

HELP AT HOME

2022

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



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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 HOTLINE

The Hotline.24-hours: 1-800-675-8437 or 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 provides phone support and counseling on issues of concern to older and dependent adults with disabilities and their families.

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LANGUAGE ASSISTANCE

Chinese: 安老自助處

- Lincoln Community Center. 650-991-8018
- Peninsula Family Service
 - Senior Peer Counseling. 650-403-4300 x 4392
 - Self-Help for the Elderly. 650-342-0822

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. 650-343-2793

Spanish / Espanol:

- Lincoln Community Center. 650-991-8018
- Nuestro Canto de Salud. 650-373-1080
- Peninsula Family Service

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

- La Esperanza Vive. 650-403-4300 x 4321

- Samaritan House. 650-347-3648

Tagalog / Sa Tagalog:

- Lincoln Community Center. 650-991-8018

Peninsula Family Service

- Senior Peer Counseling. 650-403-4300 x 4363

PERSONAL CRISIS SERVICES

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

Adult Protective Services. 1-800-675-8437

www.smchealth.org/elderabuse.650-573-3900

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

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 use.

Community Overcoming Relationship Abuse

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

www.corasupport.org.650-312-8515

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. 24-hours: 1-800-971-0016

www.ioaging.org

National Suicide Prevention Lifeline

www.suicidpreventionlifeline.org. **4-hours: 1-800-273-8255**

SAGE LGBTQ Elder Hotline 1-877-360-5428

www.sageusa.org

Advocacy and Services for LGBTQ elders.

San Mateo County 24 Hour Crisis Hotline.650-579-0350

www.sanmateocrisis.org

San Mateo County

Behavioral Health and Recovery Services

Access Call Center 1-800-686-0101

www.smchealth.org/bhrs (TTY) 1-800-943-2833

Information assessment & referrals; mental health referrals; rehabilitation for substance abuse.

StarVista Crisis Hotline **24-hours:** 1-800-273-8255

www.star-vista.org/programs/crisis-center

Special option for veterans.

ADULT DAY CARE

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 Adult Day Services 650-592-9325

www.catholiccharitiessf.org

787 Walnut St., San Carlos 94070

Coastside Adult Day Health Center 650-726-5067

www.coastsideadultdayhealth.org

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

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

Peninsula Volunteers, Inc.

Rosener House Adult Day Services 650-322-0126

www.penvol.org/rosenerhouse

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)

Adult Day Care Center 650-829-3824

www.ssf.net/departments/parks-recreation/recreation-division/seniors

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

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

The Hotline.24-hours: 1-800-675-8437 or 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 provides phone support and counseling on issues of concern to older and dependent adults with disabilities and their families.

**Call 1-800-675-8437 or 1-844-868-0938 to
reach, obtain information about, or refer someone
to the following programs:**

Adult Protective Services. . . 1-800-675-8437 or 1-844-868-0938

www.smchealth.org/elderabuse.**650-573-3900**

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

Elder and Dependent Adult Protection Team (EDAPT)

www.smchealth.org/elderabuse

Partnership between 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 at 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 (18+) 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 ordelaying 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 Authority650-389-9666

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 trainings 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

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 650-573-3900

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 650-573-3900

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 (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 650-573-3900

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.

Public Authority Advisory Committee.650-573-3900

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.

CARE AT HOME

Home Care Organizations

Home Care Organizations are required to be licensed by the Home Care Services Bureau (HCSB) 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 (CDSS).

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. To be covered by Medicare, 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.

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.

Two important questions to ask to ensure you are selecting a licensed Home Care Organization (HCO) and 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?

California Department of Social Services has a public website for consumers to ensure HCAs are registered:

HCA: www.secure.dss.ca.gov/cclid/hcsregistry/registrysearch.aspx

In-Home Supportive Services (IHSS). 650-573-3900

www.smchealth.org/home-supportive-services

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

1715 Buchanan St., San Francisco 94115

Offers a list of caregivers along with 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

Provides information and assistance in evaluating eligibility and need for services.

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. **.24-hours:** 1-800-272-3900
www.alz.org/norcal. (TTY) 1-866-403-3073
2290 N. First St., #101, San Jose 95131

Catholic Charities Adult Day Services.650-592-9325
www.catholiccharitiessf.org
787 Walnut St., San Carlos 94070

Family Caregiver Alliance. 1-800-445-8106
www.caregiver.org. 415-434-3388
101 Montgomery St., #2150, San Francisco 94014

Provides services to family caregivers of adults with physical and cognitive impairments such as Parkinson's, stroke, Alzheimer's, and other types of dementia.

Peninsula Volunteers, Inc.
Rosener House Adult Day Services.650-322-0126
www.penvol.org/rosenerhouse
500 Arbor Rd., Menlo Park 94025

DISASTER PREPAREDNESS

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

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.

Download the MyShake App to receive advance warning:

www.apps.apple.com/app/id1467058529 or www.play.google.com/store/apps/details?id=edu.berkeley.bsl.myshake

San Mateo County Health Emergency Preparedness Guide

www.smchealth.org/emergency-preparedness

County Health's "Read it Before You Need It" guide is available:

www.smchealth.org/pod/be-ready-emergency

San Mateo County Sheriff Alert System. 650-363-4790

www.hsd.smcsheriff.com/smcalert

501 Winslow St., 1st floor, Redwood City 94063

Operated by the Sherriff's office, they send alerts to your phone or tablet.

