

HELP AT HOME



2009 - 2011

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

Published by San Mateo County
Commission on Aging

HELP AT HOME

This directory is a mini-reference guide to assist San Mateo County adults of all incomes to remain in their own homes when they are ill, disabled or in crisis. Agencies listed with an asterisk (*) accept Medicare and / or Medi-Cal.

A listing in this guide does not imply endorsement of any particular agency or service, nor does omission reflect on the value or quality of a service. Individual providers are not listed in this booklet.

Information in *Help at Home* is subject to change; for the most current information, visit Network of Care.

NETWORK OF CARE

www.sanmateo.networkofcare.org

This comprehensive Internet-based resource is for the elderly and people with disabilities, as well as their caregivers, service providers and families.

The Web site provides an extensive service directory to put people in touch with the right services at the right time. It also offers vital information about assistive devices, caregiving, diseases, day-to-day challenges and support, as well as daily news concerning aging and disabilities.

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

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

Acknowledgments

San Mateo County Board of Supervisors

San Mateo County Commission on Aging
Community-Based Continuum of Care (CBCC)

San Mateo County Health Department
Aging and Adult Services Division

Peninsula Library System
Community Information Program

Help at Home Committee Members

Marsha Fong
San Mateo County Health Department
Aging and Adult Services Division

Patty Georges
Commission on Aging, CBCC Chair

David Gilson
Commission on Aging

Christina Kahn
HICAP of San Mateo County

Cathy Lynch
Pathways

Pat Michelin
Peninsula Library System
Community Information Program

May Nichols
Commission on Aging, Chair
HIP Housing

Vicki Paul
Aunt Ann's Home Care
IHSS Advisory Committee

Sue Scott
Commission on Aging

Amy Shulman
Peninsula Library System
Community Information Program

The logo for Peninsula Library System, featuring a horizontal bar with a grayscale gradient and the text "Peninsula Library System" in white.

Peninsula Library System

Community Information Program

Please contact the Community Information Program to report corrections or to request more copies in English. Phone **650-802-7950** or visit the Web site **cip.plsinfo.org**.

For copies in Spanish or Chinese, call **1-800-675-TIES (8437)**.

***Help at Home* online:**
www.smco-coa.org
and
cip.plsinfo.org

TABLE OF CONTENTS

Emergency / Crisis Services1
Adult Day Care (Social)2
Adult Day Health Care (Medical)2
Aging and Adult Services3
Care at Home5
Home Care Aide Agencies	
Home Health Care Agencies	
In-Home Supportive Services	
Referral Agencies	
Dementia Care10
Financial Assistance, Government Programs, Insurance11
Food and Nutrition Services13
Commercial Home Delivered Meals	
Grocery Shopping and Food Services	
Home Delivered Food Services	
Home Delivered Meals	
Senior Nutrition Sites	
Home Safety and Medical Equipment16
Durable Medical Equipment	
Durable Medical Equipment - Loaned	
Home Modification and Adaptive Equipment	
Home Safety	
Personal Emergency Response	
Hospitals and Medical Centers19
Housing Options and Referrals20
Information and Referral, Assistance, Advocacy ..	.21
Legal Assistance25
Mental Health Services26
Other Medical and Dental Services27
Respite30

Senior Centers30
Support Groups33
Transportation Services36
Specialized	
Other Transportation Services	
Volunteer Services39
Index40



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

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

LANGUAGE ASSISTANCE

Chinese:

安老自助處

Lincoln Park Senior Center991-8018

Self-Help for the Elderly342-0822

Japanese:

サンマテオ日系市民協会コミュニティ・センター

San Mateo Japanese-American Community Center . .343-2793

Spanish / Español:

La Esperanza Vive403-4300 x4389

Fairs Oaks Intergenerational Center780-7525

Lincoln Park Senior Center991-8018

North Peninsula Neighborhood Services Center . .583-3373

Nuestro Canto de Salud373-1080

Samaritan House347-3648

Tagalog / Sa Tagalog:

Lincoln Park Senior Center991-8018

Tongan:

Melieni Falemaka Talakai573-2976

Samaritan House347-3648

EMERGENCY / CRISIS SERVICES

Emergency calls for ambulance, fire, highway patrol or police services911

TIES (connects people to needed support)
24-hour response in emergencies . . .1-800-675-TIES (8437)
.(California Relay Service) 711

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

Adult Protective Services1-800-675-TIES (8437)
Staff investigates and develops care plans for older adults (age 65 or over) and dependent adults (between 18 and 64 years of age) who are at-risk of neglect, abandonment, isolation, abduction, or physical, mental and / or financial abuse.

