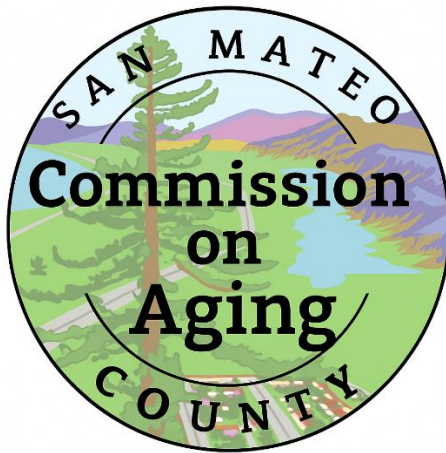


HELP AT HOME

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.

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CORE SERVICE AGENCIES

Core Service Agencies provide safety net services to San Mateo County residents in need of food, emergency housing assistance, emergency utility assistance, shelter and other basic needs. They assist with crisis intervention and referrals based on an evaluation of their needs and qualifications for assistance. They work in close collaboration with the Human Services Agency to provide individuals and families with basic emergencies and support services to stabilize their living situations.

Daly City Community Services Center.....650-991-8007

Serving Daly City, Colma and Broadmoor
350 90th Street Daly City
www.dcpartnership.org/dccsc

Samaritan House South.....650-294-4312

Serving East Palo Alto and Menlo Park
2396 University Avenue, East Palo Alto
www.samaritanhousesanmateo.org

Coastside Hope.....650-726-9071

Serving Half Moon Bay, Montara, Moss Beach and El Granada
248 Main Street, Suite 200, Half Moon Bay
www.coastsidehope.org

Pacifica Resource Center.....650-738-7470

Serving Pacifica
1809 Palmetto Avenue, Pacifica
www.pacresourcecenter.org

Samaritan House.....650-347-3468

Serving San Mateo, Belmont, Burlingame, Foster City, Hillsborough, Millbrae and San Carlos
4031 Pacific Boulevard, San Mateo
www.samaritanhousesanmateo.org

Puente de la Costa Sur.....650-879-1691

Serving Pescadero, La Honda, Loma Mar and San Gregorio
620 North Street, Pescadero, www.mypuente.org

Fair Oaks Community Center.....650-780-7500
Serving Redwood City - North Fair Oaks, Portola Valley, Woodside and Atherton
2600 Middlefield Road, Redwood City
www.redwoodcity.org/departments/parks-recreation-and-community-services/facilities/community-centers

YMCA Community Resource Center.....650-276-3850
Serving South San Francisco, Brisbane and San Bruno
1486 Huntington Avenue, South San Francisco
www.ymcasf.org/community-resources

AGING AND DISABILITY SERVICES - A DIVISION OF SAN MATEO COUNTY HEALTH

Information & Referral.....1-888-762-2377
.....California Relay Service 711

The Aging & Disability Resource Connection (**ADRC**) provides information and referrals to a wide variety of services available throughout the County and in the community.

<https://sanmateocountyadrc.org/contact/>

Adult Abuse Report Hotline.....1-844-868-0938

This 24-hour response system serves as the entry point for reporting abuse of older adults (age 60+) and dependent adult (ages 18-59).

Anyone can call to consult regarding a concern about an older or dependent adult.

<https://www.smchealth.org/contact/24-hour-adult-abuse-reporting-hotline>

Community Supports (CS)

Variety of services provided by Medi-Cal Managed Care Plans to address and support a variety of health-related social needs. The availability of services is determined by your Medi-Cal Managed Care Plan, however may include the following: Transitional Rent, Housing Transition Navigation Services, Housing Deposits, Housing Tenancy and Sustaining Services, Short-Term Post-Hospitalization Housing, Recuperative Care (Medical Respite), Caregiver Respite Services, Day

Habilitation Programs, Nursing Facility Transition, Community Transition Services, Personal Care and Homemaker Caregiving Services, Medically Supportive Food/Meals, Sobering Centers, Asthma Remediation. To learn more about the availability of CS services or to apply, please contact your Medi-Cal Managed Care Plan- Health Plan of San Mateo or Kaiser Permanente.

Elder and Dependent Adult Protection Team (EDAPT)

San Mateo County Adult Protective Services (APS) offers specialized support through the Elder and Dependent Adult Protection Team (EDAPT). EDAPT brings together APS, the District Attorney's Office, and the County Attorney's Office to support older and dependent adults who may be experiencing financial abuse. When a referral is made, APS/EDAPT social workers review the information and assess the situation to determine how EDAPT may help.

If you would like to make a financial abuse APS referral, please call 844-868-0938.

www.smchealth.org/elderabuse

Enhanced Care Management (ECM)

A statewide California Advancing and Innovating Medi-Cal (CalAIM) benefit that provides high-touch, in-person and comprehensive care management for older adults and individuals with disabilities who have complex needs. Participation in the program supports Medi-Cal members in improving health outcomes, reducing avoidable hospitalizations and emergency room visits, and addressing social drivers of health so they can remain independent in their own homes and avoid hospitalization and long-term care placement. To apply, please contact your Medi-Cal Managed Care Plan- Health Plan of San Mateo or Kaiser Permanente.

In Home Supportive Services (IHSS)

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

www.smchealth.org/home-supportive-services

Linkages

Provides assessment, referral, and short-term case management to help older adults and adults with disabilities (18+), without regard to income. For consultation or referral, please call 1-844-868-0938.

www.smchealth.org/general-information/linkages

Public Administrator.....(Referral Line) 650-573-3900

The Public Administrator Program serves the public by investigating and administering the estates of people 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.

www.smchealth.org/publicadministrator

Public Authority.....650-389-9666

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 assist consumers who require additional help in hiring a care provider . The Public Authority is also the employer of record for IHSS care providers; manages IHSS care provider enrollment, payroll, and benefits; and offers training to care 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.

www.smchealth.org/ihss/publicauthority

Public Guardian/Conservatorship Program

The Public Guardian/Public Conservatorship program serves adults with disabilities (cognitive impairment, developmental disability, or serious mental illness) who 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. For consultation, please call 1-844-868-0938.

www.smchealth.org/publicguardian

OTHER AGING AND DISABILITY SERVICES RESOURCES

Area Agency on Aging.....1-844-868-0938
.....(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.
www.smchealth.org/aaa

Commission on Aging.....650-713-8610
.....(California Relay Service) 711
A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and Aging and Disability 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.
www.smchealth.org/coa

Commission on Disabilities.....650-713-8610
.....(California Relay Service) 711
A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and Aging and Disability 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.
www.smchealth.org/smccod

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

Public Authority Advisory Committee.....650-385-9329
.....(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 Disability 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, care providers, advocates, and other interested parties to participate in the IHSS program and policy development.

www.smchealth.org/ihss

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.....650-592-9325
787 Walnut Street, San Carlos 94070

catholiccharitiessf.org/adult-day-services-san-mateo-v-2/

Coastside Adult Day Health Center.....650-726-5067
925 Main Street, A, Half Moon Bay 94019

www.coastsideadulthoodhealth.org

Golden Castle Adult Day Health Care 650-964-1964
Golden Castle Adult Day Health Center is a multicultural adult day health care program. .

www.goldencastlecenter.org

Peninsula Volunteers, Inc.

