites from across the nation; a comprehensive library; prescription assistance; community message boards; and fall prevention information.

Acknowledgments

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**Special appreciation to Lindsey Joyner
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Please contact **Lindsey Joyner 650-573-2643** 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 PDF versions of the *Help at Home* online:
www.smchealth.org/helpathome
or
www.sanmateo.networkofcare.org/aging**



Unless otherwise noted all phone numbers listed in this guide are in the 650 area code.

Area codes 800, 877 and 888 are toll-free.

California Relay Service 711

TABLE OF CONTENTS

General Information and Assistance	1
Emergency / Crisis Services	2
Adult Day Care (Social)	3
Adult Day Health Care (Medical)	3
Aging and Adult Services	4
Other Aging and Adult Services Resources	
Care at Home	6
Home Care Aide Agencies	
Home Health Care Agencies	
In-Home Supportive Services	
Referral Agencies	
Dementia Care	12
Employment and Training	13
Family Caregiver Support Services	13
Financial Assistance, Government Programs, Insurance	14
Utility Services	
Food and Nutrition Services	16
Grocery Shopping and Food Services	
Home Delivered Meals of San Mateo County	
Senior Nutrition Sites	
Home Safety and Medical Equipment	19
Durable Medical Equipment	
Durable Medical Equipment - Loaned	
Home Modification and Adaptive Equipment	
Home Safety	
Medical Emergency Response	
Hospitals and Medical Centers	22
Housing Options and Referrals	23
Information and Referral, Assistance, Advocacy	24
Legal Assistance	27

Lesbian, Gay, Bisexual & Transgender Community Services.	28
Mental Health Services.	28
Other Medical / Dental Services.	29
Senior Centers.	32
Additional Resources for Information	
Support Groups.	36
Transportation.	40
Other Transportation Resources	
Volunteer Services.	43

LANGUAGE ASSISTANCE

Chinese:

安老自助處

Lincoln Community Center.	991-8018
Peninsula Family Service, Senior Peer Counseling.	403-4300 x4392
Self-Help for the Elderly.	342-0822

Japanese:

サンマテオ日系市民協会コミュニティセンター

San Mateo Japanese American Community Center.	343-2793
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Spanish / Espanol:

Lincoln Community Center.	991-8018
Nuestro Canto de Salud.	373-1080
Peninsula Family Service, Fair Oaks Adult Activity Center.	780-7525
La Esperanza Vive.	403-4300 x4321
Samaritan House.	347-3648

Tagalog / Sa Tagalog:

Lincoln Community Center.	991-8018
Peninsula Family Service, Senior Peer Counseling.	403-4300 x4363

General Information and Assistance

Healthy Aging Response Team (HART). 991-5558

www.dcpartnership.org
101 Lake Merced Blvd., Daly City 94015

North County: Daly City, Colma, Pacifica, Brisbane, South San Francisco, and San Bruno

Peninsula Family Service

Fair Oaks Adult Activity Center. 780-7542

www.peninsulafamilyservice.org
2600 Middlefield Rd., Redwood City 94063

South County: Belmont, Woodside, Portola Valley, San Carlos, Atherton, Redwood City, Menlo Park, and East Palo Alto

Self-Help for the Elderly. 342-0822

www.selfhelpelderly.org
50 E. 5th Ave., San Mateo 94401

Central County: Millbrae, San Mateo, Burlingame, Foster City, and Hillsborough

Senior Coastsiders. 726-9056

www.seniorcoastsiders.org
925 Main St., Half Moon Bay 94019

Coastside: Montara, Half Moon Bay, Pescadero, Moss Beach, San Gregorio, La Honda, El Granada, Loma Mar, and Princeton-by-the-Sea

TIES 24-hour response. 1-800-675-TIES (8437)

www.smchealth.org/TIES. **(California Relay Service) 711**

TIES serves as the main entry point for Aging and Adult Services, including Adult Protective Services, within the Health System.

EMERGENCY / CRISIS SERVICES

Emergency calls for ambulance, fire, highway patrol or police services.911

Adult Protective Services. 1-800-675-TIES (8437)

www.smchealth.org/elderabuse. 573-3900

Staff investigates and develops care plans for older adults (age 65 or over) and dependent adults (between 18 and 64 years of age) who are at risk of neglect, abandonment, isolation, abduction, or physical, mental and/or financial abuse.

Alcohol and Drug Helpline.573-3950

24-hour information and referral to substance abuse services.

Community Overcoming Relationship Abuse

(CORA). 1-800-300-1080

www.corasupport.org.312-8515

Crisis Intervention and Suicide Prevention Center

www.star-vista.org. 1-800-273-TALK (8255)

24-hour response

San Mateo County

Behavioral Health and Recovery Services

Call Center Access. 1-800-686-0101

www.smchealth.org/bhrs

Information, assessment, and referral.

ADULT DAY CARE (SOCIAL)

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

Catholic Charities CYO

San Carlos Adult Day Services 592-9325

www.catholiccharitiessf.org

787 Walnut St., San Carlos 94070

Community Gatepath 259-8500

www.gatepath.org

350 Twin Dolphin Dr., #123, Redwood City 94065

Senior program and other therapeutic services for people with disabilities.

Peninsula Volunteers, Inc.

Rosener House Adult Day Services 322-0126

www.penvol.org/rosenerhouse

500 Arbor Rd., Menlo Park 94025

South San Francisco

Adult Day Care Center 829-3824

www.ssf.net

601 Grand Ave., South San Francisco 94080

ADULT DAY HEALTH CARE (MEDICAL)

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

Coastside Adult Day Health Center 726-5067

www.coastsideadultdayhealth.org

925 Main St., Half Moon Bay 94019

Mills-Peninsula Senior Focus 696-3660

Adult Day Health Center &

Alzheimer's Day Care Resource Center

www.mills-peninsula.org/seniors

1720 El Camino Real, #10, Burlingame 94010

AGING AND ADULT SERVICES

A DIVISION OF SAN MATEO COUNTY HEALTH SYSTEM

225 37th Ave., San Mateo 94403

www.smchealth.org/aas

TIES 24-hour response. 1-800-675-TIES (8437)

www.smchealth.org/TIES. **(California Relay Service) 711**

TIES 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. TIES also provides phone support and counseling on issues of concern to older and dependent adults with disabilities and their families.

Call 1-800-675-TIES (8437) to reach, obtain information about, or refer someone to the following programs:

Adult Protective Services

www.smchealth.org/elderabuse

Staff investigates and develops care plan for older adults (age 65 or over) and dependent adults (between 18 and 64 years of age) who are at risk of neglect, abandonment, isolation, abduction, or physical, mental and/or financial abuse.

In-Home Supportive Services (IHSS)

www.smchealth.org/ihss

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

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

Multipurpose Senior Services Program (MSSP)

Offers a comprehensive case management program designed to enable Medi-Cal eligible frail older persons (age 65 or over) to remain in their homes.

Public Administrator. (Referral Line) 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 Guardian / Conservatorship Program

www.smchealth.org/publicguardian

Provides protective case management and financial services to court-appointed conservatees who are unable to manage their own personal needs and/or finances due to physical or mental disabilities and whose families are unable to provide these services.

OTHER AGING AND ADULT SERVICES RESOURCES

Area Agency on Aging. 573-3900

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, local and private funds that support a coordinated network of community-based services for older adults and adults with disabilities.

Commission on Aging. 573-3900

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 (age 60 or over). 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. 573-3900

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.

In-Home Supportive Services Advisory Committee

www.smchealth.org/ihss.573-3900

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.

Public Authority. 573-3900

www.smchealth.org/ihss/publicauthority

Assists In-Home Supportive Services (IHSS) consumers in need of a homecare worker by maintaining a list of qualified individuals who are interested in working as an independent provider. Registry workers who have passed background checks are referred to IHSS consumers based on their needs. A registry specialist is available to provide assistance to consumers who require additional help in hiring a provider or in establishing a positive relationship with their worker. Also provides personnel services for IHSS providers 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.