Alcohol and Drug Helpline573-3950
www.crisiscenter.cc
24-hour information about and referral to substance abuse services.

**Community Overcoming
Relationship Abuse (CORA)1-800-300-1080**
www.corasupport.org312-8515
Serves victims / survivors of domestic abuse.

Crisis Intervention and Suicide Prevention Center
24 hour response
www.crisiscenter.cc1-800-273-TALK (8255)
.579-0350

ADULT DAY CARE (SOCIAL)

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

Catholic Charities CYO

San Carlos Adult Day Services592-9325

www.cccyo.org

787 Walnut St., San Carlos 94070

Community Gatepath

Senior Program652-0650

www.communitygatepath.com

875 Stanton Rd., Burlingame 94010

For people with developmental disabilities.

Magnolia Senior Center829-3820

www.ssf.net

601 Grand Ave., South San Francisco 94080

Peninsula Volunteers, Inc.

Rosener House Adult Day Services322-0126

www.penvol.org

500 Arbor Rd., Menlo Park 94025

South San Francisco Adult Day Care Center829-3824

601 Grand Ave., South San Francisco 94080

ADULT DAY HEALTH CARE (MEDICAL)

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

***Coastside Adult Day Health Center**726-5067

645 Correas St., Half Moon Bay 94019

***Mills-Peninsula Senior Focus**696-3660

www.mills-peninsula.org

1720 El Camino Real, #10, Burlingame 94010

Adult Day Health Center

Alzheimer's Day Care Resource Center

AGING AND ADULT SERVICES
A DIVISION OF SAN MATEO COUNTY HEALTH SYSTEM
225 - 37th Ave., San Mateo 94403
www.smhealth.org/aas
www.sanmateo.networkofcare.org

TIES (connects people to needed support)
24-hour response in emergencies . . .1-800-675-TIES (8437)
.....(California Relay Service) 711

TIES serves as the main entry point for Aging and Adult Services, including Adult Protective Services, within the Health System. Social workers answer questions about the wide variety of services available through the county and in the community. TIES also provides phone support and counseling on issues of concern to older and dependent adults, adults with disabilities and their families.

Network of Care

www.sanmateo.networkofcare.org
A comprehensive Web-based resource for older adults, adults with disabilities, caregivers and service providers.

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

Adult Protective Services

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

AIDS Case Management

Provides comprehensive home and community-based services to persons with AIDS or symptomatic HIV, using a nurse and social work case management team approach.

Healthier Outcomes through Multidisciplinary Engagement (HOME) Team

Offers a comprehensive case management and referral services program for adults. Designed to advocate for and promote access to medical care while reducing the number of Emergency Department visits.

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 own homes without this assistance.

Linkages

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

Multipurpose Senior Services Program (MSSP)

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

Public Guardian / Conservatorship Program

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

OTHER AGING AND ADULT SERVICES RESOURCES

Area Agency on Aging573-2700

.(California Relay Service) 711

The Area Agency on Aging serves as a focal point for planning for older persons and adults with disabilities residing in San Mateo County. In addition to its advocacy role, the agency administers a variety of federal, state, local and private funds that support a coordinated network of community-based services for older adults and adults with disabilities.

Commission on Aging573-2707

www.smco-coa.org(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 all matters pertaining to older adults (age 60 or over). The Commission acts as an advocacy body for older adults and provides an opportunity for consumers to participate in the development of public policy.

Commission on Disabilities573-2580

www.smco-cod.org(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 all matters pertaining to people with disabilities. The Commission acts as an advocacy body for people with disabilities of all ages and provides an opportunity for them to participate in the development of public policy.