Adult Day Service at Rosener House.....650-322-0126
500 Arbor Road, Menlo Park 94025

www.1pvi.org

Roberta Cerri Teglia Center

(formerly Magnolia Center)650-829-3824

601 Grand Avenue, 2nd Floor, South San Francisco 94080

www.ssf.net/Departments/Parks-Recreation/Divisions/Recreation-Division/Senior-Services

Age Up (formerly Ombudsman Services of San Mateo County)

maintains a Long-Term Care Directory with information about Adult Day Health Care and Adult Day Programs in San Mateo County.

www.age-up.org

CARE AT HOME

Different types of services, subject to different regulations, are offered to assist with the care at home of older adults and people with disabilities.

Home Care Organizations are licensed by the California Department of Social Services' Home Care Services Branch.

<https://www.cdss.ca.gov/inforesources/community-care/home-care-services>. They offer **non-medical services** to individuals who need support to perform daily living activities such as bathing, toileting, meal preparation, light housekeeping, companionship, fall prevention, and dementia care. Learn whether a **home care organization** is licensed by checking

<https://www.ccl.dss.ca.gov/carefacilitysearch/Search/HomeCareOrg>.

Home care aid registrations can be checked at

<https://www.ccl.dss.ca.gov/hcsregistry/registrysearch.aspx>.

Home Health Agencies are licensed by California Department of Public Health 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. Check at <https://cvl.cdph.ca.gov/SearchPage.aspx> whether an agency is licensed.

Referral Agencies:

Referral agencies are not regulated by the State of California. They can help find and retain suitable home care, generally for a fee.

DEMENTIA, HOME CARE, AND FAMILY CAREGIVER SUPPORT

These organizations provide information services and support to persons requiring dementia or other in-home care and their families and caregivers.

Alzheimer's Association.....24-hours: 1-800-272-3900
Provides guidance on how to choose home care providers
<https://www.alz.org/help-support/caregiving/care-options/in-home-care>

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

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

Coastside Adult Day Health Center.....650-726-5067
Conducts a monthly caregiver support group – 1st Friday of each month.
www.coastsideadultdayhealth.org/services.

Family Caregiver Alliance.....1-800-445-8106
Services for family caregivers for clients with physical or cognitive impairments.
235 Montgomery Street, #930, San Francisco, CA 94104
www.caregiver.org

Healthy Aging Pathways.....650-239-2211

Provides free to very low-cost case management for seniors living in San Mateo, Burlingame, Millbrae, San Bruno, Hillsborough and Foster City.

1875 Trousdale Dr., Burlingame, CA 94010

www.hapathways.org

HottoCare.....1-763-363-6842

HöttoCare is a part of the Medicare GUIDE Model, a national initiative launched by the U.S. government to improve dementia care.

www.hottocare.com

LGBTQ Caregiver Center

Virtual LGBTQ Caregiver Center provides information and resources, delivers training and services to enhance the health and well-being of LGBTQ Caregivers.

<https://lgbtqcaregivers.org/>

Jewish Family and Children’s Services – Seniors at Home1-415-449-3700

Provides care management, dementia and home care and other services for older adults.

<https://seniorsathome.ifcs.org/>

Kimochi – Nagaiki Caregiver Referral Program.....1-415-931-2275

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

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

National Institute on Aging (US Department of Health and Human Services)

Provides help with locating in home care including link to the elder care locator <https://eldercare.acl.gov/home> and a worksheet with questions to ask before hiring a care provider

<https://www.nia.nih.gov/health/caregiving/services-older-adults-living-home> .

Peninsula Volunteers Inc.650-326-2025

PVI's QUIESCENCE offers specialized concierge assistance for family caregivers for a fee.

www.1pvi.org/quiescence-customized-solutions-for-family-caregivers/

800 Middle Avenue, Menlo Park, CA 94025

San Mateo County In Home Supportive Services

(IHHS).....650-573-3900

Provides homecare services to Medi-Cal eligible the aged, blind and individuals with disabilities to assist them to remain safely in their own homes.

www.smchealth.org/home-supportive-services

Veterans Administration Home Health Aide Care

Information and assistance in evaluating eligibility for services.

www.va.gov/GERIATRICAL/pages/Homemaker_and_Home_Health_Aide_Care.asp

DISASTER PREPAREDNESS

Several organizations and public agencies publish advice on how to be prepared in case of a natural disaster or other emergency and/or operate alert systems.

AARP Disaster Preparedness Resource Center

Tips, checklists and resources for disaster preparedness.

www.aarp.org/home-living/disaster-preparedness

California Department of Health – Be Prepared Program

Tips for preparing a disaster plan and an emergency supply kit.

www.cdph.ca.gov/Programs/EPO/Pages/BePreparedCalifornia.aspx

Disability Rights California

Video on preparing for disaster in many languages.

www.disabilityrightscalifornia.org/latest-news/preparing-for-a-natural-disaster

Earthquake Warning California

Publishes the Earthquake Readiness Guide, Homeowner's Guide to Earthquake Safety, and several toolkits and posters in multiple languages.

Also offers the MyShake App for receiving earthquake warnings. Available in the *Apple App* and *Google Play* stores.

www.earthquake.ca.gov/get-prepared

Listos California - Governor's Office of Emergency Services

Advice on and tools for preparing for emergencies, signing up for alerts, locating recovery resources.

www.listoscalifornia.org/disaster-readiness

PG&E Safety Action Center

Resources and information for emergency preparedness.

www.safetyactioncenter.pge.com

San Mateo County Health Emergency Preparedness Guide

Offers the "Read it Before You Need It" guide.

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

SMC Alert

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

www.smcgov.org/dem/smc-alert

U.S. Department of Homeland Security

Advice in many languages on how to Make a Plan for disasters and emergencies, including list of preparedness materials.

www.ready.gov/plan

EMPLOYMENT OPPORTUNITIES

AARP Foundation SCSEP.....1-800-775-6776

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

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

California Clubhouse..... 650-539-3345

Offers programs to assist people to get back to work.

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

www.californiaclubhouse.org

California State Department of Rehabilitation

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

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

1065 East Hillsdale Boulevard, #403, Foster City 94404

.....650-358-4180

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

www.dor.ca.gov/Home/FindAnOffice

Goodwill Industries.....1-415-575-4570

Vocational rehabilitation for disabled and disadvantaged adults.

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

JobTrain.....650-330-6429

Preparation for careers in high-demand and emerging fields.

1200 O' Brien Drive, Menlo Park 94025

www.jobtrainworks.org

NOVAworks.....650-581-0058

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

1777 Borel Place #500, San Mateo 94402

www.novaworks.org

Peninsula Family Services - Second Careers

Employment Program.....650 403-4300 x 4750

Paid one-on-one job matchups and paid internships for persons (55+)

Must meet income requirements for training.

24 2nd Avenue, San Mateo 94402

www.pfso.org

Phase2Careers

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

www.phase2careers.org

San Mateo County Human Services Agency.....650-802-6450

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

550 Quarry Road, San Carlos

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

VA – Veterans.....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.

www.va.gov/careers-employment

FINANCIAL ASSISTANCE, GOVERNMENT PROGRAMS & INSURANCE

CORE SERVICES Agencies

Core Service Agencies work in close collaboration with the Human Services Agency to provide individuals and families with basic emergencies and support services to stabilize their living situations. Find the agency serving your area at

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

Health Insurance Counseling Advocacy Program

(HICAP)1-800-434-0222 or 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.

www.hicapsanmateocounty.org

Health Plan of San Mateo (HPSM).....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.