CARE AT HOME

Care at Home refers to a wide spectrum of personal and health related services as well as organizations that provide equipment and supplies to patients and clients in their place of residence.

HOME CARE AIDE AGENCIES

Home Care Aide Agencies offer a wide spectrum of non-medical personal care and domestic support services provided by Certified Home Health Aides, Certified Nurses Aides, Personal Care Aides, Attendants, Homemakers, and Companion/Sitters. Staff are available on a continuous hourly or live-in basis. Many agencies also provide respite care services. All personnel are employees of, and supervised by, the Home Care Aide Agency. The agencies withhold taxes, provide workers' compensation insurance, and typically do criminal background checks and bond and insure their employees. There is no licensure mechanism available in California for these agencies.

AccentCare Home Health 1-800-734-1604

www.accentcare.com

3170 Crow Canyon Pl., #270, San Ramon 94583

Care for Seniors24-hours: 1-866-929-9669

www.careforseniorsagency.com342-9111

3 W. 37th Ave., #8, San Mateo 94403

Care Resource 301-3270

www.careresourcehome.com

401 Hillside Blvd., Daly City 94014

ComForcare Senior Services 474-0000

www.comforcare.com

611 Veterans Blvd., Redwood City 94063

Comfort Keepers1-408-446-1199

www.comfortkeepers.com

10061 Pasadena Ave., #B, Cupertino 95014

Divine Home Care 931-2299

www.divinehomecareca.com

2555 Flores St., #260, San Mateo 94403

Home Care Assistance1-866-4-LIVE-IN (454-8346)

www.homecareassistance.com

148 Hawthorne Ave., Palo Alto 94301.462-6900

102 S. El Camino Real, San Mateo 94401. 401-3670

Home Helpers of San Mateo County532-3122

www.homecaresanmateoca.com

Home care services-meals, transportation, light housekeeping,
laundry, companionship and personal care.

Home Instead Senior Care522-8009

www.seniorsbayarea.com

2207 S. El Camino Real, San Mateo 94403

Home Sweet Home Care1-415-776-7337

www.homesweethomecare.com
825 Van Ness, #500, San Francisco, 94109

Homecare Professionals757-4717

www.hcprosonline.com
295-89th St., #107, Daly City 94015

Huddleston Care, LLC343-1945

www.huddlestoneycare.com

Institute on Aging:

In Home Assistance and Older Adults

Care Management 1-866-926-6226

www.ioaging.org
291 Lambert Ave., Palo Alto 94306

Interim Personal Care and Support 480-5702

www.interimhealthcare.com
303 Twin Dolphin Dr., #600, Redwood City 94065
24-hour personal care and support in home.

Kaiser Permanente Medical Center

Home Health Agency 1-415-833-2770

(For Kaiser members only)
www.kp.org

Kindred at Home1-866-841-8902

www.kindredathome.com
355 Gellert Blvd., #110, Daly City 94015

LWF Home Care Specialists 1-800-631-6550

www.lwfhomecare.com

Matched CareGivers 839-2273

www.matchedcaregivers.com
1800 El Camino Real, #B, Menlo Park 94025

Medical Care Professionals.583-9898

www.medicalcareprofessionals.com
363 El Camino Real, #215, South San Francisco 94080

Pathways Private Duty. 1-888-600-2273

www.pathwayshealth.org.1-408-730-1500
585 N. Mary Ave., Sunnyvale 94085

Reliable Caregivers, Inc.1-415-436-0100

www.reliablecaregivers.com
1700 California St., #400, San Francisco 94109

Right at Home.361-1265

www.rah-sfpeninsula.com
483 Seaport Ct., #104, Redwood City 94063

Senior Assist of the Peninsula, LLC.343-5833

www.seniorassistpeninsula.com
1720 Marco Polo Way, #E, Burlingame 94010

Senior Helpers. 343-6770

www.seniorhelpers.com
2121 S. El Camino, #450, San Mateo 94403

Seniors•At•Home

Jewish Family and Children's Services

www.seniorsathome.org 931-1860

Supple Senior Care.993-8036

www.suppleseiniorca.com
1 Appian Way, #714-11, South San Francisco 94080

Synergy Home Care of San Mateo. 703-6087

www.synergyhomecare.com/sanmateo
1710 S. Amphlett Blvd., #128, San Mateo 94402

HOME HEALTH CARE AGENCIES

Home Health Care Agencies are licensed by the State of California to provide skilled nursing (RN and/or LVN) 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. These services require a physician's order and the need for skilled care. Ask the agency if it accepts Medicare, Medi-Cal or private insurance. Hospice Services provides physical and emotional care for terminally ill patients and their families. Agencies marked with this symbol (*) are Hospice Certified agencies.

Alegre Home Care. 757-2000

www.alegrecare.com

777 Mariners Island Blvd., #115, San Mateo 94404

Amedisys Home Health Services. 1-800-380-3886

www.amedisys.com

1710 Gilbreth Rd., #301, Burlingame 94010

* **Hospice by the Bay.** 1-415-626-5900

www.hospicebythebay.org

1902 Van Ness Ave., 2nd Floor, San Francisco 94109

* **Kaiser Permanente Medical Center**

Hospice Department. 1-415-833-3655
(For Kaiser members only)

www.kp.org

4131 Geary Blvd., 3rd Floor, San Francisco 94118

Kindred at Home. 1-866-841-8902

www.kindredathome.com

355 Gellert Blvd., #110, Daly City 94015

Maxim Healthcare Services. 1-866-535-7551

www.maximumhomecare.com. 286-1245

1900 Alameda de las Pulgas, #108, San Mateo 94403

* **Mission Hospice and Home Care.** 554-1000

www.missionhospice.org

1670 S. Amphlett Blvd., #300, San Mateo 94402

Nursing and Rehab at Home. 286-4272

www.nursingandrehabathome.org

1301 Shoreview Rd., #109, Belmont 94002

- * **Pathways Private Duty**1-888-755-7855
www.pathwayshealth.org1-408-730-5100
 585 N. Mary Ave., Sunnyvale 94085
- Professional Home Care Associates**1-800-919-8090
www.prohomecare.com306-1100
 1040 Brewster Ave., Redwood City 94062
- * **Silverado Bay Area Hospice**226-4152
www.silveradocare.com
- Staffing Home Care**737-0777
 3540 Callan Blvd., #203, South San Francisco 94080
- * **Sutter Care at Home**685-2800
www.sutterhealth.org
 700 S. Claremont St., #220, San Mateo 94402
- Therapy in your Home**1-408-358-0201
www.therapyinyourhome.net
- * **Veterans Affair Health Care System**
Hospice Care Program1-800-455-0057
www.paloalto.va.gov
 3801 Miranda Ave., Palo Alto 94304.493-5000
 795 Willow Rd., Menlo Park 94025.614-9997
- * **VITAS Innovative Hospice Care**350-1835
www.vitas.com
 1400 Fashion Island Blvd., #920, San Mateo 94404

IN-HOME SUPPORTIVE SERVICES (IHSS)573-3900

www.smchealth.org/ihss
 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.

REFERRAL AGENCIES

These agencies recruit, screen and refer caregivers. They place caregivers with clients and generally collect 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 employer/employee payroll taxes or workers' compensation insurance. There is no licensure mechanism available in California for these agencies.

- 1Plus1 Senior Care.** 212-0663
www.1plus1seniorcare.com
 24-hour home care referrals.
- A1 Care.** 1-866-995-3300
www.a1care.com
- From the Heart Senior Services.** 1-866-245-5980
www.fromthehearthomecare.com
 24-hour referrals. No minimum shift required.
- Nurse Registry.** 462-1001
www.nurseregistry.com

DEMENTIA CARE

These agencies provide information, support and services to clients with Alzheimer's disease or related dementia and to their caregivers and families.

- Alzheimer's Association.** 1-800-272-3900
www.alz.org/norcal
 2290 N. First St., #101, San Jose 95131

Catholic Charities CYO

- San Carlos Adult Day Services.** 592-9325
www.catholiccharitiessf.org
 787 Walnut St., San Carlos 94070

- Family Caregiver Alliance.** 1-800-445-8106
www.caregiver.org. 1-415-434-3388
 Services for families and friends who are concerned with, or caring for, brain-impaired adults.