In-Home Supportive Services Advisory Committee

.....573-3900

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

Public Authority573-3900

Assists In-Home Supportive Services (IHSS) consumers in need of a homecare worker by maintaining a list of qualified individuals who are interested in working as an independent provider. Registry workers who have passed background checks are referred to IHSS consumers based on their needs. A registry specialist is available to provide assistance to consumers who require additional help in hiring a provider or in establishing a positive relationship with their worker. Also provides personnel services for IHSS providers and offers training to providers and consumers. The Public Authority is a separate agency from the County and is governed by the Board of Supervisors with input from an advisory committee.

CARE AT HOME

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

HOME CARE AIDE AGENCIES

These agencies offer a wide spectrum of personal care and domestic support services provided by Certified Home Health Aides, Certified Nurses Aides, Personal Care Aides, Attendants, Homemakers, and Companion / Sitters. Staff are available on a continuous hourly or live-in basis. Many agencies also provide respite care services.

All personnel are employees of, and supervised by, the Home Care Aide Agency. The agencies withhold taxes, provide workers' compensation insurance, and typically do criminal background checks and bond and insure their employees. There is no licensure mechanism available in California for these agencies.

Addus HealthCare Assisted Care Program

www.addus.com1-800-640-1778
1730 S. Amphlett Blvd., #144, San Mateo 94402638-7943

Arcadia Health Care701-1545

www.arcadiacare.com
570 Price Ave., #202, Redwood City 94063

Aunt Ann's Home Care757-2000

www.auntannshomecare.com
198 Los Banos Ave., Daly City 94014

Care for Seniors342-9111

www.care-4-seniors.com

Care Resource301-3270

www.careresourcehome.com
401 Hillside Blvd., Daly City 94014

Comfort Keepers1-408-446-1199

www.comfortkeepers.com
10061 Pasadena Ave., Suite B, Cupertino 95014

Eldercare Services1-415-469-8300

www.eldercareanswers.com
605-A Chenery St., San Francisco 94131

Geriatric Home Care Specialists349-7779

www.geriatrichomecare.com
1900 O'Farrell St., #160, San Mateo 94403

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

www.homecareassistance.com462-6900
148 Hawthorne Ave., Palo Alto 94301
San Mateo 94403 (serves the Coastsides)

Home Instead Senior Care

www.homeinstead.com
2444 Old Middlefield Way, Suite B691-9671
Mountain View 94043 (serves Belmont south)
715 El Camino Real, #205877-8009
San Bruno 94066 (serves San Mateo north)
2207 S. El Camino Real522-8009
San Mateo 94403 (serves the Coastside)

Home Plus Caregivers368-6230

www.homepluscaregivers.com
132 Alameda, Redwood City 94062

Home Sweet Home Care556-9906

www.home-sweet-home-care.com
617 Veterans Blvd., #111, Redwood City 94063

Homecare Professionals757-4717

www.hcprosonline.com
295 - 89th St., #204, Daly City 94015

Homewatch Caregivers654-9574

751 Laurel St., #860, San Carlos 94070

LivHome1-800-417-1897

www.livhome.com
828 S. Bascom Ave., #280, San Jose 95128

Matched CareGivers

www.matchedcaregivers.com
2825 El Camino Real, Redwood City 94061839-2273

Medical Care Professionals583-9898

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

Older Adults Care Management (OACM) . .1-866-926-6226

www.oacm.org
291 Lambert Ave., Palo Alto 94306
122 Second Ave., #214, San Mateo 94402

Pathways Private Duty Services1-888-600-2273

www.pathwayshealth.org1-408-730-1500
585 N. Mary Ave., Sunnyvale 94085

Professional Healthcare at Home

www.professionalhc.com
355 Gellert Blvd, #110, Daly City 94015992-5820
7800 El Camino Real, Suite C, Colma 94014992-8559

Reliable Caregivers1-415-436-0100

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

Senior Assist of the Peninsula, LLC343-5833

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

Senior Helpers343-6770

www.seniorhelpers.com
4 West Fourth Ave., #201, San Mateo 94402

**Seniors • At • Home
Jewish Family and Children's Services**

www.seniorsathome.org
200 Channing Ave., Palo Alto 94301688-3000
2001 Winward Way, #200, San Mateo 94404931-1860

See also **Respite**

HOME HEALTH CARE AGENCIES

These agencies offer skilled nursing (RN and/or LVN) and are required to offer at least one of the following services: Occupational, Physical or Speech Therapy; Medical Social Services; and / or Certified Home Health Aides.