801 Gateway Bl. Ste 100 South San Francisco, Ca.

www.hpsm.org

Medi-Cal.....1-800-223-8383

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

400 Harbor Boulevard, Bldg. B, Belmont 94002650-802-6470

271-92nd Street, Daly City 94015650-301-8400

2415 University Avenue, East Palo Alto 94303650-363-4175

2500 Middlefield Road, Redwood City 94063650-599-3811

www.smcgov.org/hsa/health-coverage

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

Peninsula Family Service.....650-403-4300
DriveForward.....650-403-4300 x 4105
Lending Circles.....650 403-4300 x 4105
Second Careers Employment Program.....650 403-4300 x 4385
24 Second Avenue, San Mateo 94401
www.peninsulafamilyservice.org

Social Security/Medicare Eligibility/SSI.....1-800-772-1213
www.ssa.gov

FOOD, CLOTHING & OTHER SERVICES

NUTRITION LUNCH SITES FOR OLDER ADULTS

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 voluntary contributions; others have a set fee.
Days & times of service vary.

Belmont Senior Lunch

*Belmont Twin Pines Senior & Community Center
20 Twin Pines Lane, Belmont 94002

www.belmont.gov.....650-595-7441

Daly City Senior Lunch

*Bayshore Community Center
450 Martin Street, Daly City 94014

www.dalycity.org/329/Active-AdultsSeniors.....650-991-5701

*Doelger Senior Center
101 Lake Merced Boulevard, Daly City 94015

www.dalycity.org/329/Active-AdultsSeniors.....650-991-8012

*Gellert Park Clubhouse
50 Wembley Drive, Daly City 94015
www.dalycity.org/329/Active-AdultsSeniors.....650-991-8017

*Lincoln Community Center
901 Brunswick Street, Daly City 94014
www.dalycity.org/329/Active-AdultsSeniors.....650-991-8018

East Palo Alto Senior Lunch

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

Half Moon Bay Senior Lunch

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

Menlo Park Senior Lunch

Menlo Park Senior Center
Belle Haven Community Campus
110 Terminal Avenue, Menlo Park 94025
www.menlopark.gov.....650-330-2282

Peninsula Volunteers, Inc.
800 Middle Avenue, Menlo Park 94025
www.1PVI.org.....650-326-2025

Millbrae Senior Lunch

*Millbrae Senior Center
450 Poplar Avenue, Millbrae 94030
www.selfhelpelderly.org.....1-415-319-4115

Pacifica Senior Lunch

*Pacifica Senior Services
540 Crespi Drive, Pacifica 94044
www.cityofpacific.org.....650-738-7384

Redwood City Senior Lunch

*Fair Oaks Adult Activity Center
2600 Middlefield Road, Redwood City 94063
www.peninsulafamilyservice.org.....650-780-7525

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

San Bruno Senior Lunch

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

San Carlos Senior Lunch

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

San Mateo Senior Lunch

*Martin Luther King Jr. Community Center
725 Monte Diablo, San Mateo 94401
www.cityofsanmateo.org.....650-522-7470

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

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

South San Francisco Senior Lunch

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

HOME DELIVERED MEALS

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

www.mowssf.org/.....1-415-920-1111
Serving Northern San Mateo County.

Peninsula Volunteers, Inc.

<https://1PVI.org>.....650-326-2025
Serving Central and South County.

Self-Help for the Elderly

www.selfhelpelderly.org.....650-342-0822
Millbrae 940301-415-319-4115
Serving Asian inspired meals to residents of Burlingame, Foster City,
San Mateo & Millbrae.

Senior Coastsiders

www.seniorcoastsiders.org.....650-726-9056
Serving Montara to Half Moon Bay.

GROCERY SHOPPING & FOOD SERVICES

CalFresh.....1-800-223-8383

known federally as the Supplemental Nutrition Assistance Program or SNAP, provides monthly food benefits to individuals and families with low-income and provides economic benefits to communities. CalFresh is the largest food program in California and provides an essential hunger safety net. CalFresh is federally mandated and in California, is state-supervised and county-operated

www.cdss.ca.gov/inforesources/calfresh

Ecumenical Hunger Program650-323-7781
2411 Pulgas Avenue, East Palo Alto 94303
www.ehpcares.org

Call Primrose650 342-CALL (2255)
130 Primrose Road, Burlingame 94010
www.callprimrose.org

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

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

Second Harvest of Silicon Valley.....1-800-984-3663
Call to find out about food pantries in your community.
Brown Bag Program - for adults 60+ and & disabled adults 55+
Help with applying for CalFresh (Food Stamps) - money for groceries.
www.shfb.org

DONATIONS, DOWNSIZING & RECYCLING

Goodwill Donation Centers

San Mateo..... 650-293-8500
Burlingame.....650-373-1235
South San Francisco.....650-737-9827
www.sfgoodwill.org/donate/donate-goods

Household Hazardous Waste Program.....650-372-6200
San Mateo County's HHW Program helps residents reuse, recycle, or responsibly manage residential hazardous waste for free.
www.smchealth.org/hhw

PARCA..... 650-312-0725
www.parca.org

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

The Salvation Army Donations and Gift Stores
.....1-800-728-7825
1170 Mission Road, South San Francisco 94080
www.satruck.org/

**Society of St. Vincent de Paul of San Mateo County -
Donation Centers:**
344 Grand Avenue, South San Francisco 94080.....650-589-8445
40 N. B Street, San Mateo 94401.....650-294-8912
728A Willow Road, Menlo Park 94025.....650-366-6367
<https://svdpsm.org>

HEALTH SERVICES

HOSPITALS & MEDICAL CENTERS

AHMC Seton Medical Center.....650-992-4000
1900 Sullivan Avenue, Daly City 94015
<https://www.ahmchealth.com/smc>

**Kaiser Permanente Medical Center (Kaiser members
only)**
1100 Veterans Boulevard, 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
www.kp.org

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

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

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

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

Veterans Affairs Health Care System.....1-800-455-0057
3801 Miranda Avenue, Palo Alto 94304.....650-493-5000
795 Willow Road, Menlo Park 94025.....650-614-9997
www.paloalto.va.gov

MENTAL HEALTH SERVICES

Mental health encompasses your emotional, psychological, and social well-being, influencing how you think, feel, handle stress, and make choices. It is influenced by a combination of biological, environmental, and lifestyle factors, such as genes, trauma, relationships, and diet.

