HELP
AT
HOME

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

Published by San Mateo County Commission on Aging
HELP AT HOME

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

NETWORK OF CARE

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

THE 24 HOUR HOTLINE

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

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

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

Adult Protective Services ........................................... 1-844-868-0938
www.smchealth.org/elderabuse
Staff investigates allegations of Elder/Dependent Adult abuse and develops care plans for older adults (60+) and dependent adults (between 18 and 59) who are at risk of neglect, abandonment, isolation, abduction, or physical, sexual, and/or financial abuse.

Aging & Adult Services Hotline ........................................... 1-844-868-0938
www.smchealth.org/contact/24-hour-emergency-advice-line

Alcohol and Drug Helpline  650-573-3950
www.smchealth.org/contact/drug-and-alcohol-helpline
A non-judgmental, confidential place to check in and get support and information about substance abuse.

Community Overcoming Relationship Abuse (CORA)
www.corasupport.org .................................................. 24-hours:1-800-300-1080
2211 Palm Ave., San Mateo 94404
Serving victims of domestic violence in San Mateo County. Provides counseling, emergency housing & legal assistance.

Institute on Aging Friendship Lifeline
www.ioaging.org/services/friendship-line/ ............... 1-888-670-1360

National Suicide Prevention Lifeline – 24 hours
www.suicidepreventionlifeline.org ................................................................. 988

SAGE LGBTQ Elder Hotline
www.sageusa.org .................................................................................. 1-877-360-5428

San Mateo County 24 Hour Crisis Hotline (StarVista) .......... 988
www.sanmateocrisis.org ................................................................. 650-579-0350

San Mateo County Behavioral Health and Recovery Services
Access Call Center
www.smchealth.org/bhrs ................................................................. 1-800-686-0101
CORE SERVICE AGENCIES

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

**Daly City Community Services Center**
350 90th St. Daly City ........................................... 650-991-8007
Serving Daly City, Colma and Broadmoor

**Samaritan House South**
1836B Bay Rd. East Palo Alto................................. 650-294-4312
Serving East Palo Alto, Menlo Park

**Coastside Hope**
99 Ave. Alhambra, El Granada................................. 650-726-9071
Serving Half Moon Bay, Moss Beach, El Granada

**Pacifica Resource Center**
1809 Palmetto Avenue, Pacifica............................... 650-738-7470
Serving Pacifica

**Samaritan House**
4031 Pacific Blvd., San Mateo................................. 650-347-3468
Serving San Mateo, Belmont, Burlingame, Foster City, Hillsborough, Millbrae, San Carlos

**Puente de la Costa Sur**
620 North St., Pescadero ........................................ 650-879-1691
Serving Pescadero, La Honda, Loma Mar, San Gregorio

**Fair Oaks Community Center**
2600 Middlefield Rd., Redwood City ......................... 650-780-7500
Serving RWC, North Fair Oaks, Portola Valley, Woodside, Atherton

**YMCA Community Resource Center**
1486 Huntington Ave., So. San Francisco................... 650-276-4101
Serving South San Francisco, Brisbane, San Bruno
AGING AND ADULT SERVICES - A DIVISION OF SAN MATEO COUNTY HEALTH SYSTEM

The Hotline .................................................. 24-Hours: 1-844-868-0938
www.smchealth.org/TIES ...................... California Relay Service 711

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

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

Adult Protective Services
www.smchealth.org/elderabuse ......................... 1-844-868-0938

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

Elder and Dependent Adult Protection Team (EDAPT)
www.smchealth.org/elderabuse

Partnership between the San Mateo County’s Health System’s Aging and Adult Services, the District Attorney’s Office, and the County Counsel’s Office that is focused on identifying, preventing, and protecting dependent and older adults from abuse with a special emphasis on preventing financial abuse. EDAPT staff conduct case investigations, develop service plans for older and dependent adults who are risk for abuse, facilitate connections to supportive/case management services and provides training and outreach services to county residents, local government, and community agencies.
Enhanced Care Management (ECM)
A client centered voluntary program that serves older adults and individuals with disabilities (21+) who are at risk of long-term care admissions and are choosing to remain at home. AAS-ECM provides intensive and comprehensive case management and care coordination services with the goal of improving health outcomes for Medi-CAL recipients and preventing or delaying out of home care. Social Workers and a Public Health Nurse (PHN) conduct in-person visits and assessments, and work in partnership with the Health Plan of San Mateo and community providers.

In Home Supportive Services (IHSS)
www.smchealth.org/home-supportive-services
Provides household and personal care assistance to Medi-Cal eligible elderly, blind and disabled individuals who are unable to remain safely in their homes without this assistance.

Linkages
www.smchealth.org/general-information/linkages
Provides assessment and case management to help older adults and adults with disabilities (18+), without regard to income, remain independent in the community.

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

Public Administrator .......................... (Referral Line) 650-573-3475
www.smchealth.org/publicadministrator
The Public Administrator Program serves the public by investigating and administering the estates of persons who die without a will or an appropriate person willing or able to act as the administrator. The Public Administrator acts under the authority of the Superior Court.
Public Authority ................................................................. 650-389-9666
www.smchealth.org/ihss/publicauthority

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

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

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

Area Agency on Aging.......................................................... 1-844-868-0938
www.smchealth.org/aaa ................................................. (California Relay Service) 711
The Area Agency on Aging serves as a focal point for planning for older adults and adults with disabilities residing in San Mateo County. In addition to its advocacy role, the agency administers a variety of federal, state, and local private funds that support a coordinated network of community-based services for older adults and adults with disabilities.

Commission on Aging .........................................................650-713-8610
www.smchealth.org/coa ............................................... (California Relay Service) 711
A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and Aging and Adult Services on matters pertaining to older adults (60+). The Commission acts as an advocacy body for older adults and provides an opportunity for consumers to participate in the development of public policy.

Commission on Disabilities..................................................650-713-8610
www.smchealth.org/smccod ......................... (California Relay Service) 711
A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and Aging and Adult Services on matters pertaining to people with disabilities. The Commission acts as an advocacy body for people with disabilities of all ages and provides an opportunity for them to participate in the development of public policy.

Public Authority Advisory Committee
www.smchealth.org/ihss................................. (California Relay Service) 711
A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and the Governing Board of the Public Authority for In-Home Supportive Services (IHSS), Aging and Adult Services, and the Public Authority on the delivery of IHSS services and those aspects of the IHSS program that relate to home care providers. The Advisory Committee provides an opportunity for consumers, providers, advocates, and other interested parties to participate in the IHSS program and policy development.
ADULT DAY CARE

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

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

**Coastside Adult Day Health Center**
www.coastsideadultdayhealth.org ......................................................... 650-726-5067
925 Main St., #A, Half Moon Bay 94019

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

**PVI Adult Day Service at Rosener House**
https://1pvi.org/ .......................................................... 650-322-0126
500 Arbor Rd., Menlo Park 94025

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

**Roberta Cerri Teglia Center (formerly Magnolia Center)**
wwwssf.net/departments/parks_recreation/recreationdivision/seniors
Adult Day Care Center .......................................................... 650-829-3824
601 Grand Ave., 2nd Floor, South San Francisco 94080
CARE AT HOME

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

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

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

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

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

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

[www.cclld.dss.ca.gov/hcsregistry/registrysearch.aspx](http://www.cclld.dss.ca.gov/hcsregistry/registrysearch.aspx) is the California Department of Social Services’ website where consumers can check whether an HCA is registered.
In-Home Supportive Services (IHSS)
www.smchealth.org/home-supportive-services .......... 650-573-3900
Provides household and personal care assistance to Medi-Cal eligible aged, blind, and disabled individuals who are unable to remain safely in their own home without this assistance.