Home Health Care Agencies are licensed by the State of California. Some may also be certified by Medicare to provide services to Medicare recipients. These services require a physician's order and the need for skilled care. Some may also accept payment from private insurance or Medi-Cal.

Hospice services provide physical and emotional care for terminally ill patients and their families. Agencies marked with this symbol (✧) are Hospice Certified agencies.

AccentCare Home Health of the Bay Area301-4040

www.accentcare.com
2171 Junipero Serra, #570, Daly City 940141-800-834-3059
1065 E. Hillsdale Blvd., #100, Foster City 94404 . .1-800-924-1110

- ❖ **Hospice by the Bay**1-415-626-5900
www.hospicebythebay.org
 1902 Van Ness Ave., 2nd floor, San Francisco 94109

- ❖ **Kaiser Permanente Medical Center**
Home Health Agency1-415-833-2770
 (For Kaiser members only)
www.kp.org
 4131 Geary Blvd., 4th floor, San Francisco 94118

 900 Veterans Blvd., #400, Redwood City 94063299-3940

- ❖ **Kaiser Permanente Medical Center**
Hospice Department1-415-833-3655
 (For Kaiser members only)
www.kp.org
 4131 Geary Blvd., 3rd floor, San Francisco 94118

- ❖ **Mission Hospice, Inc. of San Mateo County** . . .554-1000
www.missionhospice.org
 1900 O'Farrell St., #200, San Mateo 94403

- ❖ **Palo Alto VA Health Care System**
Hospice Care Program849-0550
www.palo-alto.med.va.gov
 3801 Miranda Ave., Bldg. 100-4A, Palo Alto 94304

- ❖ **Pathways Home Health and Hospice** . .1-888-755-7855
www.pathwayshealth.org1-408-730-5100
 585 N. Mary Ave., Sunnyvale 94085

- Professional Healthcare at Home**
www.professionalhc.com
 355 Gellert Blvd, #110, Daly City 94015992-5820
 7800 El Camino Real, Suite C, Colma 94014992-8559

- Professional Home Care Associates** . . .1-800-919-8090
www.prohomecare.com306-1100
 643 Bair Island Rd., #106, Redwood City 94063

- Rehab at Home, Inc.**286-4272
www.rehabathome.org
 1301 Shoreway Rd., #190, Belmont 94002

❖**Self-Help for the Elderly Home Care and Hospice**

www.selfhelpelderly.org

50 E. 5th Ave., San Mateo 94401342-0822

San Francisco1-415-677-7600

Staffing HomeCare737-0777

3540 Callan Blvd., #203, South San Francisco 94080

❖**Sutter VNA and Hospice**685-2800

www.sutterhealth.org

700 S. Claremont St., #220, San Mateo 94402

Tender Loving Care Home Health Care ..1-800-380-3886

1710 Gilbreth Rd., #301, Burlingame 94010

IN-HOME SUPPORTIVE SERVICES

In-Home Supportive Services (IHSS)573-3900

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

REFERRAL AGENCIES

These agencies recruit, screen and refer caregivers. They place caregivers with clients and generally collect a placement fee. Some referral agencies charge an hourly rate which includes both the agency fee and the caregiver's wage. The referral agency typically does not pay employer / employee payroll taxes or workers' compensation insurance. There is no licensure mechanism available in California for these agencies.

Absolute Care361-1211

34 Center St., Redwood City 94061

Center for Independence of the Disabled (CID)

www.cidсанmateo.org

Daly City991-5124

San Mateo645-1780

.....(TTY) 522-9313

DEMENTIA CARE

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

Alzheimer's Association1-800-272-3900

www.alzncal.org

Catholic Charities CYO

San Carlos Adult Day Services592-9325

www.cccyo.org
787 Walnut St., San Carlos 94070

Family Caregiver Alliance1-800-445-8106

www.caregiver.org1-415-434-3388
Services for families and friends who are concerned with, or caring for, brain-impaired adults.