The Sheriff's office also provides links to other emergency resources:

www.hsd.smcsheriff.com/divisions/homeland-security-division/area-office-emergency-services

PG&E Preparedness Advice

www.pge.com/en_US/safety/emergency-preparedness/emergency-preparedness

EMPLOYMENT OPPORTUNITIES

AARP Foundation SCSEP916-749-4165

www.aarp.org/aarp-foundation/our-work/income/scsep

Helps make connections between older job seekers looking to return to the workforce and employers looking to benefit from mature, experienced employees.

California State Department of Rehabilitation

www.dor.ca.gov/Home/FindAnOffice.(TTY)1-844-729-2800

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. 415-575-2101

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

Vocational rehabilitation for disabled and disadvantaged adults.

JobTrain.650-330-6429

www.jobtrainworks.org

1200 O' Brien Drive, Menlo Park 94025

Helps by preparing for successful, sustainable careers in high-demand and emerging fields.

NOVAworks. 650-581-0058

www.novaworks.org

1777 Borel Place #500, San Mateo 94402

NOVAworks is a nonprofit, federally funded employment and training agency that provides customized services to the jobseekers of Silicon Valley through its job centers in Sunnyvale & San Mateo. Specialized services to specific populations such as veterans, youth, and older workers. They also work closely with local businesses, educators, and individuals to ensure that its programs provide opportunities that build the knowledge, skills, and attitudes necessary to address the workforce needs of Silicon Valley.

**Peninsula Family Services
Second Careers Employment Program**

www.peninsulafamilyservice.org.650-403-4300 x 4385

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, job search panels, networking and recruitment events, and special presentations.

San Mateo County Human Services.650-363-4000

www.hsa.smcgov.org/veterans-employment

Employment resources for veterans.

VA – Veterans.1-800-827-1000

www.va.gov/careers-employment

Support-and-service program 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 a former job.

FAMILY CAREGIVER SUPPORT SERVICES

Alzheimer's Association.1-800-272-3900
www.alz.org/help-support/caregiving.(TTY) 1-866-403-3073

Coastside Adult Day Health Center. 650-726-5067
www.coastsideadulthoodhealth.org/services
Conducts a weekly caregiver support group.

Edgewood Center for Children & Families
www.edgewood.org1-844-334-3411

Family Caregiver Alliance. 1-800-445-8106
www.caregiver.org.415-434-3388

Kimochi, Inc.. 650-388-7130
www.kimochi-inc.org

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+).

Neurological Support Network.650-814-0848
www.brainsupportnetwork.org
Caregiver Support Groups dealing with Lewy Body Dementia, Progressive Supranuclear Palsy, Multiple System Atrophy.

FINANCIAL ASSISTANCE, GOVERNMENT PROGRAMS & INSURANCE

Aging & Adult Services Hotline 1-800-675-8437
www.smchealth.org/contact/24-hour-emergency-advice-line

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) 650-616-0050
www.hpsm.org (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.

Medi-Cal 1-800-223-8383
www.hsa.smcgov.org/medi-cal-health-insurance

Belmont - 400 Harbor Blvd., Bldg. B, Belmont
 Belmont, Burlingame, Foster City, Hillsborough, Millbrae, San Carlos & San Mateo. 650-802-6470

Coastside Clinic - 225 S. Cabrillo Hwy., #100A, Half Moon Bay
 El Granada, Half Moon Bay, La Honda, Loma Mar, Montara, Moss Beach, Pescadero, Princeton-by-the-Sea & San Gregorio. 650-573-3941

Daly City - 271-92nd St., Daly City
 Brisbane, Colma, Daly City & Pacifica. 650-301-8400

East Palo Alto - 2415 University Ave., East Palo Alto
 East Palo Alto & Menlo Park. 650-363-4175

Redwood City - 2500 Middlefield Rd., Redwood City
 Atherton, Portola Valley, Redwood City & Woodside. 650-599-3811

South San Francisco - 1487 Huntington Ave., South San Francisco
 San Bruno & South San Francisco. 650-877-5608

- Medicare**1-800-633-4227
www.medicare.gov
- Peninsula Family Service**650-403-4300
www.peninsulafamilyservice.org
 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**1-800-772-1213
www.ssa.gov (TTY) 1-800-325-0778
- Veterans Services**650-802-6598
www.hsa.smcgov.org/veterans
 550 Quarry Rd., San Carlos 94070
A division of the San Mateo County Human Services Agency
 Assists veterans, survivors, and dependents of veterans in gaining access to
 benefits based on military service and advocates on their behalf.

FOOD, CLOTHING & OTHER SERVICES

DONATIONS, DOWNSIZING & RECYCLING

Goodwill

www.sfgoodwill.org/donate/donate-goods

Operates donations centers in: San Mateo. 650-292-8500
South San Francisco. . .650-737-9827

Household Hazardous Waste Program. 650- 372-6200

www.smchealth.org/hhw

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

PARCA.1-877-997-2722

www.parca.org.650-312-0725

Recology of San Mateo County. 650-558-9575

www.recology.com/recology-san-mateo-county

RecycleStuff.Org. 1-800-533-8414

www.recyclestuff.org

The Salvation Army Thrift Store & Donation Center

www.salvationarmyusa.org/us. 1-800-728-7825

1170 Mission Rd., South San Francisco 94080

Society of St. Vincent de Paul of San Mateo County

www.svdsm.org

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

GROCERY SHOPPING & FOOD SERVICES

Ecumenical Hunger Program650-323-7781

www.ehpcares.org

241 Pulgas Ave., East Palo Alto 94303

North Peninsula Food Pantry & Dining Center . . 650-994-5150

www.fooddc.org

31 Bepler St., Daly City 94014

Pacifica Resource Center 650-738-7470

www.pacresourcecenter.org

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 - groceries for adults (60+) & disabled adults (55+)

CalFresh (Food Stamps) - money for groceries

Family Harvest - groceries for families with children under 26 yrs. old

Produce Mobile - fruit / vegetables

HOME DELIVERED MEALS

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

City of Pacifica 650-738-7350

www.cityofpacifica.org

Serving the city of Pacifica.