Mills-Peninsula Senior Focus

- Alzheimer's Day Care Resource Center.** 696-3660
www.mills-peninsula.org/seniors
 1720 El Camino Real, #10, Burlingame 94010

Peninsula Volunteers, Inc.

- Rosener House Adult Day Services.** 322-0126
www.penvol.org/rosenerhouse
 500 Arbor Rd., Menlo Park 94025

EMPLOYMENT AND TRAINING

Peninsula Family Service

Second Career Employment Program. 403-4300

www.peninsulafamilyservice.org

24 Second Ave., San Mateo 94401

Provides training and job placement to eligible people age 60 or over who meet certain income qualifications; job search and assistance and resume critiquing.

FAMILY CAREGIVER SUPPORT SERVICES

Alzheimer's Association. 1-800-272-3900

www.alz.org/norcal

Coastside Adult Day Health Center. 726-5067

www.coastsideadultdayhealth.org

925 Main St., Half Moon Bay 94019

Edgewood Center for Children and Families

www.edgewood.org. 832-6910

Family Caregiver Alliance. 1-800-445-8106

www.caregiver.org. 1-415-434-3388

Kimochi, Inc. 346-0849

www.kimochi-inc.org

Legal Aid Society of San Mateo County. . 1-800-381-8898

www.legalaidsmc.org. 558-0915

Mills-Peninsula Health Services

Senior Focus. 696-3660

www.mills-peninsula.org/seniors

Neurological Support Network. 814-0848

www.brainsupportnetwork.org

Caregiver Support Groups dealing with Alzheimer's Disease, Parkinson's Disease, Lewy Body Dementia, Progressive Supranuclear Palsy, Multiple System Atrophy, Frontotemporal Dementia and any other neurodegenerative disease.

FINANCIAL ASSISTANCE, GOVERNMENT PROGRAMS, INSURANCE

Health Plan of San Mateo (HPSM).1-800-750-4776
 www.hpsm.org.616-0050
(TTY)1-800-735-2929

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 dual eligibility who have both Medicare and Medi-Cal.

Health Insurance Counseling Advocacy Program

(HICAP).1-800-434-0222
 www.hicapsanmateocounty.org.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.

Medi-Cal.1-800-223-8383

For information or to apply, call appropriate office:

East Palo Alto, Menlo Park. 363-4175

Atherton, Portola Valley, Redwood City, Woodside.599-3811

Belmont, Burlingame, Foster City, Hillsborough, Millbrae,
 San Carlos, San Mateo.802-5018

El Granada, Half Moon Bay, La Honda, Loma Mar, Montara,
 Moss Beach, Pescadero, Princeton-by-the-Sea,
 San Gregorio. 573-3949

Brisbane, Colma, Daly City, Pacifica301-8400

San Bruno, South San Francisco.877-5663

For inpatients / outpatients at San Mateo Medical Center
 573-2349

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

Peninsula Family Service

Second Career Employment Program. 403-4300
www.peninsulafamilyservice.org
24 Second Ave., San Mateo 94401
Provides training and job placement to eligible people age 60 or over.

Social Security / Medicare Eligibility / SSI

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

TIES 24-hour response. 1-800-675-TIES (8437)

www.smchealth.org/TIES. **(California Relay Service) 711**
TIES 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. TIES also provides phone support and counseling on issues of concern to older and dependent adults with disabilities and their families.

Veterans Services.802-6598

A division of San Mateo County Human Services Agency
Assists veterans, survivors, and dependents of veterans in gaining access to benefits based on military service. Advocates on their behalf.

UTILITIES SERVICES

AT&T (telephone). 1-800-772-3140

www.att.com
Information on special services for elderly and disabled.

PG&E. 1-800-743-5000

www.pge.com
Assists low-income, disabled and senior citizen customers through numerous programs and community outreach projects.

FOOD AND NUTRITION SERVICES

Restaurants on the Run1-800-510-3663

www.rotr.com

Serves the bay area but not the Coastside.
(Half Moon Bay or Pacifica)

GROCERY SHOPPING AND FOOD SERVICES

Second Harvest Food Bank

www.shfb.org.1-800-984-FOOD (3663)

Call Food Connection (1-800-984-3663) to find out about food, hot meals and pantries in your community:

Brown Bag Program - groceries for adults 60 or over & disabled adults 55 or over

CalFresh (Food Stamps) - money for groceries

Family Harvest - groceries for families with minor children

Produce Mobile - fruit/vegetables

Shopping Assistance for Seniors (SASH)

San Bruno.616-7155

San Mateo.522-7494

Matches seniors with volunteers who will grocery shop for them. Volunteers will initially pay for the groceries and are reimbursed by the senior when delivery is made. Ask for the SASH coordinator.

HOME DELIVERED MEALS OF SAN MATEO COUNTY

Applicants must be unable to shop and / or safely prepare meals on their own and do not have adequate assistance.

The program is donation based and financial contributions are welcome.

For information about the program, call:

Belmont to East Palo Alto 323-2022

www.penvol.org

Montara to Half Moon Bay 726-9056

www.seniorcoastsiders.org

Pacifica 738-7350

www.cityofpacifica.org

San Mateo to Daly City 1-800-675-TIES (8437)

Self-Help for the Elderly 342-0822

www.selfhelpelderly.org

Chinese meals available.

SENIOR NUTRITION SITES

Some sites have a suggested donation; others have a set fee. Days of service vary. Call for more information.

City of San Mateo Senior Center 522-7490

www.cityofsanmateo.org

2645 Alameda de las Pulgas, San Mateo 94403

Doelger Senior Center 991-8012

101 Lake Merced Blvd., Daly City 94015

East Palo Alto Senior Center 329-5900

560 Bell St., East Palo Alto 94303

- Lincoln Community Center** 991-8018
901 Brunswick St., Daly City 94014
- Magnolia Senior Center** 829-3820
www.ssf.net
601 Grand Ave., South San Francisco 94080
- Martin Luther King Jr. Community Center** 522-7498
www.cityofsanmateo.org
725 Monte Diablo, San Mateo 94401
- Menlo Park Senior Center** 330-2282
www.menlopark.org
100 Terminal Ave., Menlo Park 94025
- Pacifica Senior Services** 738-7384
www.cityofpacifica.org
540 Crespi Dr., Pacifica 94044
- Peninsula Family Service**
Fair Oaks Adult Activity Center 780-7525
www.peninsulafamilyservice.org
2600 Middlefield Rd., Redwood City 94063
- Peninsula Volunteers, Inc.**
Little House 326-2025
www.penvol.org/littlehouse
800 Middle Ave., Menlo Park 94025
- Redwood City Veterans Memorial Senior Center**
www.redwoodcity.org/parks/cc/. 780-7259
1455 Madison Ave., Redwood City 94061
- San Bruno Senior Center** 616-7150
www.sanbruno.ca.gov
1555 Crystal Springs Rd., San Bruno 94066
- San Carlos Adult Community Center** 802-4384
www.cityofsancarlos.org/acc
601 Chestnut St., San Carlos 94070
- Self-Help for the Elderly** 342-0822
www.selfhelpelderly.org
50 E. 5th Ave., San Mateo 94401

Senior Coastsiders 726-9056
www.seniorcoastsiders.org
925 Main St., Half Moon Bay 94019

Twin Pines Senior Center 595-7444
www.belmont.gov
20 Twin Pines Ln., Belmont 94002

HOME SAFETY AND MEDICAL EQUIPMENT

DURABLE MEDICAL EQUIPMENT

Ask each medical supplier if their services are covered by Medicare, Medi-Cal or private insurance.