Nagaiki Caregiver Referral Program
Kimochi Social Services ........................................ 415-931-2275
www.kimochi-inc.org/nagaiki-home-care-registry
Offers a list of caregivers and resources to help older adults and their families in the search and hiring process. $25 voluntary contribution.

Veterans Administration Home Health Aide Care
www.va.gov/GERIATRICS/pages/Homemaker_and_Home_Health_Aide_Care.asp
Information and assistance in evaluating eligibility for services.

DEMENTIA CARE

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

Alzheimer’s Association
www.alz.org/norcal .................................................. 24-hours: 1-800-272-3900
2290 N. First St., #101, San Jose 95131

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

Family Caregiver Alliance
www.caregiver.org .................................................... 1-800-445-8106
235 Montgomery St #930, San Francisco, CA 94104
Services for family caregivers of adults with physical or cognitive impairments such as Parkinson’s, stroke, Alzheimer’s, and dementia.

PVI Adult Day Service at Rosener House
https://1pvi.org/ ...................................................... 650-326-2025
800 Middle Ave., Menlo Park, CA 94025
DISASTER PREPAREDNESS

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

AARP Disaster Preparedness Resource Center  
www.aarp.org/home-family/your-home/disaster-preparedness/

Earthquake Warning California  
www.earthquake.ca.gov

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

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

SMC Alert  

400 County Center, Redwood City 94063

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

PG&E Preparedness Advice  

Governor’s Office of Emergency Services  
www.caloes.ca.gov/ .................................................. 916-894-5209

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

AARP Foundation SCSEP
www.aarp.org/aarp-foundation/our-work/income/scsep

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

California Clubhouse
https://californiaclubhouse.org/

650-539-3345
220 Industrial Road, Suite 112, San Carlos, CA 94070
Offers programs to assist people to get back to work.

California State Department of Rehabilitation
www.dor.ca.gov/Home/FindAnOffice

801 Trager Ave., #105, San Bruno 94066
1065 E. Hillsdale Blvd., #403, Foster City 94404
800 Menlo Ave., #122, Menlo Park 94025

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

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

415-575-2101
Vocational rehabilitation for disabled and disadvantaged adults.

JobTrain
www.jobtrainworks.org

650-330-6429
1200 O' Brien Drive, Menlo Park 94025
Preparation for careers in high-demand and emerging fields.

NOVAworks
www.novaworks.org

650-581-0058
1777 Borel Place #500, San Mateo 94402
Nonprofit, federally funded employment, and training agency providing customized services to the jobseekers in Silicon Valley. Specialized services for veterans, youth, and older workers.
Peninsula Family Services - Second Careers Employment Program
www.pfso.org .................................................. 650-403-4300 x 4750
24 2nd Ave., San Mateo 94402
Paid one-on-one job matchups and paid internships for persons (55+).
Must meet income requirements for training.

Phase2Careers
www.phase2careers.org
Assist older adults in finding new career opportunities through job
search and career development workshops, employment roundtables,
networking and recruitment events, and special presentations.

San Mateo County Human Services Agency
www.smcgov.org/hsa/vocational-rehabilitation-services ......................
......................................................................................... 650-8002-6450
550 Quarry Rd., San Carlos
Job training, placement, or employment for employable county residents
on General Assistance or undergoing psychiatric treatment.

VA – Veterans
www.va.gov/careers-employment .............................. 1-800-827-1000
Support-and-services for Veterans and service members with service-
connected disabilities. Helps qualifying Veterans learn new skills, find a
new job, start a new business, get educational counseling, or return to
their former job.
FAMILY CAREGIVER SUPPORT SERVICES

Alzheimer's Association
www.alz.org/help-support/caregiving..........................1-800-272-3900

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

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

Edgewood Center for Children & Families
https://edgewood.org.......................................................1-844-334-3411

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

Kimochi, Inc.
www.kimochi-inc.org.......................................................415-725-1920

Legal Aid Society of San Mateo County
www.legalaidsmc.org......................................................650-558-0915
Operates a Senior Advocates Program that assists residents of San Mateo County (60+).
FINANCIAL ASSISTANCE, GOVERNMENT PROGRAMS & INSURANCE

Aging & Adult Services Hotline........................................1-844-868-0938
www.smchealth.org/contact/24-hour-emergency-advice-line

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

Health Insurance Counseling Advocacy Program (HICAP) .................................................................1-800-434-0222
www.hicapsanmateocounty.org........................................650-627-9350
Free Medicare counseling and advocacy including information about supplemental insurance plans, prescription drug coverage and long-term care insurance policies. Services are provided by appointment at your local senior center and other locations throughout the county.

Health Plan of San Mateo (HPSM)
www.hpsm.org .................................................................650-616-0050
A managed care health plan that provides health care benefits to San Mateo County residents who are enrolled in programs such as Medi-Cal, HealthWorx and Care Advantage.

Care Advantage..............................................................1-866-880-0606
HPSM’s Medicare Advantage / Prescription Drug Plan for residents eligible for both Medicare and Medi-Cal.

Medi-Cal
www.smcgov.org/hsa/health-coverage.........................1-800-223-8383
Visit or call any of the following offices with questions or to apply:
400 Harbor Blvd., Bldg. B, Belmont 94002 .....................650-802-6470
271-92nd St., Daly City 94015........................................650-301-8400
2415 University Ave., East Palo Alto 94303 ...............650-363-4175
2500 Middlefield Rd., Redwood City 94063.....................650-599-3811

Medicare
www.medicare.gov.............................................................1-800-633-4227
Peninsula Family Service
www.peninsulafamilyservice.org 650-403-4300
24 Second Ave., San Mateo 94401

DriveForward 650-403-4300 x 4105
Lending Circles 650-403-4300 x 4105
Second Careers Employment Program 650-403-4300 x 4385

Social Security/Medicare Eligibility/SSI
www.ssa.gov 1-800-772-1213
The menus at the Older American Act (OAA) funded sites (marked with an *asterisk below) are approved by Registered Dietitians to meet the U.S. Dietary Reference Intakes. Some sites have a suggested donation; others have a set fee. Days & times of service vary.