Mills-Peninsula Medical Center Outpatient Behavioral Health

Program Enrollment.....650-696-4690
Referrals.....1-888-834-1788
Referrals to doctors that are part of the Sutter Health network for treatment of depression, anxiety and/or chemical dependency.
www.sutterhealth.org/mills/services/behavioral-health

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

Older Adult System of Integrated Services (OASIS)

.....650 573-3689
Home visits by mental health professionals for persons (60+) with
mental health diagnosis.
www.smchealth.org/article/older-adult-system-integrated-services

Peninsula Family Service..... 650-403-4300
Resource Line.....650-780-7542
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.
www.peninsulafamilyservice.org/our-programs/older-adult-services

Behavioral Health and Recovery Services

For 24/7 confidential crisis support from local/national organizations
Call the [San Mateo County Crisis Hotline](#) run by Felton Institute
.....650-579-0350
National [988 Suicide and Crisis Lifeline](#)
..... call or text 988 or 1-800-273-8255
Crisis Text Line <https://suicidepreventionlifeline.org/chat/>
www.crisistextline.org/

San Bruno VA Clinic.....650-615-6000
VA Health Connect..... 1-833-983-0487
Mental Health Care..... 1-415-750-2073
1001 Sneath Lane, Suite 300, San Bruno, CA 94066-2349
www.va.gov/san-francisco-health-care

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

DENTAL SERVICES

Ravenswood Family Health Center.....650-289-7700

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

1807 Bay Road, East Palo Alto 94303

www.ravenswoodfhc.org/services/dental

Samaritan House.....650-347-3648

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

19 W. 39th Avenue, San Mateo 94403

Redwood City Free Clinic.....650-839-1447

114 Fifth Avenue, Redwood City 94063

www.samaritanhousesanmateo.org

San Mateo County Dental Society.....650-637-1121

San Mateo Referrals for dental care.

www.smcds.com

San Mateo Medical Center.....650-573-3941

Coastside Clinic.....650-573-3941

225 S. Cabrillo Highway, 100A, Half Moon Bay 94019

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

2710 Middlefield Road, Redwood City 94063

www.smchealth.org/smmc-services-dental

Sonrisas Dental Health

Preventative and restorative care for patients with or without insurance

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

210 San Mateo Road, #104, Half Moon Bay 94019

.....650-726-2411

www.sonrisasdental.org

OTHER MEDICAL SERVICES

Hearing and Speech Center.....1-415-921-7658

1234 Divisadero Street, San Francisco 94115

www.hearingspeech.org

Medi-Cal.....1-800-223-8383

Visit or call any of the following office with questions or to apply:
400 Harbor Boulevard, Bldg. B, Belmont 94002

.....650-802-6470

271-92nd Street, Daly City 94015

.....650-301-8400

2415 University Avenue, East Palo Alto 94303

.....650-363-4175

2500 Middlefield Road, Redwood City 94063

.....650-599-3811

www.smcgov.org/hsa/health-coverage

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

Provide affordable quality health care services in a linguistically
competent and culturally sensitive manner.

211 Eastmoor Avenue, Daly City 94015 and

1850 Sullivan Avenue, Daly City 94015

www.nems.org

Palo Alto VA Medical Centers

VA Health Connect833-983-0487

Mental Health650 849-0303

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

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

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

Ravenswood Family Health Center.....650-330-7400

Comprehensive health services regardless of insurance, immigration
status or ability to pay.

1885 Bay Road, East Palo Alto 94303

www.ravenswoodfhc.org

Ron Robinson Senior Care Center.....650-573-2655

New Patient Connection Center650 372-3200

Outpatient clinic on the first floor of San Mateo Medical Center

committed to delivering comprehensive healthcare services tailored to
meet the unique needs of older adults.

222 W. 39th Avenue, San Mateo 94403

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

Samaritan House.....650-347-3648
 Medical and dental services for low-income and uninsured individuals.
 4031 Pacific Boulevard, San Mateo 94403
 San Mateo Free Clinic
 19 W. 39th Avenue, San Mateo 94403.....650-578-0400
 Redwood City Free Clinic
 114 Fifth Avenue, Redwood City 94063.....650-839-1447
www.samaritanhousesanmateo.org

San Bruno VA Outpatient Clinic.....650-615-6000
 1001 Sneath Lane, #300, San Bruno 94066
www.va.gov/san-francisco-health-care

San Mateo County Health Clinics.....650-573-2426
 222 W. 39th Avenue, 1st Floor, San Mateo 94403
 Coastside Clinic.....650-573-3941
 225 S. Cabrillo Highway, #100A, Half Moon Bay 94019
 Daly City Health Center.....650-372-3200
 380 90th Street, Daly City 94015
 Fair Oaks Health Center.....650-578-7141
 2710 Middlefield Road, Redwood City 94063
 South San Francisco Clinic.....650-877-7070
 306 Spruce Avenue, South San Francisco 94080
www.smchealth.org/smmc-guide-clinics

San Mateo County Mobile Clinic.....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 Mateo.
www.smchealth.org/mobileclinic

Sequoia Hospital - Health and Wellness Center
650-367-5998
 Community health resource center, support groups, health screenings,
 fall prevention classes, and diabetes classes.
 749 Brewster Avenue, Redwood City 94063
www.dignityhealth.org/bayarea/locations/sequoia/services/health-wellness-center

Vista Center for the Blind & Visually Impaired

.....650-858-0202

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.

2500 El Camino Real, #100, Palo Alto 94306

www.vistacenter.org

HOME SAFETY - Medical Equipment, Home Modification & Emergency Response

DURABLE MEDICAL EQUIPMENT

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

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

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

925 Main Street Suite A, Half Moon Bay 40195

www.coastsideadultdayhealth.org

Medical Equipment Loan Program (MELP)650-590-9112

San Carlos and South San Francisco pick up & donations locations.

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

<http://www.freemedequip.org>

HOME MODIFICATION AND ADAPTIVE EQUIPMENT

California Telephone Access Program (CTAP)

.....1-800-806-1191
Free specialized phones and accessories for qualifying residents.
www.caconnect.org

City of San Mateo Home Repair Programs.....650-522-7220

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

Habitat for Humanity..... 1-800-422-4828

.....415-625-1000
Home preservation program for low-income residents
www.habitatqsf.org/home-repair

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

.....650-571-7774
Installs grab bars, stair railings, wheelchair ramps, etc.
890 Cowan Road, G, Burlingame 94010
www.homesafety.net

Rebuilding Together Peninsula.....650-366-6597

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

Vista Center for the Blind & Visually Impaired

.....650-858-0202
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.
2500 El Camino Real, #100, Palo Alto 94306
www.vistacenter.org

MEDICAL EMERGENCY RESPONSE

LifeStation, Inc......1-877-227-1847

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

www.lifestation.com

MedicAlert Foundation.....M-F 6-4:30pm: 1-800-432-5378

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

www.medicalert.org

PG&E.....1-800-743-5000

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

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

HOSPICE CARE

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

By the Bay Health.....1-415-927-2273

Serving Marin, San Francisco and San Mateo Counties
180 Redwood Street, #350, San Francisco 94102

www.bythebayhealth.org/btbh-hospice-care/

Kaiser Permanente Medical Center.....650-299-3970

Hospice Department (For Kaiser members only)
400 Veterans Boulevard, 400, Redwood City 94063

www.kp.org

Mission Hospice & Home Care.....650-554-1000

66 Bovet Rd #100 San Mateo 94402

www.missionhospice.org

Pathways Home, Health & Hospice.....650-634-0133
An affiliate of Sequoia Hospital/Dignity Health, serving San Mateo
County
395 Oyster Point Blvd, Suite 128, South San Francisco 94080
www.pathwayshealth.org

Sutter Care at Home.....650-685-2800
1670 S. Amphlett Blvd. San Mateo 94402
www.sutterhealth.org

**Veterans Affairs Health Care System Hospice Care
Program**
.....1-800-455-0057
3801 Miranda Avenue, Palo Alto 94304
.....650-493-5000
795 Willow Road, Menlo Park 94025
.....650-614-9997
www.paloalto.va.gov

HOUSING OPTIONS AND REFERRALS

EMERGENCY HOUSING ASSISTANCE

San Mateo County Homeless Crisis Response System

People who are experiencing homelessness enter the homeless crisis response system through a coordinated entry and assessment process which is accessed via the CORE SERVICES AGENCIES where they are referred to appropriate services to help connect them to housing.
<https://www.smcgov.org/ceo/homeless-crisis-response-system-overview>

CORE SERVICES Agencies

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. See the CORE SERVICES entry for office locations serving your location.