Peninsula Volunteers, Inc. 650-323-2022

www.penvol.org

Serving all cities in the County, except Pacifica & the Coastsides.

Self-Help for the Elderly 650-342-0822

www.selfhelpelderly.org

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

Senior Coastsiders 650-726-9056

www.seniorcoastsiders.org

Serving Montara to Half Moon Bay.

SENIOR NUTRITION SITES

Older American Act (OAA) funded sites (marked with an *asterisk below) follow specific service delivery guidelines. The menus at the OAA sites are approved by Registered Dietitians to meet the U.S. Dietary Reference Intakes and are low in fat, sodium, and cholesterol. 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** 650-991-8012

www.dalycity.org/329/Active-AdultsSeniors

101 Lake Merced Blvd., Daly City 94015

* **East Palo Alto Senior Center** 650-853-3149

560 Bell St., East Palo Alto 94303

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

www.peninsulafamilyservice.org

2600 Middlefield Rd., Redwood City 94063

* **Lincoln Community Center** 650-991-8018

www.dalycity.org/329/Active-AdultsSeniors

901 Brunswick St., Daly City 94014

- Little House** 650-326-2025
www.penvol.org/littlehouse
 800 Middle Ave., Menlo Park 94025
- * **Martin Luther King Jr. Community Center** 650-522-7498
www.cityofsanmateo.org
 725 Monte Diablo, San Mateo 94401
- Menlo Park Senior Center** 650-330-2282
www.menlopark.org
 110 Terminal Ave., Menlo Park 94025
- * **Millbrae Senior Center** 415-319-4115
www.selfhelpelderly.org
 450 Poplar Ave., Millbrae 94030
- * **Pacifica Senior Services** 650-738-7384
www.cityofpacifica.org
 540 Crespi Dr., Pacifica 94044
- 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 (formerly Magnolia Center)**
www.ssf.net 650-829-3820
 601 Grand Ave., South San Francisco 94080
- * **San Bruno Senior Center** 650-616-7150
www.sanbruno.ca.gov
 1555 Crystal Springs Road., San Bruno 94066
- San Carlos Adult Community Center** 650-802-4384
www.cityofsancarlos.org/acc
 601 Chestnut St., San Carlos 94070
- San Mateo Senior Center** 650-522-7490
www.cityofsanmateo.org
 2645 Alameda de las Pulgas, San Mateo 94403
- * **Self-Help for the Elderly** 650-342-0822
www.selfhelpelderly.org
 50 E. 5th Ave., San Mateo 94401
- * **Senior Coastsiders** 650-726-9056
www.seniorcoastsiders.org
 925 Main St., Half Moon Bay 94019

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.

Admiral Medical Supplies 650-697-0900
www.admiralmedical.com
357 El Camino Real, Millbrae 94030

Apria Healthcare 650-588-9744
www.apria.com
480 Carlton Ct., South San Francisco 94080

Bay City Medical Supplies
www.baycitymedicalsupplies.com
1465-A Chapin Ave., Burlingame 94010. 650-347-6606
1040 Brewster Ave., Redwood City 94063. 650-367-6900

Center for Independence of Individuals with Disabilities
www.cidсанmateo.org.(TTY) 650-522-9313
2001 Winward Wy., #103, San Mateo 94401. 650-645-1780
Information and referral; peer counseling and support groups; assistive technology; financial counseling; housing modification; independent living skills; advocacy and personal assistance programs.

Lincare 1-800-284-2006
www.lincare.com

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 650-726-5067
www.coastsideadultdayhealth.org
925 Main St., Half Moon Bay 94019
Lends medical home equipment such as walkers, wheelchairs, showerchairs and bedside commodes.

HOME MODIFICATION & ADAPTIVE EQUIPMENT

California Telephone Access Program (CTAP)

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

Free specialized phones and accessories for mobile phones for individuals who have difficulty using standard equipment for a variety of different medical reasons.

City of San Mateo Home Repair Programs.650-522-7000

www.cityofsanmateo.org/3895/Home-Repair-Programs

Home Rehabilitation Loan Program and Minor Home Repairs Program for qualifying residents of San Mateo.

Habitat for Humanity. 1-800-422-4828

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

The home preservation program helps those on limited incomes keep their homes safe, warm, and dry.

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

www.homesafety.net

890 Cowan Rd., #G, Burlingame 94010.650-571-7774

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

Rebuilding Together Peninsula.650-366-6597

www.rebuildingtogetherpeninsula.org/safe-at-home

841 Kaynyne St., Redwood City 94063

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.org650-368-7732

939 Valota Rd., Redwood City 94061

Fitness and wellness program designed for adults of all ability levels, particularly older adults, and boomers, with physical disabilities or health limitations who wish to remain independent in their lives.