*Belmont Twin Pines Senior & Community Center  
[www.belmont.gov](http://www.belmont.gov) .............................................................. 650-595-7441  
20 Twin Pines Ln., Belmont 94002

*Doelger Senior Center  
[www.dalycity.org/329/Active-AdultsSeniors](http://www.dalycity.org/329/Active-AdultsSeniors) ......................................................... 650-991-8012  
101 Lake Merced Blvd., Daly City 94015

*East Palo Alto Senior Center  
560 Bell St., East Palo Alto 94303 .................................................. 650-329-5900

*Fair Oaks Adult Activity Center  
[www.peninsulafamilyservice.org](http://www.peninsulafamilyservice.org) .............................................................. 650-780-7525  
2600 Middlefield Rd., Redwood City 94063

*Lincoln Community Center  
[www.dalycity.org/329/Active-AdultsSeniors](http://www.dalycity.org/329/Active-AdultsSeniors) ................................. 650-991-8018  
901 Brunswick St., Daly City 94014

*Martin Luther King Jr. Community Center  
[www.cityofsanmateo.org](http://www.cityofsanmateo.org) ............................................. 650-522-7470  
725 Monte Diablo, San Mateo 94401

Menlo Park Senior Center  
https://www.menlopark.gov .............................................................. 650-330-2282  
110 Terminal Ave., Menlo Park 94025

*Millbrae Senior Center  
[www.selfhelpelderly.org](http://www.selfhelpelderly.org) ........................................... 415-319-4115  
450 Poplar Ave., Millbrae 94030

*Pacifica Senior Services  
[www.cityofpacifica.org](http://www.cityofpacifica.org) .............................................................. 650-738-7384  
540 Crespi Dr., Pacifica 94044
**Peninsula Volunteers, Inc. (PVI)**
https://1PVI.org .......................................................... 650-326-2025
800 Middle Avenue, Menlo Park 94025

**Redwood City Veterans Memorial Senior Center**
www.redwoodcity.org/departments/parks-recreation-and-community-services/seniors ......................................................... 650-780-7270
1455 Madison Ave., Redwood City 94061

**Roberta Cerri Teglia Center**
www.ssfn.net .......................................................... 650-829-3820
601 Grand Ave., South San Francisco 94080

*San Bruno Senior Center*
www.sanbruno.ca.gov/331/50-Senior-Center .................. 650-616-7150
1555 Crystal Springs Road, San Bruno 94066

**San Carlos Adult Community Center**
www.cityofsancarlos.org/acc ......................................... 650-802-4384
601 Chestnut St., San Carlos 94070

**San Mateo Senior Center**
www.cityofsanmateo.org ............................................. 650-522-7490
2645 Alameda de las Pulgas, San Mateo 94403

*Self-Help for the Elderly*
www.selfhelpelderly.org ............................................. 650-342-0822
E. 5th Ave., San Mateo 94401

*Senior Coastsiders*
www.seniorcoastsiders.org 650-726-9056
925 Main St., Half Moon Bay 94019

**HOME DELIVERED MEALS**

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

**City of Pacifica Meals on Wheels**
www.cityofpacifica.org .................................................. 650-738-7350
Serving Pacifica.
Meals on Wheels of San Francisco
https://www.mowsf.org/ ......................................................... 415-920-1111
2142 Jerrold Avenue, San Francisco, CA 94124
Serving North County

Peninsula Volunteers, Inc. (PVI)
https://1PVI.org ........................................................................... 650-326-2025
800 Middle Avenue, Menlo Park 94025
Serving Central and South County.

Self-Help for the Elderly
www.selfhelpelderly.org ............................................................... 650-342-0822
50 E. 5th Avenue, San Mateo 94401 ........................................... 650-342-0822
450 Poplar Avenue, Millbrae 94030 ......................................... 415-319-4115
Serving Asian meals to residents of Burlingame, Foster City, San Mateo & Millbrae

Senior Coastsiders
www.seniorcoastsiders.org ........................................................... 650-726-9056
925 Main Street, Half Moon Bay 94019
Serving Montara to Half Moon Bay

GROCERY SHOPPING & FOOD SERVICES

Ecumenical Hunger Program
www.ehpcares.org ....................................................................... 650-323-7781
241 Pulgas Ave., East Palo Alto 94303

North Peninsula Food Pantry & Dining Center
www.fooddc.org ............................................................................. 650-994-5150
31 Bepler St. Daly City 94014

Pacifica Resource Center
www.pacresourcecenter.org ......................................................... 650-738-7470
1809 Palmetto Ave., Pacifica 94044

Second Harvest of Silicon Valley
www.shfb.org ................................................................................. 1-800-984-3663
Call to find out about food, hot meals, and pantries in your community.

Brown Bag Program - for adults 60+ and & disabled adults 55+
CalFresh (Food Stamps) - money for groceries.
Family Harvest - groceries for families with children under 26
Produce Mobile - fruits/vegetables.

**DONATIONS, DOWNSIZING & RECYCLING**

Goodwill
www.sfgoodwill.org/donate/donate-goods

Donation centers in:
Redwood City..........................................................650-292-8500
San Mateo...............................................................650-292-8500
South San Francisco..................................................650-737-9827

*Household Hazardous Waste Program*
www.smchealth.org/hhw .................................................650- 372-6200

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

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

**Recology of San Mateo County**
www.recology.com/recology-san-mateo-county ...........650-558-9575

**The Salvation Army Donations and Gift Stores**
https://satruck.org/ .....................................................1-800-728-7825

1170 Mission Rd., South San Francisco 94080

**Society of St. Vincent de Paul of San Mateo County**
https://svdpsm.org

Donation centers:
344 Grand Ave., South San Francisco 94080 ..............650-589-8445
40 N. B St., San Mateo 94401 ........................................650-294-8912
728A Willow Rd., Menlo Park 94025 ..........................650-366-6367
HOME SAFETY & MEDICAL EQUIPMENT

DURABLE MEDICAL EQUIPMENT

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

**Apria Healthcare**
[www.apria.com](http://www.apria.com) ................................................................. 650-588-9744
480 Carlton Ct., South San Francisco 94080

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

DURABLE MEDICAL EQUIPMENT - LOANED

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

**Coastside Adult Day Health Center**
[www.coastsideadultdayhealth.org](http://www.coastsideadultdayhealth.org) ............................................... 650-726-5067
925 Main St. Suite A, Half Moon Bay 40195
Lends medical home equipment such as walkers, wheelchairs, shower chairs and bedside commodes. Confirmation of this service is pending.

**Medical Equipment Loan Program (MELP)**
[http://www.fremedequip.org](http://www.fremedequip.org) .................................................. 650-590-9112
San Carlos and Belmont pick up locations.

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

Equipment for children is available through **AbleClose** at the same location.
HOME MODIFICATION & ADAPTIVE EQUIPMENT

California Telephone Access Program (CTAP)
www.californiaphones.org ...........................................1-800-806-1191
Free specialized phones and accessories for qualifying residents.

CID Housing Accessibility Modification
www.cidsanmateo.org/services/housing-accessibility-modification.php ..................................................650-645-1780
Installs ramps, handrails, grab bars, vertical lifts etc.