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

LifeMovesCall 211 or text your ZIP code to 898211
Operates the San Mateo County Navigation Center and other interim housing and supportive services.

www.lifemoves.org/get-help/

WeHope.....650-330-8000
Provides emergency shelter for unhoused, homeless, and at-risk adults in East Palo Alto and surrounding San Mateo County and Santa Clara County communities.

1854 Bay Road, East Palo Alto 94303

www.wehope.org

HOUSING REFERRALS AND SUPPORT

Doorway

Consolidated database and application portal for affordable housing opportunities in the Bay Area.

<https://housingbayarea.mtc.ca.gov/>

Housing Choices.....1-408-498-5777

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

3460 W. Bayshore, 205, Palo Alto 94303

www.housingchoices.org

Housing Industry Foundation.....650-437-2980

Evaluates and qualifies recipients for emergency housing grants.

www.hifinfo.org

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

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

111 East 5th Avenue, San Mateo 94402

www.hiphousing.org

Lesley Senior Communities.....650-726-4888

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

www.lesleyseniorcommunities.org

Openhouse.....1-415-296-8995

Publishes a Bay Area Housing Opportunity List.

www.openhousesf.org/housing

Project Sentinel.....1-800-339-6043

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

1615 Hudson Street, A, Redwood City 94061

www.housing.org

San Mateo County, Department of Housing...650-802-3300

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

264 Harbor Boulevard, A, Belmont, 94002

www.smcgov.org/housing/residents

INFORMATION, REFERRAL & ADVOCACY

Aging & Disability Resource Connection

..... Message Line: 1-[888-SMC-ADRC \(762-2372\)](tel:888-SMC-ADRC)

The San Mateo County Aging & Disability Resource Connection (SMC ADRC) provides a coordinated point of entry for older adults and individuals with disabilities to ensure access to the services and supports needed to remain independent in the community.

www.sanmateocountyadrc.org

Aging & Disability Services.....(650) 573-3900
Connection to programs at ADS such as IHSS, APS/EDAPT, Public Guardian, Public Administrator, Linkages Case Management, Public Authority, Commission & Provider Services Unit.

<https://www.smchealth.org/services-aging-and-disability>

211.....211 or 1-800-273-6222
Information and referral services that connect callers with community services, such as food, shelter, counseling, employment assistance.

www.211bayarea.org

AgeUp, Inc. - Formerly Ombudsman Services of San Mateo County.....650-780-5707
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. Publishes a list of long-term care facilities.

<https://age-up.org/>

Center for Independence of Individuals with Disabilities.....650-645-1780
Information and referral; peer counseling and support groups; assistive technology; financial counseling; independent living skills; advocacy and personal assistance.

2001 Winward Way #103, San Mateo

www.cidsanmateo.org

Daly City Partnership Healthy Aging Response Team (HART)650-301-3300
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.

350-90th Street, 1st Floor Daly City 94015

www.dcpartnership.org

Health Insurance Counseling Advocacy Program

(HICAP).....1-800 434-0222 or 650-627-9350

Free Medicare counseling and advocacy include 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. 1710 S Amphlett Boulevard, #100, San Mateo 94402

www.hicapsanmateocounty.org

Kaiser Permanente Resource Directory

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

www.healthy.kaiserpermanente.org.health-wellness

Network of Care

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.

www.sanmateo.networkofcare.org/aging

Peninsula Family Service - Fair Oaks Adult Activity Center

.....650-780-7525

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.

2600 Middlefield Road, Redwood City 94063

www.peninsulafamilyservice.org/fair-oaks-adult-activity-center/

Senior Coastsiders.....650-726-9056

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

925 Main Street, Half Moon Bay 94019

www.seniorcoastsiders.org/care-management

Sequoia Strong.....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.
1016 Laurel Street, San Carlos, Ca. 94070
www.seghd.org/sequoia-strong-adults-50

LEGAL ASSISTANCE

API Legal Outreach.....1-415-567-6255
Provides culturally competent and linguistically appropriate legal representation, social services, and advocacy for the most marginalized segments of the Asian Pacifica Islander community including low-income women, seniors, recent immigrants, and youth.
www.apilegaloutreach.org

Bay Area Legal Aid.....1-800-551-5554 or 650-472-2666
Provides counsel and advice to qualified low-income residents living in the Bay Area in all languages on a range of civil legal issues
www.baylegal.org

California Advocates for Nursing Home Reform
.....1-800-474-1116 or 1-415-974-5171
Operates a State Bar certified Lawyer Referral Service designed to refer consumers to attorneys who specialize in estate planning for long term care, elder abuse and elder financial abuse issues.
www.canhr.org

Community Legal Services in East Palo Alto...650-326-6440
Provides legal services in the areas of housing, immigration and economic advancement.
www.clsepa.org

Community Overcoming Relationship Abuse (CORA)

.....650-259-1855
.....24 hours:1-800-300-1080

Serving victims of domestic violence in San Mateo County. Offers legal information, referrals, and representation on common legal matters related to intimate partner violence.

www.corasupport.org/what-we-do/legal-services

Disability Rights California.....1-800-776-5746

Provides advice and potentially individual legal assistance to defend, advance, and strengthen the rights and opportunities of people with disabilities.

www.disabilityrightsca.org

Housing and Economic Rights Advocates (HERA)

.....1-510-271-8443

Statewide, non-profit legal services organization provides free legal services to low- and moderate-income residents to help tenants, homeowners and homeless residents.

www.heraca.org

LawHelpCA

Run by the Legal Aid Association of California (LAAC) this website provides information about common legal issues, written by reputable sources, and an updated directory of legitimate and pre-screened organizations that offer free or low-cost legal advice and representation.

www.lawhelpca.org/about-us

Lawyer Referral Service (LRS) of the San Mateo County

Bar Association.....650-369-4149

Non-profit service of the San Mateo County Bar Association to assist the public in finding a qualified lawyer. \$45.00 fee for a half hour consultation with one attorney.

www.smcba.org/?pg=find-a-lawyer

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

Provides free civil legal advice, counsel, and representation to low-income people living in San Mateo County.

www.legalaidsmc.org

The Legal Aid Society’s 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.

<https://www.legalaidsmc.org/senior-advocates-program>

Peninsula Conflict Resolution Center (PCRC)

..... 650-513-0330

Family, consumer, community, landlord/tenant, and employee mediation service.

www.pcrcweb.org

San Mateo County Elder Abuse Hotline

.....1-844-868-0938

To report or consult regarding financial, physical, , sexual abuse, abandonment, or self-neglect of older or dependent adult.

www.smchealth.org/elderabuse

Stanford Community Law Clinic.....650-725-9200

Stanford Law School’s direct services, trial practice clinic located in Redwood City. Under the supervision of the clinic instructors, students represent clients in housing, social security disability, and post-conviction relief matters.