Admiral Medical Supplies 697-0900
www.admiralmedical.com
357 El Camino Real, Millbrae 94030

Apria Healthcare

www.apria.com
480 Carlton Ct. 1-800-788-5007
South San Francisco 94080. 588-9744
(Serves residents in zip codes 94080-94402)
3905 Bohannon Dr., Suites C-G. 1-800-801-9001
Menlo Park 94025. 330-2420
(Serves residents in zip codes 94403 - Mountain View)

Bay City Medical Supplies 347-6606
www.baycitymedicalsupplies.com
1465-A Chapin Ave., Burlingame 94010

Lincare 1-888-747-0181
www.lincare.com 1-925-468-0712

Also call your local pharmacy for information about small equipment and supplies.

DURABLE MEDICAL EQUIPMENT - LOANED

Coastside Adult Day Health Center. 726-5067

www.coastsideadultdayhealth.org

925 Main St., Half Moon Bay 94019

Lends medical home equipment such as walkers, wheelchairs, shower chairs and bedside commodes.

Also call your senior center for information about small equipment and supplies.

HOME MODIFICATION AND ADAPTIVE EQUIPMENT

California Telephone Access Program

(CTAP). 1-800-806-1191

www.californiaphones.org (TTY) 1-800-806-4474

Distributes free, specialized telecommunications equipment and services for individuals who have difficulty using a standard telephone for a variety of different medical reasons.

Center for Independence of Individuals with Disabilities

www.cidsanmateo.org. (TTY) 522-9313

1590 El Camino Real, #C, San Bruno 94066. 589-8994

2001 Winward Way, #103, San Mateo 94404. 645-1780

Assistive technology; housing modification; advocacy and personal assistance programs; independent living skills; financial counseling; peer counseling and support groups; information and referral.

Habitat for Humanity. 1-800-HABITAT (422-4828)

www.habitatgsf.org. 1-415-625-1000

Home Safety Services, Inc. 1-888-388-3811

www.homesafety.net. 571-7774

1169 Chess Dr., #D, Foster City 94404

Installs grab bars, stair railings, wheelchair ramps and other safety / accessibility devices.

Rebuilding Together Peninsula. 366-6597
www.rebuildingtogetherpeninsula.org
Provides free repairs for low income homeowners throughout San Mateo County and Northern Santa Clara County.

Vista Center. 858-0202
www.vistacenter.org
3200 Hillview Ave., #120, Palo Alto 94304
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; a low vision clinic and a store.

HOME SAFETY

Fall Prevention Task Force of San Mateo County (FPTF). 1-844-NO-FALLS (663-2557)
www.smcfallprevention.org
Provides resources and referrals for older adults, caregivers and service providers.

PG&E. 1-800-743-5000
www.pge.com
Offers safety training at workshops, including preparing for emergencies and how to shut off gas and electricity after a disaster.

MEDICAL EMERGENCY RESPONSE

Bay Area Vital-Link. 1-800-752-5522
www.vital-linkinc.com. 1-510-338-3466

Lifeline

Mills-Peninsula Health Services. 696-4823
www.mills-peninsula.org/seniors
Stanford Hospital. 723-6906
www.geriatric.stanfordhospital.com

LifeStation, Inc. 1-800-884-8888
www.lifestation.com
Provides personal emergency response systems, medical alert equipment and monitoring service for a fee.

MedicAlert Foundation International

www.medicalert.org 1-800-432-5378

A 24-hour emergency service for members who wear a necklace or bracelet with medical condition and MedicalAlert emblems.

HOSPITALS AND MEDICAL CENTERS

Kaiser Permanente Medical Center

(For Kaiser members only)

www.kp.org

1150 Veterans Blvd., Redwood City 94063 299-2000

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

Mills-Peninsula Health Services696-5400

www.mills-peninsula.org

1501 Trousdale Dr., Burlingame 94010

100 S. San Mateo Dr., San Mateo 94403

San Mateo Medical Center 573-2222

www.sanmateomedicalcenter.org

222 W. 39th Ave., San Mateo 94403

Sequoia Hospital 369-5811

www.sequoiahospital.org

170 Alameda de las Pulgas, Redwood City 94062

Seton Medical Center 992-4000

www.setonmedicalcenter.org

1900 Sullivan Ave., Daly City 94015

Seton Medical Center Coastside 563-7100

www.setoncoastside.org

600 Marine Blvd., Moss Beach 94038

Stanford Hospital and Clinics 723-4000

www.stanfordhospital.org

300 Pasteur Dr., Stanford 94305

HOUSING OPTIONS AND REFERRALS

California Advocates for Nursing Home Reform

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

Medi-Cal eligibility, pre-placement counseling, a lawyer referral service and advocacy for long term care issues.

Human Investment Project

(HIP Housing) 348-6660

www.hiphousing.org

Offers a Home Sharing Program matching persons with housing to share with those needing a place to live. Rent and service exchanges available. Also owns and manages over 200 units of subsidized and low-income housing.

Ombudsman Services of San Mateo County, Inc.

www.ossmc.org 780-5707

After 4:00 p.m. and on weekends. . . 1-800-675-TIES (8437)

Monitors nursing homes and residential care homes for care and complaints.

Project Sentinel 321-6291

www.housing.org

Fair housing enforcement, first-time buyer education, rental dispute mediation and foreclosure prevention counseling.

Senior Seasons, Inc. 1-877-373-6467

www.seniorseasons.com

Personalized, no-cost referral service to assisted living, independent, retirement and residential care homes.

Stegner Registry of San Mateo County 365-1884

www.stegnerregistry.com

Gives information about and makes referrals to assisted care communities for the elderly, including permanent and respite placement. No fee charged to client.

INFORMATION AND REFERRAL, ASSISTANCE, ADVOCACY

211 1-800-273-6222
www.211bayarea.org
Information and referral to health and human service programs.
211 is free, confidential and available 24-hour a day in more than
150 languages.

TIES 24-hour response 1-800-675-TIES (8437)
www.smchealth.org/TIES **(California Relay Service) 711**
TIES serves as the main entry point for Aging and Adult Services,
including Adult Protective Services, within the Health System.
Social workers answer questions about the wide variety of
services available through the county and in the community. TIES
also provides phone support and counseling on issues of concern
to older and dependent adults, adults with disabilities and their
families.

Alcohol and Drug Helpline 573-3950

Alzheimer's Association 1-800-272-3900
www.alz.org/norcal
2290 N. First St., #101, San Jose 95131

Area Agency on Aging 573-3900
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, local and private funds that support a
coordinated network of community-based services for older adults
and adults with disabilities.

California Advocates for Nursing Home Reform
www.canhr.org 1-800-474-1116
Medi-Cal eligibility and recovery, pre-placement counseling, a
lawyer referral service and advocacy for long term care issues.

Center for Independence of Individuals with Disabilities

www.cidsanmateo.org.(TTY) 522-9313
1590 El Camion Real, #C, San Bruno 94066. 589-8994
2001 Winward Way, #103, San Mateo 94404.645-1780
Information and referral; peer counseling and support groups;
assistive technology; financial counseling; housing modification;
independent living skills; advocacy and personal assistance programs.

Commission on Aging.573-3900

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 adults age 60 or over. 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. 573-3900

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 policies.

Fall Prevention Task Force of San Mateo County

(FPTF). 1-844-NO-FALLS (663-2557)
www.smcfallprevention.org
Provides resources and referrals for older adults, caregivers and service providers.

Health Insurance Counseling Advocacy Program

(HICAP). 1-800-434-0222
www.hicapsanmateocounty.org. 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.

Home Care Association of America (HCAOA)

www.hcaoa.org. 1-800-22-HCAOA (224-2262)
Provides leadership, representation and education for the advancement of non-medical private duty home care. Provides a strong, united voice to speak on behalf of home care industry.

Lawyer Referral Service.369-4149
www.smcba.org
Makes referrals to local attorneys for a nominal fee.

Legal Aid Society Senior Advocates. . . .1-800-381-8898
www.legalaidsmc.org
Provides free legal counsel and assistance to adults 60 or over.