City of San Mateo Home Repair Programs
www.cityofsanmateo.org/3895/Home-Repair-Programs ...............................................................650-522-7220

Habitat for Humanity ..............................................1-800-422-4828
www.habitatgsf.org/home-repair ..............................................415-625-1000
Home preservation program for low income residents

Home Safety Services, Inc
www.homesafety.net .....................................................1-888-388-3811
890 Cowan Rd., #G, Burlingame 94010 .........................650-571-7774
Installs grab bars, stair railings, wheelchair ramps, etc.

Rebuilding Together Peninsula .....................................650-366-6597
www.rebuildingtogetherpeninsula.org/safe-at-home
841 Kaynyne St., Redwood City 94063 .........................650-366-6597
The Safe at Home program helps older adults, families, and people with disabilities live more independently by addressing minor repairs.

Vista Center for the Blind & Visually Impaired
www.vistacenter.org .....................................................650-858-0202
2500 El Camino Real, #100, Palo Alto 94306
For the blind and visually impaired: social services, training in activities of daily living, orientation, and mobility; support groups and counseling; Braille and computer classes; CCTV Rental Program, technology training.
HOME SAFETY & MEDICAL EMERGENCY RESPONSE

Adaptive Physical Education Program
www.adaptivepevmsc.org ................................. 650-368-7732
939 Valota Rd., Redwood City 94061
Fitness and wellness program for adults of all ability levels, particularly older adults with physical disabilities or health limitations.

Fall Prevention Coalition of San Mateo County
www.smcfallprevention.org .................................. 1-844-663-2557
 Prevent falls among older adults through collaboration, education, resource development & advocacy.

LifeStation, Inc.
www.lifestation.com .................................................. 1-855-400-5131
 Fee-based personal emergency response systems, medical alert equipment and monitoring service.

MedicAlert Foundation
www.medicalert.org ............................................. 24-hours: 1-800-432-5378
Fee-based MedicAlert protection plans using a necklace or bracelet. Emergency assistance for plan members.

Peninsula Health & Fitness Center
phcdfitness.org ..................................................... 650-448-1472
Offers a space for older adults to engage in physical activity (i.e, tailored classes, and more) and socialization opportunities

PG&E
If you smell gas, call 911. Information and resources for improved safety at home and outside.
HOSPICE CARE

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

By the Bay Health
https://bythebayhealth.org/btbh-hospice-care/ .................. 415-927-2273
180 Redwood St., #350, San Francisco 94102
Serving Marin, San Francisco, and San Mateo Counties

Kaiser Permanente Medical Center
Hospice Department (For Kaiser members only)
www.kp.org ........................................................................... 650-299-3907
400 Veterans Blvd., #400, Redwood City 94063

Mission Hospice & Home Care
www.missionhospice.org .......................................................... 650-554-1000
1670 Amphlett Blvd., #300, San Mateo 94402

Pathways
https://pathwayshealth.org/ .................................................. 1-888-978-1306
395 Oyster Point Blvd, Suite 128, South San Francisco 94080
An affiliate of Sequoia Hospital/Dignity Health serving San Mateo County.

Sutter Care at Home
www.sutterhealth.org .............................................................. 650-685-2830
1700 S. Amphlett Blvd., San Mateo 94402

Veterans Affairs Health Care System Hospice Care Program
www.paloalto.va.gov ............................................................... 1-800-455-0057
3801 Miranda Ave., Palo Alto 94304 ................................. 650-493-5000
795 Willow Rd., Menlo Park 94025 ................................. 650-614-9997
HOSPITALS & MEDICAL CENTERS

AHMC Seton Medical Center
https://www.ahmchealth.com/smc/
Coastside: 600 Marine Blvd., Moss Beach 94038 .......... 650-563-7100
Daly City: 1900 Sullivan Ave., Daly City 94015 .......... 650-992-4000

Kaiser Permanente Medical Center (Kaiser members only)
www.kp.org
1100 Veterans Blvd., Redwood City 94063 ............... 650-299-2000
1200 El Camino Real, South San Francisco 94080 ...... 650-742-2000
1000 Franklin Pkwy., San Mateo 94403 ................. 650-358-7000

Mills-Peninsula Medical Center
www.sutterhealth.org ........................................... 650-696-5400
1501 Trousdale Dr., Burlingame 94010
100 S. San Mateo Dr., San Mateo 94401

San Mateo Medical Center
www.smchealth.org/san-mateo-medical-center ............. 650-573-2222
222 W. 39th Ave., San Mateo 94403

Sequoia Hospital
www.dignityhealth.org/bayarea/locations/sequoia ........ 650-369-5811
170 Alameda de las Pulgas, Redwood City 94062

Stanford Health Care
www.stanfordhealthcare.org .................................. 650-723-4000
300 Pasteur Dr., Stanford 94305

Veterans Affairs Health Care System
www.paloalto.va.gov ............................................. 1-800-455-0057
3801 Miranda Ave., Palo Alto 94304 .................... 650-493-5000
795 Willow Rd., Menlo Park 94025 ...................... 650-614-9997
HOUSING OPTIONS & REFERRALS

Core Service Agencies - Coordinated Entry System
https://samaritanhousesanmateo.org/service/housing-services/

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

Core Service Agencies - Emergency Safety Net Assistance
The County’s eight Core Service Agencies work in close collaboration with the Human Services Agency to provide individuals and families with basic emergency and support services to stabilize their living situations, including housing assistance. Find your local agency at www.smcgov.org/hsa/core-service-agencies-emergency-safety-net-assistance.

Department of Housing
www.smcgov.org/housing/residents .................................................. 650-802-3300
264 Harbor Blvd., #A, Belmont, 94002
Information about affordable housing, eligibility, wait lists, down payment assistance, and below market rate (BMR) housing.

Housing Choices
www.housingchoices.org ................................................................. 408-498-5777
3460 W. Bayshore, #205, Palo Alto 94303
A Sobrato Center for Nonprofits program creating and supporting affordable housing opportunities for people with development and other disabilities.

Housing Industry Foundation
www.hifinfo.org .......................................................... 650-437-2980
Evaluates and qualifies recipients for emergency housing grants.

Human Investment Project (HIP Housing)
www.hiphousing.org ................................................................. 650-348-6660
800 S. Claremont St., #210, San Mateo 94402
Provides housing information and referral services, home sharing program and operates affordable rental housing.
Lesley Senior Communities
www.lesleyseniorcommunities.org .......................... 650-726-4888
A non-profit organization providing housing for older adults and people with disabilities with low to extremely low incomes.

Openhouse
www.openhousesf.org/housing ....................................... 415-296-8995
Publishes Current Affordable Housing List for the Bay Area.

Project Sentinel
www.housing.org .......................................................... 1-800-339-6043
1615 Hudson St., #A, Redwood City 94061
Fair housing enforcement, tenant-landlord dispute resolution, reverse mortgage, and foreclosure prevention counseling.

