

Older Adults and People with Disabilities Contact Information for Finding Assistance with Health and Social Services

Information and Referral Agencies

***Peninsula Family Service** (650) 780-7542

(English and Spanish)

South County - Redwood City, Menlo Park,
East Palo Alto

***Healthy Aging Response Team** (650) 991-5558

(English, Chinese, Filipino, Spanish)

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

***Senior Coastsiders** (650) 726-9056 (English)

Coastside - Half Moon Bay, El Granada, Moss Beach,
Montara, Pescadero

***Self-Help for the Elderly** (650) 342-0822

(English, Chinese)

Central County - San Mateo, Foster City, Hillsborough,
Burlingame, Millbrae

Center for the Independence of Individuals with
Disabilities(English)

(650) 645-1780 Main / (650) 522-3313 TYY

Protective and Supportive Services

***TIES** 1-800-675-TIES (8437)

1-800-994-6166 TDD

(For individuals living in a personal residence)

***Ombudsman Services of San Mateo County**

(800) 231-4024

(For individuals living in a long term care facility)

Online Resource Directories

***Help at Home Booklet**

<http://www.smchealth.org/helpathome>

***Network of Care**

<http://sanmateo.networkofcare.org/>

Adaptive Equipment
Adult Day/Health Centers
Brown Bag Program
Caregiver Respite Programs
Caregiver Support Groups
Case Management
Congregate Lunches
Counseling & Mental Health
Dementia Care
Durable Medical Equipment
Emergency Response
Employment & Training
Exercise Classes and
Programs
Fall Prevention
Family Caregiver Support
Health and Wellness
Health Promotion
Home Care Agencies
Home Delivered Meals
Home Repair
Home Weatherization
Hospice
Legal Assistance
Medicare Counseling
Palliative Care
Personal Care Assistance
Public Guardian Services
Rental Assistance
Representative Payee
Services
Senior Centers
Senior Peer Counseling
Services for the blind
Transportation
Utility Payment Services
Veteran's Services
Volunteer opportunities

ALL SERVICES LISTED ARE AVAILABLE AT NO COST.

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AND THE OLDER AMERICANS ACT.(rev.10/18/2016)