Fall Prevention Coalition of San Mateo County

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

Prevent falls among older adults living in our community through collaboration, education, resource development & advocacy.

LifeStation, Inc. 1-833-590-1509

www.lifestation.com

Provides personal emergency response systems, medical alert equipment and monitoring service for a fee.

MedicAlert Foundation. **24-hours:** 1-800-432-5378

www.medicalert.org

Emergency service for members with medical condition and who wear a necklace or bracelet with medical condition and the MedicalAlert emblems for a fee.

PG&E. 1-800-743-5000

www.pge.com/en_US/safety/safety.page

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 Health415-626-5900

www.bythebayhealth.org

180 Redwood St., #350, San Francisco 94102

Kaiser Permanente Medical Center

Hospice Department650-299-3907

(For Kaiser members only)

www.kp.org

400 Veterans Blvd., #400, Redwood City 94063

Mission Hospice & Home Care650-554-1000

www.missionhospice.org

1670 Amphlett Blvd., #300, San Mateo 94402

Pathways1-888-755-7855

www.pathwayshealth.org408-730-5100

585 N. Mary Ave., Sunnyvale 94085

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

Sutter Care at Home650-685-2800

www.sutterhealth.org

1700 S. Amphlett Blvd., San Mateo 94402

Veterans Affairs Health Care System

Hospice Care Program1-800-455-0057

www.paloalto.va.gov

3801 Miranda Ave., Palo Alto 94304.650-493-5000

795 Willow Rd., Menlo Park 94025.650-614-9997

HOSPITALS & MEDICAL CENTERS

Kaiser Permanente Medical Center (For 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. 650-696-5400

www.sutterhealth.org

1501 Trousdale Dr., Burlingame 94010

100 S. San Mateo Dr., San Mateo 94401

San Mateo Medical Center. 650-573-2222

www.smchealth.org/san-mateo-medical-center

222 W. 39th Ave., San Mateo 94403

Sequoia Hospital. 650-369-5811

www.dignityhealth.org

170 Alameda de las Pulgas, Redwood City 94062

Seton Coastside. 650-563-7100

www.setonmedicalcenter.com

600 Marine Blvd., Moss Beach 94038

Seton Medical Center. 650-992-4000

www.setonmedicalcenter.com

1900 Sullivan Ave., Daly City 94015

Stanford Health Care. 650-723-4000

www.stanfordhealthcare.org

300 Pasteur Dr., Stanford 94305

Veterans Affairs Health Care System. 1-800-455-0057

www.paloalto.va.gov

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

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

HOUSING OPTIONS & REFERRALS

Department of Housing 650-802-5050

www.housing.smcgov.org/information-finding-housing

264 Harbor Blvd., #A, Belmont 94002

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

East Palo Alto Community Alliance and Neighborhood Development Organization. 650-473-9938

www.epacando.org

2369 University Ave., East Palo Alto 94303

Provides educational workshops and counseling in the area of home buying, credit and budgeting.

Housing Choices. 408-498-5777

www.housingchoices.org

Sobrato Center for Nonprofits –

3460 W. Bayshore, #205, Palo Alto 94303

Enhances lives of people with developmental and other disabilities and their families by creating and supporting quality, affordable housing opportunities.

Housing Industry Foundation. 650-437-2980

www.hifinfo.org

Through its Homeless Prevention Programs works with community-based organizations and provides grants to help individuals and families to remain in or return to stable housing including emergency assistance grants, shelter renovations and affordable housing initiatives.

Human Investment Project (HIP Housing). 650-348-6660

www.hiphousing.org

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. 650-726-4888

www.lesleyseniorcommunities.org

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

- LifeMoves** 650-685-5880
www.lifemoves.org
 181 Constitution Dr., Menlo Park 94025
 Provides interim housing and supportive services for homeless families and individuals to rapidly return to stable housing and achieve long-term self-sufficiency.
- Openhouse** 415-296-8995
www.openhousesf.org/housing
 Publishes Current Affordable Housing List for the Bay Area.
- Project Sentinel** 1-800-339-6043
www.housing.org
 1615 Hudson St., #A, Redwood City 94061
 Fair housing enforcement, tenant-landlord dispute resolution, reverse mortgage, and foreclosure prevention counseling.
- WeHope** 650-330-8000
www.wehope.org
 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

The Hotline.24-hours: 1-800-675-8437 or 1-844-868-0938

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

This 24-hour hotline line is staffed by knowledgeable and experienced social workers and public health nurses who answer questions about the wide variety of services available through the County and in the community. It is the main entry point for services provided by the Aging and Adult Services Division.

211. 211 or 1-800-273-6222

www.211bayarea.org

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

Center for Independence of Individuals with Disabilities

www.cidsanmateo.org. (TTY) 650-522-9313

2001 Winward Way #103, San Mateo. 650-645-1780

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

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 is open weekdays 8 am-5 pm; drop in consultations available at the Doelger Senior Center in Daly City in English, Mandarin, Spanish, or Tagalog.

Health Insurance Counseling Advocacy Program (HICAP)

www.hicapsanmateocounty.org 1-800-434-0222
. 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.

Network of Care

www.sanmateo.networkofcare.org/aging

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

Peninsula Family Service

Fair Oaks Adult Activity Center 650-780-7525

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

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.