WeHope
www.wehope.org ............................................................. 650-330-8000
1854 Bay Rd., East Palo Alto 94303
Provides emergency shelter for unhoused, homeless, and at-risk adults in East Palo Alto and surrounding San Mateo County and Santa Clara County communities.
INFORMATION, REFERRAL, ASSISTANCE & ADVOCACY

San Mateo County 24-hour Emergency Advice Line
24 Hour Hotline .................................1-800-675-8437 or 1-844-868-0938
www.smchealth.org/contact/24-hour-emergency-advice-line

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

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

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

Center for Independence of Individuals with Disabilities
www.cidsanmateo.org .................................. 650-645-1780
2001 Winward Way #103, San Mateo

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

Daly City Partnership Healthy Aging Response Team (HART)
www.dcpartnership.org .................................. 650-991-5558
101 Lake Merced Blvd., Daly City 94015

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

Health Insurance Counseling Advocacy Program (HICAP)
www.hicapsanmateocounty.org .................................. 1-800-434-0222 or 650-627-9350
1710 S Amphlett Blvd #100, San Mateo 94402

Free Medicare counseling and advocacy including information about supplemental insurance plans, prescription drug coverage and long-term care insurance policies. Services are provided by appointment at your local senior center and other locations throughout the county.
Kaiser Permanente Resource Directory
https://healthy.kaiserpermanente.org/health-wellness/social-health/resource-directory/resource-directory
Searchable database providing information about transportation, food, housing, benefits, employment, and other resources.

Network of Care
www.sanmateo.networkofcare.org/aging
Comprehensive, internet-based resource listing created and maintained by San Mateo County for the elderly and people with disabilities, and their caregivers and service providers.

Ombudsman Services of San Mateo County
https://ossmc.org/.........................................................650-238-5880
Works to protect the rights of residents living in long term care in San Mateo County. Assistance for individuals and their family and friends who are trying to navigate the long term care system.

Peninsula Family Service - Fair Oaks Adult Activity Center
https://www.peninsulafamilyservice.org/our-programs/older-adult-services/.................................................................650-780-7525
2600 Middlefield Rd., Redwood City 94063
Contact a Case Manager and Information and Assistance Specialist to find resources regarding aging in place, transportation, food, emergency shelter, caregiver support, health and wellness, recreation, housing, and health insurance. Bilingual English & Spanish.

Senior Coastsiders
www.seniorcoastsiders.org/care-management................650-726-9056
925 Main St., Half Moon Bay 94019
Care Manager can connect seniors and persons with disabilities to services and programs available on the Coastside. Provides services to keep seniors and adults with disabilities as healthy, active, and independent as possible and help them age in place.

Sequoia Strong
www.seqhd.org/sequoia-strong-adults-50 ..................650-421-2155
Sequoia Strong™ is your personal resource guide to healthy living in southern San Mateo County. All activities and services are personally recommended by the Sequoia Healthcare District for District residents. Most resources are free or low cost.
LEGAL ASSISTANCE

Family Caregiver Resource Center
www.caregiver.org/connecting-caregivers/bay-area-caregiver-center
415-434-3388
Non-profit organization working with family caregivers including determining eligibility for legal consultation.

California Advocates for Nursing Home Reform
www.canhr.org 1-800-474-1116
Provides referral services to a panel of attorneys specializing in elder abuse / neglect law and estate planning.

Community Overcoming Relationship Abuse (CORA)
www.corasupport.org 24 hours:1-800-300-1080 650-652-0800
Serving victims of domestic violence in San Mateo County. Provides counseling, emergency housing & legal assistance.

Lawyer Referral Service
www.smcb.org/for-the-public/find-a-lawyer 650-369-4149
Non-profit service of the San Mateo County Bar Association to assist the public in finding a qualified lawyer. $35.00 fee for a half hour consultation with an attorney.

Legal Aid Society of San Mateo County
www.legalaidsmc.org 650-558-0915
The Senior Advocates Program assists residents of San Mateo County (60+) with government benefits, elder abuse, simple wills, consumer law and debt collection, guardianships for older adults caring for young children and advanced healthcare directives.

Peninsula Conflict Resolution Center (PCRC)
www.pcrcweb.org 650-513-0330
Neighborhood, family, consumer, community, landlord/tenant, and employee mediation service.
LGBTQ+ COMMUNITY SERVICES

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

Coast Pride Center
https://coastpride.org .............................................................. 650-479-1902

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

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

Institute on Aging Friendship Line California
www.ioaging.org ................................................................. 24 hours: 1-888-670-1360
Home Care and Support Services ..... 650-424-1411 or 415-750-4111

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

Metropolitan Community Church (MCC) of San Francisco
www.admin@mccsf.org ......................................................... 415-863-4434

Openhouse
www.openhouse-sf.org ............................................................... 415-296-8995
Housing & community services for LGBTQ older adults.

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

Peninsula Family Services LGBTQ Peer Counseling
www.pfso.org ...................................................................... 650-403-4300 x 4750
24 Second Ave., San Mateo 94401

SAGE LGBTQ National Elder Hotline
www.sageusa.org ................................................................. 1-877-360-5428

San Mateo County Pride Center
www.sanmateopride.org ......................................................... 650-591-0133
1021 S. El Camino Real, San Mateo 94402

Star Vista Crisis Intervention and Suicide Prevention Center
www.sanmateocrisis.org .......................................................... 650-579-0350
San Mateo County Libraries offer many services, including one hour tech tutor sessions, free PrintAnywhere (25 pages), Discover & Go museum passes, rooms for meetings, loans of laptops, hotspots and other equipment, computer use, study rooms and virtual meeting spaces. Volunteer opportunities, such as book club leader, adult literacy tutor, and more are also available. For more information, check www.smcl.org/volunteer

Atherton - 2 Dinkelspiel Station Ln., Atherton 94027
Belmont - 1110 Alameda de las Pulgas, Belmont 94002
Brisbane - 163 Visitacion Ave., Brisbane 94005
East Palo Alto - 2415 University Ave., East Palo Alto 94303
Foster City - 1000 E. Hillsdale Blvd., Foster City 94404
Half Moon Bay - 620 Correas St., Half Moon Bay 94019
Millbrae - 1 Library Ave., Millbrae 94030
North Fair Oaks - 2510 Middlefield Rd, Redwood City 94063
Pacifica Sanchez - 1111 Terra Nova Blvd., Pacifica 94044
Pacifica Sharp Park - 104 Hilton Wy., Pacifica 94044
Portola Valley - 765 Portola Rd., Portola Valley 94028
San Carlos - 610 Elm St., San Carlos 94070
Woodside - 3140 Woodside Rd., Woodside 94062

CITY LIBRARIES

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

Burlingame Libraries
www.burlingame.org/library
480 Primrose Rd., Burlingame 94010.........................650-558-7400
1800 Easton Dr., Burlingame 94010.........................650-340-6180
Daly City Libraries
www.dalycity.org/211/Library
40 Wembley Dr., Daly City 94015 .............................. 650-991-8023
460 Martin St., Daly City 94014 .............................. 650-991-8074
134 Hillside Blvd., Daly City 94014 ....................... 650-991-8073
275 Southgate Ave., Daly City 94015 ..................... 650-991-8071