Mills-Peninsula Senior Focus 696-3660
www.mills-peninsula.org/seniors
1720 El Camino Real, #10, Burlingame 94010
Caregiver Services - Caregiver counseling, education,
information / referral and support groups.
Senior Information Line - Connects with Mills-Peninsula and
community services for any issues related to aging.

National Hospice and Palliative Care Organization
www.nhpc.org.1-800-658-8898
Provides free consumer information on hospice care and local
hospice price.

Network of Care
www.sanmateo.networkofcare.org/aging

Ombudsman Services of San Mateo County, Inc.
www.ossmc.org. 780-5707
After 4:00 p.m. and on weekends. . . . 1-800-675-TIES (8437)
Monitors nursing homes and residential care homes for care and
complaints. Provides this information to seniors.

Pacific Stroke Association. 565-8485
www.psastroke.org

Peninsula Conflict Resolution Center (PCRC)
www.pcrweb.org.513-0330
Neighborhood, family, consumer, community, landlord / tenant and
employee mediation service.

Peninsula Family Service
Fair Oaks Adult Activity Center.780-7525
www.peninsulafamilyservice.org
2600 Middlefield Rd., Redwood City 94063

Peninsula Library System

www.plsinfo.org

All city and county libraries offer services via phone, mail or Internet (books on tape or CD, large print books, videos, DVDs and other materials).

San Mateo County Dental Society.637-1121

www.smcds.com

San Mateo County Medical Association.312-1663

www.smcma.org

Provides the public with referrals to physicians based on geographic area preference, specialty, hospital affiliation and language needs.

Second Harvest Food Bank.1-800-984-FOOD (3663)

www.shfb.org

LEGAL ASSISTANCE

California Advocates for Nursing Home Reform

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

Medi-Cal eligibility, recovery, pre-placement counseling, a lawyer referral service and advocacy for long term care issues.

Community Overcoming Relationship Abuse

(CORA).1-800-300-1080

www.corasupport.org. 312-8515

Family Caregiver Alliance. 1-800-445-8106

www.caregiver.org.1-415-434-3388

Services for families and friends who are concerned with, or caring for, brain-impaired adults.

Lawyer Referral Service.369-4149

www.smcba.org

Makes referrals to local attorneys for a nominal fee.

Legal Aid Society Senior Advocates. . . . 1-800-381-8898

www.legalaidsmc.org

Provides free legal counsel and assistance to adults age 60 or over.

Peninsula Conflict Resolution Center (PCRC)

www.pcrweb.org.513-0330

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

Public Guardian / Conservatorship Program

www.smchealth.org/publicguardian. . . 1-800-675-TIES (8437)
Provides protective case management and financial services to court appointed conservatees who are unable to manage their own personal needs and/or finances due to physical or mental disabilities and whose families are unable to provide these services.

LESBIAN, GAY, BISEXUAL AND TRANSGENDER COMMUNITY SERVICES

Congregational Church of San Mateo. 343-3694
www.ccsm-ucc.org
225 Tilton Ave., San Mateo 94401

Institute on Aging
Friendship Line. 1-800-971-0016
www.ioaging.org/lgbt

Openhouse 1-415-296-8995
www.openhouse-sf.org
1800 Market St., San Francisco 94102

Peninsula Family Services
L.G.B.T. Senior Peer Counseling. . . . 403-4300 x4322
www.peninsulafamilyservice.org

Peninsula Metropolitan Community Church. . . 515-0900
www.peninsulamcc.org
1150 W. Hillsdale Blvd., San Mateo 94403

MENTAL HEALTH SERVICES

Catholic Charities CYO
Counseling Services. 295-2160
www.catholiccharitiessf.org
36-37th Ave., San Mateo 94403
Offers counseling to couples, individuals and families.
Spanish speaking counseling available.

Mills-Peninsula Health Services

Behavioral Health. 696-4690
www.mills-peninsula.org/behavioralhealth
100 S. San Mateo Dr., San Mateo 94401
Provides treatment for depression, anxiety and / or chemical dependency.

National Alliance on Mental Illness. 638-0800
www.namisanmateo.org
Offers family support, group education and advocacy.

Older Adult System of Integrated Services (OASIS)
www.smchealth.org. 573-3689
Home visits by mental health professionals for persons age 60 or over with mental health diagnoses. Services provided in English, Spanish, and Chinese with additional translation available.

Peninsula Family Service. 403-4300
www.peninsulafamilyservice.org
Counseling services available in English and Spanish.

San Mateo County

Behavioral Health and Recovery Services
Call Center Access. 1-800-686-0101
www.smchealth.org/bhrs

Senior Coastsiders. 726-9056
www.seniorcoastsiders.org
Counseling, family support, home visits, volunteer services, home rehabilitation for elderly and disabled people. Peer counseling and telephone reassurance available.

OTHER MEDICAL / DENTAL SERVICES

Fall Prevention Task Force of San Mateo County (FPTF). 1-844-NO-FALLS (663-2557)
www.smcfallprevention.org

San Mateo County Fall Prevention Task Force is a collaborative of agencies and individuals committed to reducing the incidence of falls among older adults in our community. Written materials and resources on fall prevention and related services and programs are available for older adults, family members, caregivers, and healthcare providers. Speakers can be arranged for local community and organizational events and forums, upon request.

Health Plan of San Mateo (HPSM). 1-800-750-4776
 www.hpsm.org. 616-0050
(TTY) 1-800-735-2929
 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 dual eligibility who have both Medicare and Medi-Cal.

Hearing and Speech Center1-415-921-7658
 www.hearingspeech.org. (TTY) 1-415-921-8990
 Tests hearing and offers speech therapy.

Medi-Cal.1-800-223-8383
 East Palo Alto, Menlo Park 363-4175
 Atherton, Portola Valley, Redwood City, Woodside.599-3811
 Belmont, Burlingame, Foster City, Hillsborough, Millbrae,
 San Carlos, San Mateo. 802-6470
 El Granada, Half Moon Bay, La Honda, Loma Mar, Montara, Moss
 Beach, Pescadero, Princeton-by-the-Sea,
 San Gregorio. 573-3949
 Brisbane, Colma, Daly City, Pacifica. 301-8720
 San Bruno, South San Francisco.877-5663
 For patients at San Mateo Medical Center. 573-2222

MedicAlert Foundation International. . . .1-800-432-5378
 www.medicalert.org
 24-hour emergency service for members who wear a necklace or bracelet with medical condition and MedicAlert emblems.

Mills-Peninsula Health Services
 www.mills-peninsula.org/seniors
 1720 El Camino Real, #10, Burlingame 94010
Senior Focus.696-3660
 Education and support groups.
Wise and Well. 696-7663
 Health screening and education.

- OT House Calls** 464-4429
www.othousecalls.com. 868-9438
 Provides in-home rehabilitation by licensed Occupational Therapists, focusing on: fall prevention, maintaining independence and safety for daily activities in your home and community; and rehabilitation following an incident.
- Parkinson's Institute** 1-800-655-2273
www.theipi.org. 1-408-734-2800
 675 Almanor Ave., Sunnyvale 94085
 Treatment, research, speech and physical therapy.
- Ravenswood Family Health Center**
www.ravenswoodfhc.org
Bell Haven Medical Clinic
 100 Terminal Ave., Menlo Park 94025. 321-0980
Ravenswood
 1798 A Bay Rd., East Palo Alto 94303. 330-7400
 Offers comprehensive health services for all ages regardless of insurance, immigration status or ability to pay.
- Ron Robinson Senior Care Center** 573-2426
www.sanmateomedicalcenter.org
 222 W. 39th Ave., San Mateo 94403
 A primary care clinic and geriatric assessment unit where seniors of all income levels and all levels of independence and health care receive one-stop medical care tailored exclusively to meet their needs.
- San Bruno VA Outpatient Clinic** 615-6000
www.sanfrancisco.va.gov
 1001 Sneath Ln., #300, San Bruno 94066
- San Mateo County Dental Society** 637-1121
www.smcds.com
 Provides referrals for dental care.