***Mills-Peninsula Senior Focus**

Alzheimer's Day Care Resource Center696-3660

www.mills-peninsula.org
1720 El Camino Real, #10, Burlingame 94010

Peninsula Volunteers, Inc.

Rosener House Adult Day Services322-0126

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

**FINANCIAL ASSISTANCE,
GOVERNMENT PROGRAMS, INSURANCE**

Denti-Cal1-800-322-6384

www.denti-cal.ca.gov
Medi-Cal dentist referral.

Family Service Agency

Senior Employment Services403-4300

www.familyserviceagency.org
24 Second Ave., San Mateo 94401
Provides training and job placement to eligible people age 55 or older who meet certain income qualifications.

Health Plan of San Mateo (HPSM)1-800-750-4776

www.hpsm.org(TTY) 1-800-735-2929
A managed care health plan that provides health care benefits to San Mateo County residents who are enrolled in programs such as Medi-Cal, HealthWorx and Care Advantage.

Care Advantage1-866-880-0606

HPSM's Medicare Advantage/Prescription Drug Plan for dual eligibles who have both Medicare and Medi-Cal.

HICAP, the Medicare Counseling Program

.....1-800-434-0222

Free objective counseling and legal assistance on Medicare and health insurance issues, including HMOs and Long Term Care. Services are provided by appointment at your local senior center and other locations throughout the county.

Medi-Cal

For information or to apply, call appropriate office:

East Palo Alto, Menlo Park363-4175

Atherton, Portola Valley, Redwood City, Woodside599-3811

Belmont, Burlingame, Foster City, Hillsborough, Millbrae,
San Carlos, San Mateo802-6470

El Granada, Half Moon Bay, La Honda, Loma Mar, Montara,
Moss Beach, Pescadero, Princeton, San Gregorio573-3949

Brisbane, Colma, Daly City, Pacifica301-8720

San Bruno, South San Francisco877-5663

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

Medicare

www.medicare.gov

Billing questions1-800-633-4227

Social Security / Medicare Eligibility / SSI

www.ssa.gov1-800-772-1213

TIES (connects people to needed support)

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

.....(California Relay Service) 711

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

Utility Services

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

www.att.com

Information on special services for elderly and disabled.

PG&E1-800-743-5000

www.pge.com

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

Veterans Services802-6598

A division of San Mateo County Human Services Agency

Assists veterans, survivors, and dependents of veterans in gaining access to benefits based on military service. Advocates on their behalf.

FOOD AND NUTRITION SERVICES

COMMERCIAL HOME DELIVERED MEALS

Doelger Senior Center

Café Doelger Express991-8059

www.doelgercenter.com

Serves Daly City.

Restaurants on the Run1-800-510-3663

www.rotr.com

San Francisco to Sunnyvale.

Waiters on Wheels366-3366

www.waitersonwheels.com

Burlingame to Sunnyvale, does not serve Coastside.

GROCERY SHOPPING AND FOOD SERVICES

Second Harvest Food Bank

Operation Brown Bag1-800-870-FOOD (3663)

Food Hotline1-800-984-FOOD (3663)

www.2ndharvest.net

Members receive a weekly supplemental bag of groceries distributed at sites throughout San Mateo County. For low-income seniors age 60 or over and low-income disabled individuals age 55 or over.

Shopping Assistance for Seniors who are Homebound (SASH)

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

Burlingame522-7494

Daly City991-5124

Foster City522-7494

Redwood City780-7274

San Bruno616-7155

San Carlos802-4384

San Mateo645-1780 or 522-7494

HOME DELIVERED FOOD SERVICES

ELLIPSE Peninsula AIDS Services572-9702

www.ellipse650.com

Home delivered bag of groceries for San Mateo County residents with diagnosis of HIV+. Service available Tuesday-Thursday from 10:00 am - 2:00 pm. Groceries can also be picked up.

Some local grocery stores will deliver. Phone your local store or check online for information.