Menlo Park Libraries
www.menlopark.gov/Government/Departments/Library-and-Community-Services/Library
800 Alma St., Menlo Park 94025 ............................. 650-330-2500
413 Ivy Drive, Menlo Park 94025 ......................... 650-330-2540

Redwood City Libraries
www.redwoodcity.org/departments/library
1044 Middlefield Rd., Redwood City 94063 ............ 650-780-7018
2140 Euclid Ave., Redwood City 94061 ................. 650-780-7010
399 Marine Pkwy., Redwood City 94065 ............... 650-780-5740

San Bruno Library
www.sanbruno.ca.gov/342/Library
701 Angus Ave., San Bruno 94066 ....................... 650-616-7078

San Mateo Libraries
www.cityofsanmateo.org/514/Locations-Hours
55 W. 3rd Ave., San Mateo 94402 ....................... 650-522-7800
205 W. Hillsdale Blvd., San Mateo 94403 .......... 650-522-7882
1530 Susan Court, San Mateo 94403 ................... 650-522-7892

South San Francisco Libraries
www.ssf.net/departments/library
840 W. Orange Ave., So. San Francisco 94080 ....... 650-829-3860
306 Walnut Ave., So. San Francisco 94080 ........... 650-877-8530
520 Tamarack Lane, So. San Francisco 94080 .......... 650-877-8540
MENTAL HEALTH SERVICES

Mills-Peninsula Medical Center
Outpatient Behavioral Health
www.sutterhealth.org/mills/services/behavioral-health ......................................................... 650-696-4690

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

National Alliance on Mental Illness of San Mateo County
www.namisanmateo.org/support/for-individuals-with-a-mental-health-diagnosis .......................................................... 650-638-0800

Older Adult System of Integrated Services (OASIS)
www.smchealth.org/article/older-adult-system-integrated-services ......................................................... 650-573-3689

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

Peninsula Family Service ........................................... 650-403-4300
www.peninsulafamilyservice.org/our-programs/older-adult-services

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

You Talk, We Listen - Short term confidential counseling for adults (55+) by a licensed therapist. $15 co-pay per visit.
.......................................................... 650-403-4300, ext. 4389

San Mateo County 24 Hour Crisis Hotline (StarVista) .......... 988
www.sanmateocrisis.org ................................................. 650-579-0350

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

Information. assessment & referrals; substance abuse rehabilitation.

San Bruno VA Clinic
www.va.gov/san-francisco-health-care ................................ 650-615-6030
1001 Sneath Ln., #300, San Bruno 94066

Palo Alto VA Medical Center
www.va.gov/palo-alto-health-care/health-services/#mental-health-care ......................................................... 650-614-9997, ext.2237
795 Willow Rd., Menlo Park 94025
OTHER MEDICAL SERVICES

Hearing and Speech Center
www.hearingspeech.org ........................................ 415-921-7658
1234 Divisadero St., San Francisco 94115

Medi-Cal
www.smcgov.org/hsa/health-coverage ...................... 1-800-223-8383
Visit or call any of the following office with questions or to apply:
400 Harbor Blvd., Bldg. B, Belmont 94002 .................. 650-802-6470
271-92nd St., Daly City 94015 .................................. 650-301-8400
2415 University Ave., East Palo Alto 94303 .............. 650-363-4175
2500 Middlefield Rd., Redwood City 94063 .............. 650-599-3811

North East Medical Services (NEMS)
www.nems.org .................................................... 650-550-3923
211 Eastmoor Ave., Daly City 94015
1850 Sullivan Ave., Daly City 94015
Multilingual services available to the Asian community.

Palo Alto VA Medical Centers
www.va.gov/palo-alto-health-care
795 Willow Rd., Menlo Park 94025 .......................... 650-614-9997
3801 Miranda Ave., Palo Alto 94304 .................... 650-493-5000

Ravenswood Family Health Center
www.ravenswoodfhc.org ....................................... 650-330-7400
1885 Bay Rd., East Palo Alto 94303
Offers comprehensive health services for all ages regardless of insurance, immigration status or ability to pay.

Ron Robinson Senior Care Center
222 W. 39th Ave., San Mateo 94403
Outpatient clinic on the first floor of San Mateo Medical Center committed to delivering top-notch comprehensive healthcare services tailored to meet the unique needs of older adults.
Samaritan House
www.samaritanhousesanmateo.org .................................................. 650-347-3648
San Mateo Free Clinic
19 W. 39th Ave., San Mateo 94403 .................................................. 650-578-0400
Redwood City Free Clinic
114 Fifth Ave., Redwood City 94063 .................................................. 650-839-1447
Medical and dental services for low-income and uninsured individuals.
San Bruno VA Outpatient Clinic
www.va.gov/san-francisco-health-care ................................................. 650-615-6000
1001 Sneath Ln., #300, San Bruno 94066
San Mateo County Health Clinics
www.smchealth.org/smmc-guide-clinics ............................................. 650-573-2426
222 W. 39th Ave., 1st Floor, San Mateo 94403
Coastside Clinic ................................................................. 650-573-3941
225 S. Cabrillo Hwy., #100A, Half Moon Bay 94019
Daly City Health Center .......................................................... 650-372-3200
380 90th St., Daly City 94015
Fair Oaks Health Center .......................................................... 650-578-7141
2710 Middlefield Rd., Redwood City 94063
South San Francisco Clinic ......................................................... 650-877-7070
306 Spruce Ave., South San Francisco 94080
San Mateo County Mobile Clinic
www.smchealth.org/mobileclinic ..................................................... 650-573-2786
For San Mateo residents who are homeless, uninsured, on Medi-Cal, Medicare, or San Mateo County ACE. Available on different days in South San Francisco, Redwood City and San Bruno.
Sequoia Hospital - Health and Wellness Center
www.dignityhealth.org/bayarea/locations/sequoia/services/health-wellness-center .................................................. 650-367-5998
749 Brewster Ave., Redwood City 94063
Community health resource center, support groups, health screenings, fall prevention classes, and diabetes classes.
Vista Center for the Blind & Visually Impaired
www.vistacenter.org ........................................... 650-858-0202
2500 El Camino Real, #100, Palo Alto 94306
For the blind and visually impaired: social services; training and counseling; support groups in Mandarin and Cantonese, CCTV rentals; low vision clinic and a store.

**DENTAL SERVICES**

Ravenswood Family Health Center
www.ravenswoodfhc.org/services/dental ...................... 650-289-7700
1807 Bay Rd., East Palo Alto 94303
Primary and preventative health care to all, regardless of ability to pay or immigration status.

Samaritan House
www.samaritanhousesanmateo.org .......................... 650-347-3648

San Mateo Free Clinic ........................................... 650-578-0400
19 W. 39th Ave., San Mateo 94403

Redwood City Free Clinic ..................................... 650-839-1447
114 Fifth Ave., Redwood City 94063

San Mateo County Dental Society
www.smcds.com ........................................... 650-637-1121
San Mateo Referrals for dental care.