San Mateo County Health Clinics

www.sanmateomedicalcenter.org

39th Avenue Health Clinic.	573-3702
Coastside County Clinic.	573-3941
Daly City Clinic.	301-8600
Fair Oaks Adult Clinic (Redwood City).	364-6010
South San Francisco Health Clinic.	877-7070
Willow Clinic (Menlo Park).	599-3890

San Mateo County Medical Association. 312-1663

www.smcma.org

Provides the public with referrals to physicians based on geographic area preference, specialty, hospital affiliation and languages needs.

Sequoia Hospital

Health and Wellness Center. 367-5998

www.sequoiahospital.org

Community health resource center, support groups, health screenings, fall prevention classes, blood pressure screenings at senior centers, flu vaccine site and diabetes classes.

Vista Center. 858-0202

www.vistacenter.org

2470 El Camino, #107, 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; a low vision clinic and a store.

SENIOR CENTERS

Senior Centers are the entry point for many senior services, leisure activities and dining. These programs may offer information about, and referral to, services and agencies which may assist the seniors to remain at home.

Senior Center Without Walls. 1-877-797-7299

www.seniorcenterwithoutwalls.org. 1-510-444-5974

Offers free activities, conversation, classes and support groups throughout the Bay Area to seniors. Participation is through free telephone conference calls.

Belmont

Twin Pines Senior Center. 595-7444

www.belmont.gov
20 Twin Pines Ln., Belmont 94002

Daly City

Doelger Senior Center. 991-8012

101 Lake Merced Blvd., Daly City 94015

Lincoln Community Center. 992-8001

901 Brunswick St., Daly City 94014

East Palo Alto

East Palo Alto Senior Center. 329-5900

560 Bell St., East Palo Alto 94303

Foster City

Foster City Parks and Recreation Department

Senior Wing. 286-2585

www.fostercity.org
650 Shell Blvd., Foster City 94404

Half Moon Bay

Senior Coastsiders. 726-9056

www.seniorcoastsiders.org
925 Main St., Half Moon Bay 94019

Menlo Park

Menlo Park Senior Center. 330-2280

www.menlopark.org
110 Terminal Ave., Menlo Park 94025

Peninsula Volunteers, Inc.

Little House. 326-0665

www.penvol.org/littlehouse
800 Middle Ave., Menlo Park 94025

Millbrae

Millbrae Senior Center. 259-2370

www.ci.millbrae.ca.us
477 Lincoln Cir., Millbrae 94030

Pacifica

Pacifica Senior Services738-7350

www.cityofpacifica.org
540 Crespi Dr., Pacifica 94044

Redwood City

Peninsula Family Service

Fair Oaks Adult Activity Center 780-7525

www.peninsulafamilyservice.org
2600 Middlefield Rd., Redwood City 94063

Redwood City Veterans Memorial Senior Center

www.redwoodcity.org/parks/cc/ 780-7270
1455 Madison Ave., Redwood City 94061

San Bruno

San Bruno Senior Center 616-7150

www.sanbruno.ca.gov
1555 Crystal Springs Rd., San Bruno 94066

San Carlos

San Carlos Adult Community Center802-4384

www.cityofsancarlos.org
601 Chestnut St., San Carlos 94070

San Mateo

City of San Mateo Senior Center522-7490

www.cityofsanmateo.org
2645 Alameda de las Pulgas, San Mateo 94403

Self-Help for the Elderly342-0822

www.selfelderly.org
50 E. 5th Ave., San Mateo 94401

South San Francisco

Magnolia Senior Center 829-3820

www.ssf.net
601 Grand Ave., South San Francisco 94080

ADDITIONAL RESOURCES FOR INFORMATION

Active Access

www.smcactiveaccess.org 573-2977

The Active Access Initiative is a collaborative of San Mateo County local recreation departments and non-profit community partners. Our mission is to promote activity in the community by offering the residents of San Mateo County free and low cost (less than \$5 per class) physical activities.

California Telephone Access Program (CTAP)

www.californiaphones.org 1-800-806-1191
. (TTY) 1-800-806-4474

Distributes free, specialized telecommunications equipment and services for individuals who have difficulty using a standard telephone for a variety of different medical reasons.

Peninsula Jewish Community Center (PJCC)

www.pjcc.org 212-PJCC (7522)

800 Foster City Blvd., Foster City 94404
Offers a variety of services for seniors, including trips, tours, cultural outings, classes and special events.

San Mateo Japanese American Community Center

www.smjacc.org 343-2793

415 S. Claremont St., San Mateo 94401
A Japanese-American educational, civil rights/human rights organization. Offers classes in Japanese cultural and martial arts.

SUPPORT GROUPS

Regular scheduled groups are available in the community to provide information, 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.

211 1-800-273-6222

www.211bayarea.org

Information and referral to self-help groups.

Al-Anon 592-7935

www.alanonmidpeninsula.org

Alcohol and Drug Helpline 573-3950

Alcoholics Anonymous 577-1310

www.aa-san-mateo.org

ALS Association Golden West Chapter

www.alsagoldenwest.org 1-415-904-2572

Alzheimer's Association 1-800-272-3900

www.alz.org/norcal

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

American Cancer Society 24-hours: 1-800-227-2345

www.cancer.org

American Diabetes Association 1-408-241-1922

www.diabetes.org

American Heart Association and

American Stroke Association 1-510-903-4050

www.heart.org

Arthritis Foundation 1-800-464-6240

www.arthritis.org

Breathe California 1-877-3 (BREATHE) 994-5868

www.ggbreathe.org

Catholic Charities CYO

Counseling Services 295-2160

San Carlos Adult Day Services 592-9325

www.catholiccharitiessf.org

Center for Independence of Individuals with Disabilities

www.cidсанmateo.org.(TTY) 522-9313
1590 El Camino Real, #C, San Bruno 94066.589-8994
2001 Winward Way, #103, San Mateo 94404645-1780
Information and referral; peer counseling and support groups;
assistive technology; financial counseling; housing modification;
independent living skills; advocacy and personal assistance
programs.

Cocaine Anonymous. 1-415-821-6155

www.ca.org

Community Gatepath. 259-8500

www.gatepath.org
350 Twin Dolphin Dr., #123, Redwood City 94065
Senior program and other therapeutic services for people with
disabilities.

Community Overcoming Relationship Abuse

(CORA).1-800-300-1080

www.corasupport.org. 312-8515
Serves victims / survivors of domestic abuse.

Epilepsy Foundation. 1-800-632-3532

www.epilepsynorcal.org

Family Caregiver Alliance. 1-800-445-8106

www.caregiver.org. 1-415-434-3388
Services for families and friends who are concerned with, or
caring for, brain-impaired adults.

Gamblers Anonymous.1-800-287-8670

www.gamblersanonymous.org

Hearing Loss Association.593-6760

www.hearingloss.org

Kara. 321-5272

www.kara-grief.org
Grief Counseling

- Lupus Foundation of Northern California**
www.lfnc.org. 1-408-954-8600
- Mills-Peninsula Senior Focus**.696-3660
www.mills-peninsula.org/seniors
 1720 El Camino Real, #10, Burlingame 94010
- Muscular Dystrophy Association**. 1-415-673-7500
www.mdausa.org
- National Alliance on Mental Illness**. 638-0800
www.namisanmateo.org
- National Kidney Foundation**.1-800-622-9010
www.kidney.org
- National Multiple Sclerosis Society**. . . .1-800-344-4867
www.nationalmssociety.org. 1-415-230-6677
- Neurological Support Network** 814-0848
www.brainsupportnetwork.org
 Caregiving Support Groups dealing with Alzheimer's Disease,
 Parkinson's Disease, Lewy Body Dementia, Progressive
 Supranuclear Palsy, Multiple System Atrophy, Frontotemporal
 Dementia, and other neurodegenerative disease.
- Nicotine Anonymous**. 1-415-908-6702
www.nicotine-anonymous.org
- Pacific Stroke Association**.565-8485
www.psastroke.org
- Parkinson's Institute**.1-800-655-2273
www.thepi.org. 1-408-734-2800

Senior Peer Counseling403-4300

www.peninsulafamilyservice.org

Cantonese and Mandarin.403-4300 x4392

English.403-4300 x4322

Filipino.403-4300 x4363

L.G.B.T. Community.403-4300 x4322

Spanish/La Esperanza Vive.403-4300 x4321

For persons age 55 or over concerned about loneliness, depression, grief or illness. Home visits and resources are available.