RecycleStuff.Org 1-800-533-8414

www.recyclestuff.org

A collaborative effort provided by the County of Santa Clara, County of San Mateo, and the Environmental Studies Dept. at San Jose State University listing recycling resources.

Senior Coastsiders 650-726-9056

www.seniorcoastsiders.org/care-management

925 Main St., Half Moon Bay 94019

Care Manager can connect seniors and persons with disabilities to services and programs available on the Coastside.

Sequoia Strong

www.sequoiastrong.org/50-plus

Free online resource guide to activities and services for older adults in southern San Mateo County. All resources are personally recommended by the Sequoia Healthcare District, most are free or low cost.

LEGAL ASSISTANCE

Bay Area Caregiver Resource Center. 415-434-3388

www.caregiver.org/connecting-caregivers/bay-area-caregiver-center

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). 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.

Lawyer Referral Service. 650-369-4149

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

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

Legal Aid Society of San Mateo County. 650-558-0915

www.legalaidsmc.org

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

Peninsula Conflict Resolution Center (PCRC)

www.pcrcweb.org. 650-513-0330

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

LESBIAN, GAY, BISEXUAL AND TRANSGENDER COMMUNITY SERVICES

Alzheimer's Association **24-hours:** 1-800-272-3900
www.alzconnected.org(TTY) 1-866-403-3073
Provides emotional support including care consultation, LGBTQ caregiver support groups through education and training sessions.

Congregational Church of San Mateo 650-343-3694
www.ccsm-ucc.org
225 Tilton Ave., San Mateo 94401
Open, progressive & affirming Christian Congregation.

Community Overcoming Relationship Abuse (CORA) **24-hours:** 1-800-300-1080
www.corasupport.org

Institute on Aging Friendship Lifeline California
www.ioaging.org **24-hours:** 1-800-971-0016
Home Care and Support Services. . . . 650-424-1411 or 415-750-4111

LGBTQ Commission of San Mateo County 650-363-4467
www.lgbtq.smcgov.org

Many Journeys Metropolitan Community Church
www.manyjourneymcc.org 650-515-0900
1150 W. Hillsdale Blvd., San Mateo 94403

Openhouse 415-296-8995
www.openhouse-sf.org
65 Laguna St., San Francisco 94102
Housing & community services for LGBTQ older adults.

Parents, Families & Friends of LGBTQ (PFLAG)
www.pflag.org
PFLAG San Francisco. 415-921-8850
PFLAG San Jose / Peninsula. 408-270-8182

Peninsula Family Services

LGBTQ Peer Counseling

www.peninsulafamilyservice.org650 403-4300 x 4383

24 Second Ave., San Mateo 94401

SAGE LGBTQ National Elder Hotline. 1-877-360-5428

www.sageusa.org

San Mateo County Pride Center.650-591-0133

www.sanmateopride.org

1021 S. El Camino Real, San Mateo 94402

LIBRARIES

SAN MATEO COUNTY LIBRARIES

www.smcl.org

phone 1-833-937-7625 or text 650-851-0147

San Mateo County Libraries offer many services, including 45-minute appointments to answer technology questions, rooms for meetings, loans of equipment including 3-D printers and sewing machines, computer use, study rooms and virtual meeting spaces. Volunteer opportunities, such as book club leader, adult literacy tutor, and more also are 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** - 250 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
- N. 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 even museum tickets. City Libraries often also offer career workshops and volunteer opportunities.

Burlingame

www.burlingame.org/library

480 Primrose Rd., Burlingame 94010.650-558-7400

Daly City

www.dalycity.org/211/Library

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

Menlo Park

www.menlopark.org/389/Library

800 Alma St., Menlo Park 94025. 650-330-2500

Redwood City

www.redwoodcity.org/departments

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

www.sanbruno.ca.gov/gov/city_departmentscommunity_services/library

701 Angus Ave., San Bruno 94066.650-616-7078

San Mateo

www.cityofsanmateo.org/514/Locations-Hours

55 W. 3rd Ave., San Mateo 94402.650-522-7800

205 W. Hillsdale Blvd., San Mateo 94403.650-522-7880

1530 Susan Court, San Mateo 94403.650-522-7890

South San Francisco

www.ssf.net/departments/library

840 W. Orange Ave., South San Francisco 94080. 650-829-3860

306 Walnut Ave., South San Francisco 94080.650-877-8530

MENTAL HEALTH SERVICES

Mills-Peninsula Medical Center

Outpatient Behavioral Health.650-696-4690

www.sutterhealth.org/mills/services/behavioral-health

Provides 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. 650-638-0800

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

Older Adult System of Integrated Services

(OASIS). 650-573-3689

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

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

Peninsula Family Service.650-403-4300

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

Trained volunteer counselors provide support to adults (55+) in English, Mandarin, Spanish, Tagalog, and to the LGBTQIA+ community.

You Talk, We Listen

Short Term confidential counseling in English or Spanish for San Mateo County residents (55+) provided by a licensed therapist. Individual, couple or family therapy available. \$15.00 co-pay per visit.

Call Raychelle at 650-403-4300, extension 4389.

San Mateo County 24 Hour Crisis Hotline. 650-579-0350

www.sanmateocrisis.org.1-800-273-8255

San Mateo County Behavioral Health and Recovery Services

Access Call Center.1-800-686-0101

www.smchealth.org/bhrs.(TTY) 1-800-943-2833

Information assessment & referrals; mental health referrals; rehabilitation for substance abuse.