HOME DELIVERED MEALS

Meals on Wheels of San Mateo County

Applicants must be unable to prepare their own meals or go out to eat, and have little or no assistance to obtain adequate meals. For information about the program, financial contribution or to order Meals on Wheels, call:

Belmont to East Palo Alto323-2022

www.penvol.org

Coastside726-9056

www.seniorcoastsiders.org

Pacifica738-7350

San Mateo to Daly City1-800-675-8437

Ethnic meals (Chinese, Filipino) are available. For information, call

Self-Help for the Elderly342-0822

www.selfhelpelderly.org

SENIOR NUTRITION SITES

Avenidas Senior Center289-5400

www.avenidas.org

450 Bryant St., Palo Alto 94301

City of San Mateo Senior Center522-7490

www.cityofsanmateo.org

2645 Alameda de las Pulgas, San Mateo 94403

Doelger Senior Center991-8012

www.doelgercenter.com

101 Lake Merced Blvd. (Westlake Park), Daly City 94015

East Palo Alto Senior Center329-5900
560 Bell St., East Palo Alto 94303

El Camino Senior Center877-5996
www.ssf.net
33 Arroyo Dr., South San Francisco 94080

Fair Oaks Intergenerational Center
Family Service Agency780-7525
www.familyserviceagency.org
2600 Middlefield Rd., Redwood City 94063

Lincoln Park Community Center991-8018
www.doelgercenter.com
901 Brunswick St., Daly City 94014

Magnolia Senior Center829-3820
www.ssf.net
601 Grand Ave., South San Francisco 94080

Martin Luther King Center522-7470
www.cityofsanmateo.org
725 Monte Diablo, San Mateo 94401
Meal reservations line522-7498

Menlo Park Senior Center330-2280
www.menlopark.org
110 Terminal Ave., Menlo Park 94025

Pacifica Senior Services738-7350
www.cityofpacifica.org
540 Crespi Dr. at Highway 1, Pacifica 94044

Peninsula Volunteers, Inc.
Little House326-2025
www.penvol.org/littlehouse
800 Middle Ave., Menlo Park 94025

Redwood City Veterans Memorial Senior Center
www.redwoodcity.org/parks/cc780-7270
1455 Madison Ave., Redwood City 94061
Lunch reservation line780-7259

San Bruno Senior Center616-7150
www.sanbruno.ca.gov
1555 Crystal Springs Rd., San Bruno 94066

San Carlos Adult Community Center802-4384

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

Self-Help for the Elderly

Daly City Center, St. Andrew's Parish Hall757-0881

www.selfhelpelderly.org
2080 Sullivan Ave., Daly City 94015

San Mateo Center (Central Park)342-0822

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

Senior Coastsiders726-9056

www.seniorcoastsiders.org
535 Kelly Ave., Half Moon Bay 94019

Twin Pines Senior Center595-7444

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

HOME SAFETY AND MEDICAL EQUIPMENT

DURABLE MEDICAL EQUIPMENT

Verify Medicare, Medi-Cal, private insurance coverage or fee for service.

***Admiral Medical Supplies**1-800-819-2084

www.admiralmedical.com697-0900
357 El Camino Real, Millbrae 94030

***APRIA Health Care**

www.apria.com
480 Carlton Ct.1-800-788-5007
South San Francisco 94080588-9744
(Serves residents in zip codes 94080 - 94402)

3905 Bohannon Dr., Suites C-G1-800-801-9001
Menlo Park 94025330-2420
(Serves residents in zip codes 94403 - Mountain View)

Bischoff's Medical Supplies347-6606

www.bischoffsmedicalsupplies.com
1465-A Chapin Ave., Burlingame 94010

***Lincare**1-800-753-0043
www.lincare.com212-7682
1116 S. Amphlett Blvd., #2, San Mateo 94403

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

DURABLE MEDICAL EQUIPMENT - LOANED

CALL (Christian Action Life Line)

Primrose Center Loan Closet342-2255

www.callprimrose.org

139 Primrose Rd., Burlingame 94010

(San Bruno-San Carlos)

Lends medical home equipment such as walkers, crutches, wheelchairs, etc.

Coastside Adult Day Health Center726-5067

www.coastsideadultdayhealth.org

645 Correas St., Half Moon Bay 94019

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

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

HOME MODIFICATION AND ADAPTIVE EQUIPMENT

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

www.att.com

Information on special services for elderly and disabled.