<https://law.stanford.edu/community-law-clinic>

LGBTQ+ COMMUNITY SERVICES

Alzheimer's Association.....24 hours: 1-800-272-3900

www.alzconnected.org

CoastPride Center.....650-479-1902

www.coastpride.org

Congregational Church of San Mateo650-343-3694
225 Tilton Avenue, San Mateo 94401
www.ccsm-ucc.org

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

Felton Institute Peninsula Suicide Prevention
Provide 24/7 support for those who are feeling depressed, suicidal, or just want someone to talk to
<https://felton.org/social-services/adult/peninsula-suicide-prevention-ppsp/>

Institute on Aging 1-415-750-4111
Friendship Line California.....24 hours: 1-888-670-1360
www.ioaging.org

LGBTQ Caregiver Center
Virtual LGBTQ Caregiver Center provides information and resources, delivers training and services to enhance the health and well-being of LGBTQ Caregivers.
<https://lgbtqcaregivers.org/>

LGBTQIA+ Commission of San Mateo County
.....650-363-4467
www.smcgov.org/lgbtqia

Metropolitan Community Church (MCC) of San Francisco
.....1-415-863-4434
A diverse community of Queer Christians.
1620 Gough St., San Francisco, CA 94109
<https://mccsf.org/>

Openhouse1-415-296-8995
Housing & community services for LGBTQ older adults.
www.openhouse-sf.org

Parents, Families & Friends of LGBTQ (PFLAG)

PFLAG San Jose / Peninsula.....1-408-270-8182
PFLAF San Francisco.....1-415-921-8850
www.pflag.org

Peninsula Family Services LGBTQ Peer Counseling

.....650-403-4300 x4750
24 Second Avenue, San Mateo 94401
www.pfso.org

SAGE LGBTQ National Elder Hotline

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

San Mateo County Mobil Crisis Response Team

.....650-579-0350
The Team brings rapid crisis support to people in the community delivered by a dedicated team of mental health professionals with law enforcement involvement only where necessary.

San Mateo County Pride Center.....650-591-0133

1021 S. El Camino Real, San Mateo 94402
www.sanmateopride.org

LIBRARIES

Within San Mateo County, both County (SMCL) and City libraries offer a wide array of services beyond just books, including technology, meeting spaces, educational/recreational/employment and personal resources. Check your local library's website for offerings or talk to a librarian.

SAN MATEO COUNTY LIBRARIES

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

SMC Libraries offer many services, including tech tutor sessions, free PrintAnywhere, Discover & Go museum passes, rooms for meetings, loans of laptops, hotspots and other equipment, computer use, study rooms and virtual meeting spaces. <https://smcl.org/>

The SMC Libraries **Bookmobile** brings essential library programs and services to residents and schools in remote locations, including movies and books for children and adults, WiFi hotspots, and Spanish language materials. <https://smcl.org/mobile-services/bookmobile/>

Atherton - 2 Dinkelspiel Station Lane, Atherton 94027

Belmont - 1110 Alameda de las Pulgas, Belmont 94002

Brisbane - 163 Visitacion Avenue, Brisbane 94005

East Palo Alto - 2415 University Avenue, East Palo Alto 94303

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

Half Moon Bay - 620 Correas Street, Half Moon Bay 94019

Millbrae - 1 Library Avenue, Millbrae 94030

North Fair Oaks - 2510 Middlefield Road, Redwood City 94063

Pacifica Sanchez - 1111 Terra Nova Boulevard, Pacifica 94044

Pacifica Sharp Park - 104 Hilton Way., Pacifica 94044

Portola Valley - 765 Portola Road, Portola Valley 94028

San Carlos - 610 Elm Street, San Carlos 94070

Woodside - 3140 Woodside Road, Woodside 94062

CITY LIBRARIES

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

Burlingame Libraries

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

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

www.burlingame.org/library

Daly City Libraries

40 Wembley Drive, Daly City 94015.....650-991-8023

460 Martin Street, Daly City 94014.....650-991-8074

134 Hillside Boulevard, Daly City 94014.....650-991-8073

275 Southgate Avenue, Daly City 94015.....650-991-8071

www.dalycity.org/211/Library

Menlo Park Libraries

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

413 Ivy Drive, Menlo Park 94025.....650-330-2540

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

Redwood City Libraries

1044 Middlefield Road, Redwood City 94063.....650-780-7018

2140 Euclid Avenue, Redwood City 94061.....650-780-7010

399 Marine Pkwy., Redwood City 94065.....650-780-5740

www.redwoodcity.org/departments/library

San Bruno Library

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

www.sanbruno.ca.gov/342/Library

San Mateo Libraries

55 W. 3rd Avenue, San Mateo 94402.....650-522-7800
205 W. Hillsdale Boulevard, San Mateo 94403.....650-522-7882
1530 Susan Court, San Mateo 94403 (temporarily closed)
.....650-522-7892
www.cityofsanmateo.org/514/Locations-Hours

South San Francisco Libraries

840 W. Orange Avenue, So. San Francisco 94080...650-829-3860
306 Walnut Avenue, So. San Francisco 94080.....650-877-8530
520 Tamarack Lane, So. San Francisco 94080.....650-877-8540
www.ssf.net/departments/library

SENIOR & COMMUNITY CENTERS

Senior and Community Centers are places of connection and the entry point for many services for older adults.

Belmont Center

Twin Pines Senior & Community Center.....650-595-7441
20 Twin Pines Lane, Belmont 94002
www.belmont.gov/departments/parks-and-recreation/adults-seniors

Brisbane Center

Brisbane Senior Center.....1-415-508-2135
2 Visitacion Avenue, Brisbane 94005
www.brisbaneca.org/parksrec/page/senior-sunrise-room

Burlingame Center

Burlingame Community Center.....650-558-7300
850 Burlingame Avenue, Burlingame 94010
www.burlingame.org/1076/Parks-Recreation

Daly City Centers

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

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

Gellert Park Clubhouse.....650-991-8017
50 Wembley Drive, Daly City 94015

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

War Memorial Community Center.....659-991-8020
6655 Mission Street, Daly City 94014
www.dalycity.org/329/Active-AdultsSeniors

East Palo Alto Center

East Palo Alto Senior Center.....650-853-3149
560 Bell Street, East Palo Alto 94303
www.cityofepa.org/communityprograms

Foster City Centers

Foster City Parks and Recreation Department.....650-286-2585
650 Shell Boulevard, Foster City 94404
www.fostercity.org

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

Half Moon Bay Center

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

Menlo Park Centers

Menlo Park Senior Center.....650-330-2280
Belle Haven Community Campus, 100 Terminal Avenue, Menlo Park,
94025