VA Clinics

San Bruno VA Clinic 650-615-6030

www.va.gov/san-francisco-health-care

1001 Sneath Ln., #300, San Bruno 94066

Palo Alto VA Medical Center 650-614-9997 x 2237

www.va.gov/palo-alto-health-care/health-services/#mental-health-care

795 Willow Rd., Menlo Park 94025

OTHER MEDICAL SERVICES

Hearing and Speech Center 415-921-7658

www.hearingspeech.org (TTY) 415-921-8990

1234 Divisadero St., San Francisco 94115

Medi-Cal 1-800-223-8383

www.hsa.smcgov.org/medi-cal-health-insurance

Belmont

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

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

& San Mateo

Coastside Clinic

225 S. Cabrillo Hwy., #100A, Half Moon Bay 650-573-3941

El Granada, Half Moon Bay, La Honda, Loma Mar, Montara, Moss Beach,

Pescadero, Princeton-by-the-Sea & San Gregorio

Daly City

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

Brisbane, Colma, Daly City & Pacifica

East Palo Alto

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

East Palo Alto & Menlo Park

Redwood City

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

Atherton, Portola Valley, Redwood City & Woodside

South San Francisco

1487 Huntington Ave., South San Francisco 650-877-5608

San Bruno & South San Francisco

North East Medical Services (NEMS). 650-550-3923

www.nems.org

211 Eastmoor 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. 650-330-7400

www.ravenswoodfhc.org

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. 650-573-2426

www.smchf.org/ron-robinson-senior-care-center

222 W. 39th Ave., San Mateo 94403

A primary care clinic and geriatric assessment unit where older adults of all income levels and all levels of independence and health care receive one-stop medical care tailored exclusively to meet their needs.

Samaritan House. 650-347-3648

www.samaritanhousesanmateo.org

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. 650-615-6000

www.va.gov/san-francisco-health-care

1001 Sneath Ln., #300, San Bruno 94066

San Mateo County Health Clinic

www.smchealth.org/smmc-guide-clinics

39th Avenue Senior Care Center: 222 W. 39th Ave.,

First Floor, San Mateo 94403. 650-573-2426

Coastside Clinic: 225 S. Cabrillo Hwy., #100A,

Half Moon Bay 94019. 650-573-3941

Daly City Clinic: 380 90th St.,

Daly City 94015. 650-301-8600

Fair Oaks Health Center: 2710 Middlefield Rd.,
Redwood City 94063. 650-578-7141

South San Francisco Clinic: 306 Spruce Ave.,
South San Francisco 94080. 650-877-7070

San Mateo County Medical Association. 650-312-1663

www.smcma.org/find-a-physician.aspx

Referrals to physicians based on geographic area preference, specialty, hospital affiliation and language needs.

San Mateo County Mobile Clinic. 650-573-2786

www.smchealth.org/mobileclinic

Medical care for homeless, uninsured, or insured with Medi-Cal, Medi-Care for San Mateo County residents. No appointment needed.

**Sequoia Hospital
Health and Wellness Center.** 650-367-5998

www.dignityhealth.org/bayarea/locations/sequoia

749 Brewster Ave., Redwood City 94063

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 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; a low vision clinic and a store.

DENTAL SERVICES

Ravenswood Family Health Center. 650-289-7700

www.ravenswoodfhc.org/services/dental

1807 Bay Rd., East Palo Alto 94303

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

Samaritan House. 650-347-3648

www.samaritanhousesanmateo.org

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

San Mateo County Dental Society.650-637-1121

www.smcds.com

San Mateo Referrals for dental care.

Medical Center

www.smchealth.org/smmc-services-dental

Coastside Clinic: 225 S. Cabrillo Hwy., #100A,

Half Moon Bay 94019. 650-573-3941

Fair Oaks Health Center: 2710 Middlefield Rd.,

Redwood City 94063.650-578-7141

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

Well Connected. 1-877-797-7299

www.covia.org/programs/well-connected

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

20 Twin Pines Ln., Belmont 94002

Brisbane

Brisbane Senior Center. 415-508-0230

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 Community Center. 650-991-8018

901 Brunswick St., Daly City 94014

East Palo Alto

East Palo Alto Senior Center. 650-853-3149

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 650-726-9056

www.seniorcoastsiders.org

925 Main St., Half Moon Bay 94019

Menlo Park

Menlo Park Senior Center 650-330-2280

www.menlopark.org

110 Terminal Ave., Menlo Park 94025

Peninsula Volunteers, Inc. - Little House 650-326-0665

www.penvol.org/littlehouse

800 Middle Ave., Menlo Park 94025

Pacifica

Pacifica Senior Services 650-738-7350

www.cityofpacifica/seniorservices.org

540 Crespi Dr., Pacifica 94044

Redwood City

Fair Oaks Adult Activity Center 650-780-7525

www.peninsulafamilyservice.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

San Bruno

San Bruno Senior Center 650-616-7150

www.sanbruno.ca.gov

1555 Crystal Springs Rd., San Bruno 94066

San Carlos

San Carlos Adult Community Center. 650-802-4384

www.cityofsancarlos.org/acc

601 Chestnut St., San Carlos 94070

San Mateo

Martin Luther King Jr. Community Center. 650-522-7498

www.cityofsanmateo.rec.org

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. 650-522-7490

www.cityofsanmateo.org

2645 Alameda de las Pulgas, San Mateo 94403

Self-Help for the Elderly. 650-342-0822

www.selfhelpelderly.org

50 E. 5th Ave., San Mateo 94401

South San Francisco

Roberta Cerri Teglia Center

(formerly Magnolia Center). 650-829-3820

www.ssf.net

601 Grand Ave., South San Francisco 94080

SUPPORT GROUPS

Regularly 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

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

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

ALS Association

Golden West Chapter.....1-866-750-2572
www.webgw.alsa.org/site/PageServer?pagename=GW_homepage