Sequoia Hospital

Health and Wellness Center367-5998

www.sequoiahospital.org

Vista Center858-0202

www.vistacenter.org

3200 Hillview Ave., #120, Palo Alto 94304

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; a low vision clinic and a store.

TRANSPORTATION

Transportation services respond to the needs of mobility impaired persons and other disabled persons unable to use public transportation. Some agencies provide transportation services related only to their programs. Call each service for eligibility, fee, route and schedule details.

American Cancer Society.24-hours: 1-800-227-2345

www.cancer.org
Transportation to and from treatment centers for ambulatory cancer patients only.

Catholic Charities CYO

San Carlos Adult Day Services. 592-9325

www.catholiccharitiessf.org

Coastside Adult Day Health Center.726-5067

www.coastsideadultdayhealth.org

East Palo Alto Senior Center. 329-5900

560 Bell St., East Palo Alto 94303

Friends in Service to Humanity (FISH)

Belmont, Redwood City, San Carlos

.(Answering Service) 593-1288

All volunteer transportation assistance for medical appointments for seniors. Monday-Thursday 9am-5pm. Requires 2 full business days notice in advance (not including Fridays).

Get Up and Go

Peninsula Jewish Community Center

(PJCC). 378-2750

www.pjcc.org

Door-to-door, shared rides, wheelchair-accessible bus and van service for non-driving older adults. Escort available. Reservations required. No religious affiliation or PJCC membership required. Nominal fee for service.

Magnolia Senior Center.829-3820

www.ssf.net

601 Grand Ave., South San Francisco 94080

Menlo Park Senior Center.330-2280

www.menlopark.org
110 Terminal Ave., Menlo Park 94025

Mills-Peninsula Senior Focus.696-3660

www.mills-peninsula.org/seniors

Need-A-Ride.462-0853

Transportation for ambulatory seniors.
Serves Palo Alto to San Mateo. Fee for service.

Pacifica Senior Services.738-7350

www.cityofpacifica.org
540 Crespi Dr., Pacifica 94044

Peninsula Volunteers, Inc.

Rosener House Adult Day Services.322-0126

www.penvol.org/rosenerhouse
500 Arbor Rd., Menlo Park 94025

San Bruno Senior Center.616-7150

www.sanbruno.ca.gov
1555 Crystal Springs Rd., San Bruno 94066

San Mateo County Transit District (SamTrans)

Redi-Wheels and RediCoast1-800-660-4287

www.samtrans.com. (TTY) 508-6448

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

Outreach. (Reservation Line) 1-800-400-3440

www.outreach1.org
Provides mobility management for people with disabilities.

Senior Coastsiders.726-9056

www.seniorcoastsiders.org
925 Main St., Half Moon Bay 94019

SilverRide.1-877-U-RIDE-10 (874-3310)

www.silverride.com.853-7433

Provides assisted transportation, companions, personalized activities, and group events. Fee for service.

OTHER TRANSPORTATION RESOURCES

Driver Safety Classes.1-888-227-7669

www.aarp.org/drive

AARP offers classes at 14 sites in the county.

Identification Placard for the Disabled

(DMV).1-800-777-0133

www.dmv.ca.gov

People who are mobility impaired may apply for a placard to hang from the rear view mirror of the car in which they are riding. They will allow parking in specially designated parking spaces. Call Department of Motor Vehicles for application and physician's certification.

Mobility Ambassadors. 508-6362

Mobility Ambassador are volunteers who help older adults and adults with disabilities become familiar with their transportation options. Ambassadors are based at host senior centers.

Senior Mobility Guide

www.peninsularides.org

A comprehensive booklet and website providing information about a wide range of transportation programs and services to help seniors stay mobile, active and connected to the community. The booklet is available at senior center and libraries.

VOLUNTEER SERVICES

Hands On Bay Area 1-415-541-9616

www.handsonbayarea.org

Hands On Bay Area is a nonprofit that connects you to "done in a day" volunteer projects for all of the wonderful causes in our community. All you have to do is sign-up and show up.

Mills-Peninsula Senior Focus 696-3660

www.mills-peninsula.org/seniors

1720 El Camino Real, #10, Burlingame 94010

Foster Grandparent and

Senior Companion Programs 696-7662

Provides subsidy to low-income seniors who volunteer with frail senior or at-risk children.

Retired and Senior Volunteer Program

(RSVP) 696-7660

Matches adults 55 or over with volunteer opportunities through community organizations.

Volunteer Match 1-415-241-6868

www.volunteermatch.org

Offers a variety of online services to support nonprofits and volunteers.

INDEX

1Plus1Senior Care **12**
211 **24, 36**
A1 Care **12**
AccentCare Home Health **7**
Active Access **35**
Additional Resources for Information **35**
Admiral Medical Supplies **18**
Adult Day Care (Social) **3**
Adult Day Health Care (Medical) **3**
Adult Protective Services **2, 4**
Aging & Adult Services **4**
Al-Anon **36**
Alcohol and Drug Helpline **2, 24, 36**
Alcoholics Anonymous (AA) **36**
Alegre Home Care **10**
ALS Association Golden West Chapter **36**
Alzheimer's Association **12, 13, 24, 36**
Amedisys Home Health Services **10**
American Cancer Society **36, 40**
American Diabetes Association **36**
American Heart Association and American Stroke Association **36**
Apria Healthcare **19**
Area Agency on Aging **5, 24**
Arthritis Foundation **36**
AT&T **15**
Bay Area Vital-Link **21**
Bay City Medical Supplies **19**
Breathe California **36**
California Advocates for Nursing Home Reform **23, 24, 27**
California Telephone Access Program (CTAP) **20, 35**
Care at Home **6**
Care for Seniors **7**
Care Resource **7**
Catholic Charities CYO
 Counseling Services **28, 36**
 San Carlos Adult Day Services **3, 12, 36, 40**
Center for Independence of Individuals with Disabilities **20, 25, 37**
City of San Mateo Senior Center **17, 35**
Coastside Adult Day Health Center **3, 13, 20, 40**
Cocaine Anonymous **37**
ComForcare Senior Services **7**
Comfort Keepers **7**
Commission on Aging **5, 25**
Commission on Disabilities **5, 25**
Community Gatepath **3, 37**

Community Overcoming Relationship Abuse (CORA) **2, 27, 37**
 Congregational Church of San Mateo **28**
 Crisis Intervention and Suicide Prevention Center **2**
 Dementia Care **12**
 Department of Motor Vehicles (DMV) **42**
 Divine Home Care **7**
 Doeleger Senior Center **17, 33**
 Driver Safety Classes **42**
 Durable Medical Equipment **19**
 Durable Medical Equipment - Loaned **20**
 East Palo Alto Senior Center **17, 33, 40**
 Edgewood Center for Children and Families **13**
 Emergency / Crisis **2**
 Employment and Training **13**
 Epilepsy Foundation **37**
 Fair Oaks Adult Activity Center (of Peninsula Family Service) **18, 27, 34**
 Fall Prevention Task Force of San Mateo County (FPTF) **21, 25, 29**
 Family Caregiver Alliance **12, 13, 27, 37**
 Family Caregiver Support Services **13**
 Financial Assistance, Government Programs, Insurance **14**
 Food and Nutrition Services **16**
 Foster City Park and Recreation Department - Senior Wing **33**
 Foster Grandparent and Senior Companion Program (of Mills-Peninsula) **43**
 Friends in Service to Humanity (FISH) **40**
 From the Heart Senior Services **12**
 Gamblers Anonymous **37**
 General Information and Assistance **1**
 Get Up and Go
 Peninsula Jewish Community Center (PJCC) **40**
 Grocery Shopping and Food Services **16**
 Habitat for Humanity **20**
 Hands On Bay Area **43**
 Health Insurance Counseling Advocacy Program (HICAP) **14, 25**
 Health Plan of San Mateo (HPSM) **14, 30**
 Healthy Aging Response Team (HART) **1**
 Hearing and Speech Center **30**
 Hearing Loss Association **37**
 Home Care Aide Agencies **6**
 Home Care Assistance **7**
 Home Care Association of America (HCAOA) **25**
 Homecare Professionals **8**
 Home Delivered Meals of San Mateo County **17**
 Home Health Care Agencies **10**
 Home Helpers of San Mateo County **7**
 Home Instead Senior Care **7**
 Home Modification and Adaptive Equipment **20**
 Home Safety **21**
 Home Safety and Medical Equipment **19**