Avenidas Senior Center289-5426

www.avenidas.org

The Avenidas Handyman Service provides discounted painting, carpentry, plumbing and electrical services to senior homeowners.

California Telephone Access Program (CTAP)

www.ddtp.org1-800-806-1191

.....(TTY) 1-800-867-4323

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

Center for Independence of the Disabled (CID)

www.cidsanmateo.org

Daly City991-5124

San Mateo645-1780

.(TTY) 522-9313

Assistive technology; housing modification; independent living skills; information referral system; client assistance program.

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

www.homesafety.net571-7774

1169 Chess Dr., #D, Foster City 94404

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

Rebuilding Together Peninsula366-6597

www.rebuildingtogetherpeninsula.org

P.O. Box 4031, Menlo Park 94026

Home renovation and repair for low-income, elderly or disabled homeowners done primarily on the last Saturday in April.

Vista Center858-0202

www.vistacenter.org

Social services; training in activities of daily living and mobility; support groups and counseling; Braille and computer classes; a low-vision clinic and store.

HOME SAFETY

Fall Prevention Task Force573-3728

www.smcfallprevention.org

Provides resources for older adults, caregivers and service providers because falls are not inevitable, but instead are preventable.

PG&E1-800-743-5000

www.pge.com

Offers safety training at workshops, including preparing for emergencies and how to shut off gas and electricity after a disaster.

PERSONAL EMERGENCY RESPONSE

LifeStation, Inc.1-800-884-8888

www.lifestation.com

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

MedicAlert Foundation International1-800-432-5378

www.medicalert.org

A 24-hour emergency service that will provide medical information about a member with special medical conditions. Members wear a necklace or bracelet with medical condition and MedicAlert emblem.

Mills-Peninsula Health Services

Lifeline696-4823

www.mills-peninsula.org

Sequoia Hospital

CHW Community Lifeline1-800-236-8550

www.chw.edu

Stanford Hospital

Lifeline723-6906

www.geriatric.stanfordhospital.com

Vital-Link1-800-752-5522

www.vital-linkinc.com

HOSPITALS AND MEDICAL CENTERS

Coastside Family Medical Center

www.coastsidedocs.org

225 S. Cabrillo Hwy., #100-A, Half Moon Bay 94019712-7330

620 North St., Pescadero 94060879-2114

Kaiser Permanente Medical Center

For Kaiser members only

www.kp.org

1150 Veterans Blvd., Redwood City 94063299-2000

1200 El Camino Real, South San Francisco 94080742-2000

Mills-Peninsula Health Services696-5400

www.mills-peninsula.org

1501 Trousdale Dr., Burlingame 94010

100 S. San Mateo Dr., San Mateo 94401

Palo Alto VA Health Care System493-5000

www.palo-alto.med.va.gov

3801 Miranda Ave., Palo Alto 94304

- San Mateo Medical Center**573-2222
www.sanmateomedicalcenter.org
 222 W. 39th Ave., San Mateo 94403
- Sequoia Hospital**369-5811
www.sequoiahospital.org
 170 Alameda de las Pulgas, Redwood City 94062
- Seton Medical Center**992-4000
www.setonmedicalcenter.org
 1900 Sullivan Ave., Daly City 94015
- Seton Medical Center Coastside**563-7100
www.setonmedicalcentercoastside.org
 600 Marine Blvd., Moss Beach 94038
- Stanford Hospital and Clinics**723-4000
www.stanfordhospital.com
 300 Pasteur Dr., Stanford 94305

HOUSING OPTIONS AND REFERRALS

- Avenidas Senior Center**289-5433
www.avenidas.org
 450 Bryant St., Palo Alto 94301
 Publishes a booklet with independent and assisted living options.
- Baker Registry**326-8803
www.bakerregistry.com
 Makes referrals to independent living, residential board and care and dementia-specific facilities.
- California Advocates for Nursing Home Reform**
www.canhr.org1-800-474-1116
 Medi-Cal eligibility, pre-placement counseling, a lawyer referral service and advocacy for long term care issues.
- ECHO (formerly Midpeninsula Citizens for Fair Housing)**
www.echofairhousing.org327-1718
 Fair housing investigation and enforcement, education and counseling, for Menlo Park, Redwood City, Stanford, Los Altos and Los Altos Hills.