San Mateo Medical Center
www.smchealth.org/smmc-services-dental .................. 650-573-3941

Coastside Clinic ............................................. 650-573-3941
225 S. Cabrillo Hwy., #100A, Half Moon Bay 94019

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

Sonrisas Dental Health
www.sonrisasdental.org
430 N. El Camino Real, San Mateo 94401 .................. 650-727-3480
210 San Mateo Rd., #104, Half Moon Bay 94019........ 650-726-2411
Preventative and restorative care for patients with or without insurance.
Senior and Community Centers are the entry point for many services for older adults, leisure activities and meal programs. Staff may offer information about, and referral to, services and agencies which may assist older adults to remain at home.

**Well Connected - Front Porch Communities and Services**
[www.covia.org/programs/well-connected](http://www.covia.org/programs/well-connected) .......................... 1-877-797-7299

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

**Belmont**

*Twin Pines Senior & Community Center* .......................... 650-595-7441
20 Twin Pines Ln., Belmont 94002

**Brisbane**

*Brisbane Senior Center* .......................................................... 415-508-2135
[www.brisbaneca.org/parksrec/page/senior-sunrise-room](http://www.brisbaneca.org/parksrec/page/senior-sunrise-room)
2 Visitacion Ave., Brisbane 94005

**Daly City**

[www.dalycity.org/329/Active-AdultsSeniors](http://www.dalycity.org/329/Active-AdultsSeniors)

*Doelger Senior Center* .......................................................... 650-991-8012
101 Lake Merced Blvd., Daly City 94015

*Lincoln Park Community Center* .......................................... 650-991-8018
901 Brunswick St., Daly City 94014

*Bayshore Community Center* ............................................... 650-991-5701
450 Martin Street, Daly City 94014

*War Memorial Community Center* ........................................ 659-991-8020
6655 Mission St., Daly City 94014

**East Palo Alto**

*East Palo Alto Senior Center* ............................................... 650-853-3149
560 Bell St., East Palo Alto 94303
Foster City
Foster City Parks and Recreation Department
www.fostercity.org..................................................650-286-2585
650 Shell Blvd., Foster City 94404

Peninsula Jewish Community Center (PJCC)
www.pjcc.org.................................................................650-212-7522
800 Foster City Blvd., Foster City 94404

Half Moon Bay
Senior Coastsiders
www.seniorcoastsiders.org...........................................650-726-9056
925 Main St., Half Moon Bay 94019

Menlo Park
Menlo Park Senior Center
Temporarily at Arrillaga Family Recreation Center
700 Alma St., Menlo Park 94025

Peninsula Volunteers, Inc. - Little House
https://1pvi.org/littlehouse/..............................................650-326-2025
800 Middle Ave., Menlo Park 94025

Millbrae
Millbrae Recreation Center............................................650-259-2360
https://www.ci.millbrae.ca.us/368/Seniors
477 Lincoln Circle, Millbrae 94030

Pacifica
Pacifica Senior Services
www.cityofpacifica.org/departments/parks-beaches-recreation/senior-services.................................650-738-7350
540 Crespi Dr., Pacifica 94044

Redwood City
Fair Oaks Adult Activity Center.................................650-780-7525
www.pfs.o.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  
www.sanbruno.ca.gov/331/50-Senior-Center .................. 650-616-7150  
1555 Crystal Springs Rd., San Bruno 94066

San Carlos
San Carlos Adult Community Center  
www.cityofsancarlos.org/acc .................................................. 650-802-4384  
601 Chestnut St., San Carlos 94070

San Mateo
Martin Luther King Jr. Community Center  
www.cityofsanmateo.rec.org .................................................. 650-522-7470  
725 Monte Diablo, San Mateo 94401
San Mateo Japanese American Community Center  
www.smjacc.org ........................................................................ 650-343-2793  
415 S. Claremont St., San Mateo 94401
San Mateo Senior Center  
www.cityofsanmateo.org/638/Senior-Center ............... 650-522-7490  
2645 Alameda de las Pulgas, San Mateo 94403
Self-Help for the Elderly  
www.selfhelpelderly.org ........................................................ 650-342-0822  
50 E. 5th Ave., San Mateo 94401

South San Francisco
Robert Cerri Teglia Center  
www ssf.net ............................................................................. 650-829-3824  
400 Grand Ave., South San Francisco 94080
SUPPORT GROUPS

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

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

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

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

Alzheimer’s Association
www.alz.org/norcal ........................................................................... 24-hours: 1-800-272-3900

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

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

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

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

Center for Independence of Individuals with Disabilities

Cocaine Anonymous
www.ca.org .......................................................................................... 415-226-1300

Community Overcoming Relationship Abuse (CORA) .................................................. 24-hours: 1-800-300-1080
www.corasupport.org ............................................................................ 650-652-0800

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

Epilepsy Foundation
www.epilepsynorcal.org/support-groups ............................................. 1-800-632-3532
Family Caregiver Alliance ........................................... 1-800-445-8106
www.caregiver.org/connecting-caregivers/support-groups/
235 Montgomery St., San Francisco 94104 ................... 415-434-3388

Gamblers Anonymous
www.gamblersanonymous.org ........................................ 1- 855-222-5542

Hearing Loss Association
www. hearinglossca.org/support/peninsula-chapter/ ..... 650-867-5256
Volunteer organization that provides support, education, and advocacy. For more information, email: info@hearinglosspen.org.

Kara
www.kara-grief.org/support-for/adults.............................. 650-321-5272

Lupus Foundation of Northern California
www.lfnc.org/online-support-groups .............................. 408-954-8600

National Alliance on Mental Illness of San Mateo
www.namisanmateo.org/support/for-individuals-with-a-mental- health-diagnosis ....................................................... 650-638-0802

National Kidney Foundation
www.kidney.org/treatment-support .............................. 1-855.653.2273

National Multiple Sclerosis Society
www.nationalmssociety.org/Chapters/CAN/Services-and-
Support/Social-Emotional-support ............................... 1-800-344-4867

Neurological Support Network
www.brainsupportnetwork.org/support-group ............... 650-814-0848
Alzheimer’s, Parkinson’s, and Caregiver support groups, local and virtual.

Nicotine Anonymous
www.nicotine-anonymous.org/find-a-meeting .............. 1-877-879-6422

Pacifica Stroke Association ........................................... 650-565-8485
www.pacificstrokeassociation.org/stroke-support-groups

Peninsula Family Service Peer Counseling
www.pfsoc.org ........................................................ 650-403-4300 x 4750
Trained volunteer counselors provide support to adults (55+) in English, Mandarin, Spanish, Tagalog, and to the LGBTQIA+ community.