Home Safety Services, Inc. **20**
 Home Sweet Home Care **8**
 Hospice by the Bay **10**
 Hospitals and Medical Centers **22**
 Housing Options and Referrals **23**
 Huddleston Care, LLC **8**
 Human Investment Project (HIP Housing) **23**
 Identification Placard for the Disabled (DMV) **42**
 Information and Referral, Assistance, Advocacy **24**
 In-Home Supportive Services (IHSS) **4, 11**
 Advisory Committee **6**
 Institute on Aging
 Friendship Line **28**
 In Home Assistance and Older Adults Care Management **8**
 Interim Personal Care and Support **8**
 Kaiser Permanente Medical Center **8, 10, 22**
 Kara **37**
 Kimochi, Inc. **13**
 Kindred at Home **8, 10**
 Laryngectomy - see Lost Chord **38**
 Lawyer Referral Service **26, 27**
 Legal Aid Society of San Mateo **13**
 Senior Advocates **26, 27**
 Legal Assistance **27**
 Lesbian, Gay, Bisexual, Transgender Community Services (LGBT) **28, 39**
 Libraries - see Peninsula Library System (PLS) **27**
 Lifeline
 Mills-Peninsula Hospital **21**
 Stanford Hospital **21**
 LifeStation, Inc. **21**
 Lincare **19**
 Lincoln Community Center **18, 33**
 Linkages **4**
 Little House (of Peninsula Volunteers, Inc.) **18, 33**
 Lupus Foundation of Northern California **38**
 LWF Home Care Specialists **8**
 Magnolia Senior Center **18, 34, 41**
 Martin Luther King Jr. Community Center **18**
 Matched CareGivers **8**
 Maxin Healthcare Services **10**
 Meals on Wheels - see Home Delivered Meals of San Mateo County **17**
 Medical Emergency Response **21**
 Medi-Cal Offices **14, 30**
 Medical Care Professionals **9**
 MedicAlert Foundation International **22, 30**
 Medicare **15**
 Menlo Park Senior Center **18, 33, 41**

Mental Health Services **28**
 Millbrae Senior Center **33**
 Mills-Peninsula Health Services Senior Focus
 Adult Day Health Center **3**
 Alzheimer's Day Care Resource Center **3, 12**
 Behavioral Health Services **29**
 Caregiver Services **13, 26**
 Foster Grandparent and Senior Companion Programs **43**
 Hospital **22**
 Lifeline **21**
 Retired and Senior Volunteer Program (RSVP) **43**
 Senior Information Line **26**
 Transportation **41**
 Wise and Well **30**
 Mission Hospice and Home Care **10**
 Mobility Ambassadors **42**
 Multipurpose Senior Services Program (MSSP) **5**
 Muscular Dystrophy Association **38**
 National Alliance on Mental Illness **29, 38**
 National Hospice and Palliative Care Organization **26**
 National Kidney Foundation **38**
 National Multiple Sclerosis Society **38**
 Need-A-Ride **41**
 Network of Care **4, 26**
 Neurological Support Network **13, 38**
 Nicotine Anonymous **38**
 Nurse Registry **12**
 Nursing and Rehab at Home **10**
 Older Adult System of Integrated Services (OASIS) **29**
 Ombudsman Services of San Mateo County Inc. **23, 26**
 Openhouse **28**
 Other Aging and Adult Services Resources **5**
 Other Medical / Dental Services **29**
 Other Transportation Resources **42**
 OT House Calls **31**
 Outreach **41**
 Pacifica Senior Services **18, 34, 41**
 Pacific Stroke Association **26, 38**
 Parkinson's Institute **31, 38**
 Pathways Private Duty **9, 11**
 Peninsula Conflict Resolution Center (PCRC) **26, 27**
 Peninsula Family Service **29**
 Fair Oaks Adult Activity Center **18, 26, 34**
 Second Career Employment Program **13, 15**
 Senior Peer Counseling **28, 39**
 Peninsula Jewish Community Center (PJCC) **35**
 Get Up and Go **40**

Peninsula Library System **27**
 Peninsula Metropolitan Community Church **28**
 Peninsula Volunteers, Inc.
 Little House **17, 18, 33**
 Rosener House Adult Day Services **3, 12, 41**
 PG&E **15, 21**
 Professional Home Care Associates **11**
 Project Sentinel **23**
 Public Administrator **5**
 Public Authority **6**
 Public Guardian / Conservatorship Program **5, 28**
 Ravenswood Family Health Center **31**
 Rebuilding Together Peninsula **21**
 Redi-Wheels and RediCoast **41**
 Redwood City Veterans Memorial Senior Center **18, 34**
 Referral Agencies **11**
 Reliable Caregivers, Inc. **9**
 Right at Home **9**
 Restaurants on the Run **16**
 Retired and Senior Volunteer Program (of Mills-Peninsula) **43**
 Ron Robinson Senior Care Center **31**
 Rosener House Adult Day Services (of Peninsula Volunteers, Inc.) **3, 12, 41**
 San Mateo County Transit District (SamTrans) **42**
 San Bruno Senior Center **18, 34, 41**
 San Bruno VA Outpatient Clinic **31**
 San Carlos Adult Community Center **18, 34**
 San Carlos Adult Day Services (of Catholic Charities CYO) **3, 12, 37, 40**
 San Mateo County Behavioral Health and Recovery Services **2, 29**
 San Mateo County Dental Society **27, 31**
 San Mateo County Health Clinics **32**
 San Mateo County Medical Association **27, 32**
 San Mateo Japanese American Community Center **35**
 San Mateo Medical Center **22, 32**
 Second Career Employment Program (of Peninsula Family Service) **13, 15**
 Second Harvest Food Bank **16, 27**
 Self-Help for the Elderly **1, 17, 18, 34**
 Senior Assist of the Peninsula, LLC **9**
 Senior Centers **32**
 Senior Center Without Walls **32**
 Senior Coastsiders **1, 17, 19, 29, 33, 42**
 Senior Helpers **9**
 Senior Mobility Guide **42**
 Senior Nutrition Sites **17**
 Senior Peer Counseling (of Peninsula Family Service) **39**
 Seniors-At-Home
 Jewish Family and Children's Services **9**
 Sequoia Hospital **22**
 Health and Wellness Center **32, 39**

Seton Medical Center **22**
 Coastside **22**
Shopping Assistance for Seniors who are Homebound (SASH) **16**
Silverado Bay Area Hospice **11**
SilverRide **42**
Social Security / Medical Eligibility / SSI **15**
South San Francisco Adult Day Care Center **3**
 Magnolia Senior Center **18, 34, 41**
Staffing Home Care **11**
Stanford Hospital and Clinics **22**
 Lifeline **21**
Stegner Registry of San Mateo County **23**
Supple Senior Care **9**
Support Groups **36**
Sutter Care at Home **11**
Synergy Home Care of San Mateo **9**
Therapy in Your Home **11**
TIES **1, 2, 4, 15, 17, 24**
Transportation **40**
Twin Pines Senior Center **19, 33**
Utility Services **15**
Veterans Services **11, 15, 31**
Vista Center **21, 39**
VITAS Innovation Hospice Care **11**
Volunteer Match **43**
Volunteer Services **43**
Wise and Well (of Mills-Peninsula) **30**

NOTES