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

Peninsula Volunteers, Inc. - Little House.....650-326-2025
800 Middle Avenue, Menlo Park 94025

www.1pvi.org/littlehouse/

Millbrae Center

Millbrae Recreation Center.....650-259-2360
477 Lincoln Circle, Millbrae 94030

www.ci.millbrae.ca.us/368/Seniors

Pacifica Center

Pacifica Senior Services.....650-738-7350
540 Crespi Drive, Pacifica 94044

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

Redwood City Centers

Fair Oaks Adult Activity Center.....650-780-7525
2600 Middlefield Road, Redwood City 94063

www.pfso.org

Redwood City Veterans Memorial Senior Center....650-780-7270
1455 Madison Avenue, Redwood City 94061

www.redwoodcity.org/departments/parks-recreation-and-community-services/seniors

San Bruno Center

San Bruno Senior Center.....650-616-7150
1555 Crystal Springs Road, San Bruno 94066

www.sanbruno.ca.gov/331/50-Senior-Center

San Carlos Center

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

San Mateo Centers

Martin Luther King Jr. Community Center.....650-522-7470
725 Monte Diablo, San Mateo 94401
www.cityofsanmateo.rec.org

San Mateo Japanese American Community Center
.....650-343-2793
415 S. Claremont Street, San Mateo 94401
www.smjacc.org

San Mateo Senior Center.....650-522-7490
2645 Alameda de las Pulgas, San Mateo 94403
www.cityofsanmateo.org/638/Senior-Center

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

South San Francisco Center

Roberta Cerri Teglia Center650-829-3824
400 Grand Avenue, South San Francisco 94080
www.ssf.net

SUPPORT GROUPS

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

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

Alcoholics Anonymous Helpline.....650-577-1310
.....Spanish 650-679-2374
www.aa-san-mateo.org

ALS Association.....1-916-979-9265
www.als.org/local-support/states/california

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

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

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

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

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

Breathe California1-408-998-5865
www.lungsrus.org/senior-resources

Center for Independence of Individuals with Disabilities
..... 650-645-1780
<https://www.cidсанmateo.org/services/peer-support.php>

Cocaine Anonymous.....1-415-226-1300
www.ca.org.

- Community Overcoming Relationship Abuse (CORA)**
 24-hours: 1-800-300-1080
650-652-0800
 Serving victims of domestic violence in San Mateo County. Provides
 counseling, emergency housing & legal assistance.
www.corasupport.org
- Epilepsy Foundation**.....1-800-632-3532
www.epilepsynorcal.org/support-groups
- Family Caregiver Alliance**.....1-800-445-8106
1-415-434-3388
 235 Montgomery Street, San Francisco 941048
www.caregiver.org/connecting-caregivers/support-groups/
- Gamblers Anonymous**.....1-855-222-5542
www.gamblersanonymous.org
- Hearing Loss Association**.....650-867-5256
 Volunteer organization that provides support, education, and advocacy
www.hearinglossca.org/support/peninsula-chapter/
- Kara**.....650-321-5272
www.kara-grief.org/support-for/adults
- Lupus Foundation of Northern California**.....1-408-954-8600
www.lfnc.org/online-support-groups
- National Alliance on Mental Illness of San Mateo**
650-638-0802
www.namisanmateo.org/support/for-individuals-with-a-mental-health-diagnosis
- National Kidney Foundation**.....1-855-653-2273
www.kidney.org/treatment-support
- National Multiple Sclerosis Society**.....1-800-344-4867
www.nationalmssociety.org/Chapters/CAN/Services-and-Support/Social-Emotional-support

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

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

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

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

TECHNOLOGY

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

AARP Senior Planet.....1-888-713-3495
Courses and information helping older adults use technology to learn new skills, save money, get in shape, and make new friends.
www.seniorplanet.org/
A Palo Alto location offers in-person tech tutoring and other courses.....650-918-5570
www.seniorplanet.org/locations/palo-alto/avenidas-center/

Cyber Seniors.....1-844-217-3057
Provides older adults with tech-training using an intergenerational, volunteer model.
www.cyberseniors.org

digitalLift.....1-855-983-0318

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

www.digitallift.org/

GCF Global LearnFree.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.

www.edu.gcfglobal.org/en/

Peninsula Family Service - Help@Hand.....650-403-4300

Offers Get-Appy Technology workshops in Millbrae, Burlingame, San Mateo and Daly City.

www.peninsulafamilyservice.org/help-at-hand

Peninsula Volunteers, Inc. (PVI).....650-326-2025

Offers various tech classes to members of its Little House program.

www.1pvi.org

TRANSPORTATION

PUBLIC AND COMMUNITY WIDE PROGRAMS

City of Menlo Park Shuttles.....650-330-6770

Free community shuttles for the general public including a Crosstown Shuttle and a Shoppers’ Shuttle, covering Menlo Park and parts of Palo Alto with connections to regional transit agencies. All shuttles are wheelchair accessible and have bicycle racks. Check the website for routes and schedules.

www.menlopark.gov/Government/Departments/Public-Works/Transportation-Division/City-Shuttle-services

City of Pacifica - Connect a Ride (CaR).....650-738-7353
Offers subsidized \$5 Serra Yellow Cab rides for Pacifica residents (65+). Rides must begin or end in Pacifica. Includes the City of Pacifica, to/from Colma BART Station, and rides to/from hospitals between Daly City and Burlingame. Registration required.
www.cityofpacifica.org/departments/parks-beaches-recreation/senior-services

City of San Mateo - Get Around.....650-522-7490
Offers subsidized \$5 Serra Yellow Cab rides for City of San Mateo residents (60+). \$2 per ride if the Recreation Fee Assistance is approved. Registration required.
www.cityofsanmateo.org/3795/Get-Around-Senior-Rides-Program

Colma Cab Connect.....650-985-5678
Offers 8 monthly one-way Serra Cab rides at a cost of \$5 per ride to Colma residents 55+ who hold a Town of Colma membership.
www.colma.ca.gov/colmacabconnect/

Commute.org Shuttles.....650-588-1600
Provides free shuttle service during commute hours between BART and Caltrain and work locations on the Peninsula, including Seton Hospital, Mills Peninsula Medical Center, and Kaiser Redwood City. Check the website for routes and schedules. www.commute.org/

Friends in Service to Humanity (FISH)..... 650-593-1288
Rides to medical appointments Mon.-Fri. 9am-4pm. Requires 7 business days' notice in advance. Serves residents of Belmont, San Carlos & Redwood City. Administered by Sequoia Village.

Get Up & Go - Peninsula Jewish Community Center (PJCC).....650-378-2750
Free transportation for older adults and caregivers. Registration is required, but PJCC membership is not necessary and there are no income or religious affiliation requirements. Reservations for medical appointments can be made up to 2 months in advance, rides for other errands can be requested the week before transportation is needed.
www.pjcc.org/programs/senior-transportation/

Go Card Program.....info@101expresslanes.org

The Go Card helps cover transportation costs for qualifying San Mateo County residents. Participants can receive a \$200.00 mobility debit card to be spent on qualifying transportation purchases.

www.101expresslanes.org

Got Wheels - Peninsula Family Service (PFS)

.....650-403-4300 x 4329

Offers subsidized \$5 Serra Yellow Cab rides for San Mateo County residents (70+ or with disability) except residents of San Mateo and Pacifica. Service area includes Daly City, Broadmoor, Colma, Brisbane, South San Francisco, San Bruno, Millbrae, Burlingame, Hillsborough, Half Moon Bay, El Granada, Moss Beach, Montara, Belmont, San Carlos, Redwood City, Foster City, East Palo Alto, Atherton, Menlo Park, Woodside, Portola Valley, San Gregorio, La Honda, and Pescadero. Registration required.