Alzheimer's Association.....**24-hours:** 1-800-272-3900
www.alz.org/norcal..... (TTY) 1-866-403-3073

American Cancer Society.....**24-hours:** 1-800-227-2345
www.cancer.org

American Diabetes Association.....408-241-1922
www.diabetes.org

American Heart Association and

American Stroke Association.....510-903-4050
www.heart.org

Arthritis Foundation.....1-888-391-9389
www.arthritis.org

Breathe California408-998-5865

www.lungsrus.org/senior-resources

Catholic Charities Adult Day Services 650-592-9325

www.catholiccharitiessf.org

787 Walnut St., San Carlos 94070

Center for Independence of Individuals with Disabilities

www.cidсанmateo.org(TTY) 650-522-9313

2001 Winward Wy., #103, San Mateo.650-645-1780

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

Cocaine Anonymous 415-226-1300

www.ca.org

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 Foundation1-800-632-3532

www.epilepsynorcal.org/support-groups

Family Caregiver Alliance1-800-445-8106

www.caregiver.org 415-637-3081

101 Montgomery St., #2150, San Francisco 94014

Provides services to family caregivers of adults with physical and cognitive impairments such as Parkinson's, stroke, Alzheimer's, and other types of dementia.

Gamblers Anonymous 1-800-287-8670

www.gamblersanonymous.org

Hearing Loss Association650-867-5256

www.hearingloss.org

Volunteer organization that provides support, education, and advocacy.

For more information, email: info@hearinglosspen.org.

- Kara** 650-321-5272
www.kara-grief.org/support-for/adults
- Lupus Foundation of Northern California** 408-954-8600
www.lfnc.org/online-support-groups
- Muscular Dystrophy Association** 415-673-7500
www.mdausa.org
- National Alliance on Mental Illness of San Mateo** 650-638-0800
www.namisanmateo.org/support/for-individuals-with-a-mental-health-diagnosis
- National Kidney Foundation** 1-800-622-9010
www.kidney.org/treatment-support
- National Multiple Sclerosis Society** 1-800-344-4867
www.nationalmssociety.org/Resources-Support
- Neurological Support Network** 650-814-0848
www.brainsupportnetwork.org/support-group
 Caregiving Support Groups dealing with Alzheimer’s Disease, Parkinson’s Disease, Lewy Body Dementia, and other neurodegenerative diseases.
- Nicotine Anonymous** 1-877-879-6422
www.nicotine-anonymous.org/find-a-meeting
- Pacifica Stroke Association** 650-565-8485
www.pacificstrokeassociation.org/stroke-support-groups
- Peninsula Family Service Peer Counseling** 650-403-4300
www.peninsulafamilyservice.org/our-programs/older-adult-services
 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
 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.

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). 1-855-983-0318

www.communitytechnetwork.org

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

www.edu.gcfglobal.org

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

Peninsula Family Service

Help@Hand. 650 403-4300 x 4328

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

Offers San Mateo County residents 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.

Little House. 650-326-2025

www.penvol.org/littlehouse/programs/technology

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

TRANSPORTATION

Some programs are suspended due to the pandemic. Call each program for status of service, eligibility, fee, route and schedule details.

American Cancer Society Road to Recovery Helpline

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

Volunteer-based transportation to and from treatment centers for ambulatory cancer patients only.

City of Menlo Park 650-330-6770

www.menlopark.org/shuttles

The community shuttle services local destinations in Menlo Park. All shuttles are wheelchair accessible and have bicycle rack accommodations.

Connections with services of other regional transit agencies.

City of Pacifica Connect a Ride 650-738-7350

www.cityofpacifica.org/dpts/pbr/senior_services/transportation/default.asp

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

San Mateo residents (60+) Provides up to 8 one-way or 4 round-trip trips per month for \$5 @ one-way ride (\$2.00 per ride if the Recreation Fee Assistance Scholarship is approved.) On demand, 24/7 service. Register in person or by mail: 2645 Alameda de las Pulgas, San Mateo CA 94403.

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

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

Peninsula Family Services (PFS)

Got Wheels 650-403-4300 x 4329

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

Provides up to 6 taxi rides for \$5 @ 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 residents (70+).

Peninsula Jewish Community Center (PJCC)

Get Up & Go. 650-378-2750

www.pjcc.org

A family-oriented community center that enables non-driving older adults (50+) to get to medical, dental appointments, or food shopping.

Advance registration required. Available Mon.-Fri. Free service!

Peninsula Volunteers, Inc. Little House

Lyft Partnership. 650-272-5040

www.penvol.org/littlehouse/transportation

Provides Lyft rides between your residence and Little House, the doctor or dentist, grocery stores, and pharmacies between 9 am-4 pm for \$5 to \$9 one way, depending on zones. Serving East Palo Alto, Palo Alto, Stanford, Portola Valley, Menlo Park, Redwood City, Atherton, Woodside, San Carlos, Belmont, Foster City, and parts of San Mateo. Registration required.