Vista Center for the Blind & Visually Impaired
www.vistacenter.org ................................................. 650-858-0202
TECHNOLOGY

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

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

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

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

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

**GCF Global LearnFree.org**
https://edu.gcfglobal.org/en/

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

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

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

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

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

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

City of Menlo Park Shuttles
www.menlopark.gov/shuttles...........................................650-330-6770
Free community shuttles for the general public. Crosstown Shuttle offers scheduled weekday service around Menlo Park and parts of Palo Alto, with connections to regional transit agencies. Shoppers’ Shuttle offers door-to-door service around Menlo Park and to Palo Alto, Redwood City on Tuesdays, Wednesdays, and Saturdays. All shuttles are wheelchair accessible and have bicycle racks.

City of Pacifica Connect a Ride
www.cityofpacifica.org/departments/parks-beaches-recreation/senior-services...............................................................650-738-7353
Participant must be a Pacifica resident (65+). Rides must begin or end in Pacifica. All locations within the City of Pacifica, to/from Colma Bart Station and rides to/from hospitals between Daly City and Burlingame.

City of San Mateo Get Around........................................650-522-7490
www.cityofsanmateo.org/3795/Get-Around-Senior-Rides-Program
City of San Mateo residents (60+). 8 one-way trips per month for $5 per ride; $2 per ride if the Recreation Fee Assistance is approved. On demand, 24/7 service. Register online in person or by mail: 2645 Alameda de las Pulgas, San Mateo 94403.

City of South San Francisco Shuttle...............................650-877-8550
www.ssf.net/services/free-south-city-shuttle
Free weekday shuttle service within South San Francisco and to SamTrans and BART.

Friends in Service to Humanity (FISH).........................650-593-1288
Rides to medical appointments Mon.-Fri. 9am-4pm. Requires 5 business days’ notice in advance. Serves residents of Belmont, San Carlos & Redwood City in cooperation with Sequoia Village.
Peninsula Family Service (PFS) Got Wheels….650-403-4300 x 4750
www.pfso.org

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

Peninsula Jewish Community Center (PJCC) Get Up & Go

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

Peninsula Volunteers, Inc. Little House RIDE PVI
www.pvi.org/ridepvi ................................................................. 650-272-5040

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

San Mateo County Transit District (SamTrans)
www.samtrans.com

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

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

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

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

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

Curb-to-curb paratransit service for people whose disabilities prevent them from riding accessible San Trans buses. Call for certification information. Redi-Wheels serves San Mateo County except for the coast south of Pacifica. RediCoast serves the Coastside.
TRANSPORTATION SERVICES
Provided by Senior/Community Centers

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

Belmont Twin Pines Senior & Community Center
www.belmont.gov ........................................... 650-595-7444
20 Twin Pines Ln., Belmont 94002

East Palo Alto Senior Center
https://www.smc-connect.org/locations/east-palo-alto-senior-center
.................................................................. 650-329-5900
560 Bell St, East Palo Alto, CA 94303

Menlo Park Senior Center
www.menlopark.gov ........................................... 650-330-2200
700 Alma St., Menlo Park, CA 94025

Pacifica Senior Services
www.cityofpacifica.org ........................................... 650-738-7350
540 Crespi Dr., Pacifica 94044

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

Roberta Cerri Teglia Center
www.ssf.net ........................................... 650-829-3820
601 Grand Ave., South San Francisco 94080

San Bruno Senior Center
www.sanbruno.ca.gov ........................................... 650-616-7150
1555 Crystal Springs Rd., San Bruno 94066

Senior Coastsiders
www.seniorcoastsiders.org ........................................... 650-726-9056
925 Main St., Half Moon Bay 94019

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

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

**AARP Driver Safety Classes**
[www.aarp.org/drive](http://www.aarp.org/drive) .......................................................... 1-888-227-7669

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

**California Highway Patrol (CHP)**
Age Well-Drive Smart Older Driver Traffic Safety Seminars
[www.chp.ca.gov/programs-services/programs/age-well-drive-smart](http://www.chp.ca.gov/programs-services/programs/age-well-drive-smart)
............................................................................................................................. 916-843-3000

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

**Clipper Card**
[www.clippercard.com/ClipperWeb/discounts](http://www.clippercard.com/ClipperWeb/discounts) ............... 1-877-878-8883

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

**Department of Motor Vehicles-Disabled Person Parking Placard**
[www.dmv.ca.gov/portal/dmv-virtual-office/dpp-application/](http://www.dmv.ca.gov/portal/dmv-virtual-office/dpp-application/)
............................................................................................................................. 1-800-777-0133

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

**San Mateo County Transit District (SamTrans) - Mobility Ambassadors**
[https://www.samtrans.com/rider-info/seniors](https://www.samtrans.com/rider-info/seniors) .................. 650-508-6362

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

**Avenidas Village**  
[www.avenidas.helpfulvillage.com](http://www.avenidas.helpfulvillage.com) 650-289-5405  
450 Bryant St., Palo Alto 94301  
Serving Palo Alto and surrounding communities.

**Brisbane Village Helping Hands**  
[www.brisbanevillage.org](http://www.brisbanevillage.org) 415-508-2185  
Serving residents of Brisbane.

**Foster City Village**  
[www.fostercityvillage.org](http://www.fostercityvillage.org) 650-378-8541  
Community Center - 1000 E. Hillsdale Blvd., Foster City 94404  
Serving residents in the 94404 ZIP Code.

**Villages of San Mateo County**  
is the umbrella 501(c)(3) nonprofit organization for three local Villages in San Mateo County. [www.villagesofsmc.org](http://www.villagesofsmc.org)

- **Mid-Peninsula Village** 650-260-4569  
PO Box 813, San Carlos 94070  
Serving San Mateo, Burlingame, Hillsborough, Millbrae & San Bruno.

- **Sequoia Village** 650-260-4569  
PO Box 813, San Carlos 94070  
Serving Belmont, San Carlos, Redwood City & Redwood Shores.

- **Village of the Coastside** 650-440-5030  
PO Box 1595, El Granada 94018  
Serving Half Moon Bay, El Granada, Moss Beach, Montara, Pacifica, Skyline, and Pescadero.
VOLUNTEER SERVICES

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

AmeriCorps Seniors
www.americorps.gov/serve/americorps-seniors
Volunteers (55+) serve with organizations dedicated to helping others.

City of San Mateo Get Connected
https://cityofsanmateo.galaxydigital.com/need/ ..................650-522-7277

Create the Good
http://www.createthegood.org........................................1-866-740-7719
ARRP program that connects to volunteer opportunities.

Engage
www.engage.pointsoflight.org
A new website for creating, sharing, and participating in volunteering opportunities.

Hands On Bay Area
www.handsonbayarea.org.............................................415-541-9616
Connects people with high-quality volunteer projects through their extensive network of local nonprofits and schools in need.

Volunteer Match
www.volunteermatch.org..............................................415-241-6868
Website that connects people with volunteer opportunities at local organizations and causes.
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San Mateo County
Board of Supervisors

San Mateo County
Commission on Aging

San Mateo County Health System
Aging and Adult Services Division

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

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

www.smchealth.org/helpathome
or
www.sanmateo.networkofcare.org/aging

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