NOTE that the program reaches capacity from time to time and will then maintain a waitlist

www.peninsulafamilyservice.org/got-wheels

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

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

www.samtrans.com/accessibility/paratransit

Ride Plus Microtransit.....650-238-5880

On-demand transportation operated by SamTrans serving East Palo Alto/ Belle Haven and Half Moon Bay. Trips should begin and end within the Ride Plus area. Reserve by using the app or calling.

www.samtrans.com/rider-info/ride-plus

Ride PVI - Peninsula Volunteers, Inc......650-272-5040

Arranges for free or reduced cost Lyft or Uber rides and monitors rides in real-time to ensure safe and accurate arrival. Covers most of San Mateo County. Registration required.

www.1pvi.org/ridepvi/

San Mateo County Transit District (SamTrans) 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.

www.samtrans.com

South City Shuttle.....650-877-8500

Operates 3 free shuttle routes in South San Francisco including stops at local stores, senior centers, Kaiser Hospital, the Library/Parks & Recreation building, downtown, various parks, and Veterans Village in Colma, with connections to SamTrans, BART, and Caltrain.

www.ssf.net/Services/Free-South-City-Shuttle

Lyft Silver

Lyft Silver offers more access to cars that are easy to get into and out of, a user-friendly app with larger fonts, and live phone support. If you need help scheduling a ride you can talk to a real person. Caregivers or family members can upload gift cards for payment and monitor rides to make sure the older adult has safely reached his or her destination.

<https://www.lyft.com/rider/silver>

Uber Senior Accounts.....1-833-USE-UBER (873-8237)

Uber Senior Accounts are part of Uber's Family Profile feature. Family members can book rides, track trips, and manage the account. The Senior Account app interface is streamlined with larger text and fewer buttons and can be linked to Medicare Flex cards for eligible medical rides.

<https://www.uber.com/us/en/ride/seniors/>

TRANSPORTATION PROVIDED BY SENIOR/COMMUNITY CENTERS

Belmont Twin Pines Senior & Community Center

.....650-595-7441
Van service to and from the Twin Pines Senior Center on Tuesday, Wednesday, and Thursday mornings. Must be a Belmont resident, unable to drive. Suggested \$1 voluntary contribution.
www.parksrec@belmont.gov

East Palo Alto Senior Center.....650-329-5900

Provides transportation for registered participants in the lunch program at 560 Bell Street Call the center for details regarding registration.

Menlo Park Senior Center.....650-330-2287

Door-to-door shuttle service to the senior center for adults aged 60+, who live in Menlo Park's Belle Haven neighborhood.
www.menlopark.gov

Pacifica Senior Services.....650-738-7353

Transportation in a 20-person bus from home in Pacifica to and from the Community Center. Suggested \$5 voluntary contribution for roundtrip. Also offers shopping trips requiring mandatory reservation and \$5 fee per trip.
www.cityofpacifica.org/departments/parks-beaches-recreation/senior-services/senior-services-transportation

San Bruno Senior Center.....650-616-7150

Senior Center bus for San Bruno residents who have completed an intake form. Must call the day before a ride is needed. Suggested \$1 voluntary contribution.
www.sanbruno.ca.gov/Faq.aspx?TID=25

Senior Coastsiders.....650-726-9056

Provides transportation to the center for classes, activities, and lunch. Suggested \$2 voluntary contribution. Grocery shopping trips and rides to locations from home to Coastside locations (Montara to Canada Cove) are also available. Call to reserve.
www.seniorcoastsiders.org/transportation

TRANSPORTATION RESOURCES

Check the program’s website or call for more detailed information on the status of service, eligibility, and fees.

AARP SMART DRIVER™ course1-800-350-7025

Offers an online driver safety course designed especially for drivers (50+) as well as occasional in-person courses at local senior centers or libraries.

www.aarp.org/auto/driver-safety

American Cancer Society Road to Recovery program

.....1-800-227-2345

Offers transportation to cancer-related medical appointments.

www.cancer.org/support-programs-and-services/road-to-recovery.html

California Highway Patrol’s (CHP) Age Well, Drive Smart

.....650-779-2700

In cooperation with senior centers, offers free classes addressing topics such as aging and its effects on safe driving, maintaining good physical health, and self-assessment. Call or send an email to

330agewell@chp.ca.gov. for more information.

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

Clipper Card.....1-877-878-8883

Senior Clipper Cards (65+) provide discounts on public transportation including BART, Caltrain, and SamTrans. Riders under age 65 with qualifying disabilities can apply for a Regional Transportation Connection (RTC) Clipper Card. Apply by mail, email, fax or in person or use the app, <https://www.clippercard.com/ClipperWeb/clipper-app>

www.clippercard.com/ClipperWeb/discounts

Department of Motor Vehicles-Disabled Person Parking Placard.....1-800-777-0133

Rear view mirror placard for people with mobility impairment. Allows parking in specially designated parking spaces. Apply online or in person.

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

Department of Motor Vehicles – Mature Driver Program

8-hour course for drivers 55+ available through DMV-approved providers. Check website for locations.

<https://www.dmv.ca.gov/portal/vehicle-industry-services/occupational-licensing/occupational-licenses/mature-driver-improvement-program/approved-mature-driver-improvement-programs>

Health Plan of San Mateo Ride Benefit.....650-616-2174

Free rides to medical appointments for Health Plan of San Mateo Medi-Cal and Care Advantage Members without means of transportation.

www.hpsm.org/member/ride-benefit

San Mateo County Transit District (SamTrans)

The San Mateo County Transit District provides the following resources to help older adults navigate the different transportation resources within San Mateo County:

Mobility Resource Center.....800-660-4287, option 3

.....650-508-6448 TTY

Available 7 days a week, including Holidays.

Senior Mobility Guide

Available in English, Spanish and Chinese. Guides are available at libraries, community centers, and senior centers and online at

www.peninsularides.com . A printed copy can be mailed to you by

calling 800-660-4287.

PeninsulaRides.com

Use the “Find Your Ride” tool at www.peninsularides.com to learn about transportation options based on your needs.

Public Transit Travel Training

Want to learn how to ride SamTrans bus or Caltrain? Call 650-508-

6362 for information or visit www.peninsularides.com/learn-to-ride-the-bus/.

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 several 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
Serving Palo Alto and surrounding communities
450 Bryant Street, Palo Alto 94301
www.avenidas.helpfulvillage.com

Brisbane Village Helping Hands.....1-415-508-2185
Serving residents of Brisbane.
www.brisbanevillage.org

Foster City Village.....650-378-8541
Serving residents living in the 94404 zip code
Community Center - 1000 E. Hillsdale Boulevard, Foster City 94404
www.fostercityvillage.org

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

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

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

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

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.

Ameri Corps Seniors

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

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

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

Engage

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

Hands On Bay Area.....1-415-541-9616
Connects people with high-quality volunteer projects through their extensive network of local nonprofits and schools in need.
275 6th Street
San Francisco, CA 94103
www.handsonbayarea.org

Idealist

Connecting individuals with social-impact volunteer opportunities.

www.idealists.org/volunteermatch

San Mateo County Libraries

Offers volunteer opportunities, such as book club leader, adult literacy tutor, and more are also available.

<https://smcl.org/volunteer/>

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Please email Lindsey Joyner, ljoyner@smcgov.org at San Mateo County Aging and Disability 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

or scan below:



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