San Mateo County Transit District (SamTrans)

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

www.samtrans.com. (TTY) 650-508-6448

Curb-to-curb paratransit service for people whose disabilities prevent them from riding accessible San Trans busses. Call for certification information.

Redi-Wheels serves San Mateo County except for the coast south of Pacifica;

RediCoast serves the Coastsides.

South City Shuttle. 650-877-8550

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

Free shuttle around South San Francisco, with trips to local stores, senior center, libraries, city hall, and parks. The connects with SamTrans and BART.

OTHER TRANSPORTATION SERVICES

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

Belmont Twin Pines Senior & Community Center

www.belmont.gov 650-595-7444
20 Twin Pines Ln., Belmont 94002

Catholic Charities Adult Day Services 650-592-9325

www.catholiccharitiessf.org

Coastside Adult Day Health Center 650-726-5067

www.coastsideadultdayhealth.org

East Palo Alto Senior Center 650-853-3149

Menlo Park Senior Center 650-330-6770

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

Pacifica Senior Services 650-738-7350

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

Peninsula Volunteers, Inc.

Rosener House Adult Day Services 650-322-0126

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

Roberta Cerri Teglia Center

(formerly Magnolia Center) 650-829-3820

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

San Bruno Senior Center 650-616-7150

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

Senior Coastsiders 650-726-9056

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

TRANSPORTATION RESOURCES

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

AARP Driver Safety Classes 1-888-227-7669

www.aarp.org/drive

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

California Highway Patrol (CHP) 650-363-4570

Age Well-Drive Smart Older Driver Traffic Safety Seminars

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

Provides the highest level of safety, service and security by addressing older drivers safety / mobility. Seminar topics include: myths about olderdrivers; compensating for age related changes; "Tune Up" your driving skills; rules of the road; safe driving tips and transportation alternatives.

Clipper Card 1-877-878-8883

www.clippercard.com/ClipperWeb/discounts

Senior Clipper Cards (65+) provide discounts on public transportation in the Bay Area including BART, Caltrain, and SamTrans.

Department of Motor Vehicles (DMV) 1-800-777-0133

www.dmv.ca.gov (TTY) 1-800-368-4327

Identification Placard for the Disabled

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 650-508-6362

www.samtrans.com/Planning/Strategic_Development/Mobility_Ambassador_Program

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

Senior Mobility Guide. 1-800-660-4287

www.peninsularides.com

Provides information about transportation options for older people in San Mateo County. The Guide includes information about driver safety, shuttles, public transportation, walking, and other mobility topics.

Senior Ombudsman Program. 510-563-8998

The DMV has established a unit that assists older adults at risk of losing their licenses. Their small staff also provides outreach on issues facing older drivers, and talks to family members about how best to approach parents when driving becomes too dangerous. Additionally, they advocate for older adults who may wrongly have had their driver's licenses removed.

VACCINATIONS & COVID-19 TESTING

COVID-19 information frequently changes and websites are updated often. The following government sponsored services provide up-to-date data and advice.

California COVID-19 Hotline. 1-833-422-4255

www.covid19.ca.gov/get-local-information

Centers for Disease Control and Prevention. . . . 1-800-232-4636

www.cdc.gov/coronavirus/2019-ncov/vaccines/index

Information about COVID-19 & flu vaccines. Help is available in English, Spanish, and many other languages.

COVID-19 Call Center. 211

www.smchealth.org/coronavirus

San Mateo County COVID-19 Testing. . . .211 or 1-800-273-6222

www.smcgov.org/testing

San Mateo County COVID-19

Vaccination Program. 1-800-232-0233

www.smchealth.org/covid-19-vaccination-program-overview

San Mateo County Vaccination programs (general)

Low cost vaccine clinics.650-573-2877

Flu shots for home-bound patients.1-800-675-8437

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 650-289-5405

www.avenidas.helpfulvillage.com

450 Bryant St., Palo Alto 94301

Serving Palo Alto and surrounding communities.

Brisbane Village Helping Hands 415-508-2185

www.brisbanevillage.org

Serving residents of Brisbane.

Foster City Village 650-378-8541

www.fostercityvillage.org

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

1. Mid-Peninsula Village 650-260-4569

PO Box 813, San Carlos 94070

Serving San Mateo, Burlingame, and Hillsborough.

2. Sequoia Village 650-260-4569

PO Box 813, San Carlos 94070

Serving Belmont, San Carlos, and Redwood City.

3. Village of the Coastsides 650-440-5030

PO Box 1595, El Granada 94018

Serving the area from Pescadero to Pacifica.

VOLUNTEER SERVICES

Below is a list of organizations that focus - at least 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. 650-522-7277

www.cityofsanmateo.org/2309/Volunteer-Opportunities

Create the Good. 1-866-740-7719

www.createthegood.org

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. 415-541-9616

www.handsonbayarea.org

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

Veterans Administration Health Care System . . . 650-858-3903

www.va.gov/palo-alto-health-care/work-with-us/volunteer-or-donate/#become-a-volunteer

3801 Miranda Ave., Palo Alto 94304

Volunteers may help at the info desk, with shuttle cart driving and / or other tasks depending on needs.

Volunteer Match. 415-241-6868

www.volunteermatch.org

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

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 Committee**

Please email **Lindsey Joyner @ ljoyner@smcgov.org**
at San Mateo County Aging and Adult Services 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

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