HIP Housing

Human Investment Project348-6660

www.hiphousing.org

Home sharing (rent / service exchange) and the only federally certified counseling for reverse mortgages in San Mateo County.

Ombudsman of San Mateo County780-5707

www.ossmc.org

After 4:00 pm and on weekends1-800-675-TIES (8437)

Monitors nursing homes and residential care homes for care and complaints. Also provides referral information for placement.

Project Sentinel321-6291

www.housing.org

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

Rebuilding Together Peninsula366-6597

www.rebuildingtogetherpeninsula.org

P.O. Box 4031, Menlo Park 94026

Home renovation and repair for low-income, elderly or disabled homeowners done primarily on the last Saturday in April.

Stegner Registry365-1884

www.stegnerregistry.com

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

**INFORMATION AND REFERRAL, ASSISTANCE,
ADVOCACY**

TIES (connects people to needed support)

24-hour response1-800-675-TIES (8437)

.....(California Relay Service) 711

TIES serves as the main entry point for Aging and Adult Services, including Adult Protective Services, within the Health Department. Social workers answer questions about the wide variety of services available through the county and in the community. TIES also provides phone support and counseling on issues of concern to older and dependent adults, adults with disabilities and their families.

Alcohol and Drug Helpline573-3950

www.crisiscenter.cc

24-hour information about and referral to substance abuse services.

Alzheimer's Association1-800-272-3900

www.alzncal.org

Provides advocacy, education and support.

Area Agency on Aging573-2700

.....(California Relay Service) 711

The Area Agency on Aging serves as a focal point for planning for older persons and adults with disabilities residing in San Mateo County. In addition to its advocacy role, the agency administers a variety of federal, state, local and private funds that support a coordinated network of community-based services for older adults and adults with disabilities.

Bay Area Optometric Referral Service . . .1-800-675-3937

www.baoc.com

California Advocates for Nursing Home Reform

www.canhr.org1-800-474-1116

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

Center for Independence of the Disabled (CID)

www.cidsanmateo.org

Daly City991-5124

San Mateo645-1780

.....(TTY) 522-9313

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

Commission on Aging573-2707

www.smco-coa.org(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 all matters pertaining to older adults (age 60 year or over). The Commission acts as an advocacy body for older adults and provides an opportunity for consumers to participate in the development of public policy.

Commission on Disabilities573-2580

www.smco-cod.org(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 all 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.

Fair Oaks Intergenerational Center

Family Service Agency780-7525

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

Fall Prevention Task Force573-3728

www.smcfallprevention.org
Provides resources for older adults, caregivers and service providers because falls are not inevitable, but instead are preventable.

HELPLINK1-800-273-6222

www.211bayarea.org
Information and referral to self-help groups.

HICAP, the Medicare Counseling Program

.....1-800-434-0222

Free objective counseling and legal assistance on Medicare and health insurance issues, including HMOs and Long Term Care. Services are provided by appointment at your local senior center and other locations throughout the county.

Lawyer Referral Service369-4149

www.smcba.org
Makes referrals to local attorneys.

Legal Aid Society

Senior Advocates1-800-381-8898

www.legalaidsmc.org
Provides free legal counsel and assistance to seniors age 60 or over.

Mills-Peninsula Senior Focus696-3660

www.mills-peninsula.org
1720 El Camino Real, #10, Burlingame 94010

Caregiver Services

Caregiver counseling, education, information/referral and support groups.

Senior Information Line

Connects with Mills-Peninsula and community services for any issues related to aging.

Network of Care

www.sanmateo.networkofcare.org
A comprehensive Web-based resource for older adults, adults with disabilities, caregivers and service providers.

Ombudsman of San Mateo County780-5707

www.ossmc.org
After 4:00 pm and on weekends1-800-675-TIES (8437)
Monitors nursing homes and residential care homes for care and complaints. Provides referral information for placement. Also provides I&R (information and referral) for seniors.

Peninsula Conflict Resolution Center (PCRC)

www.pcrcweb.org513-0330
Neighborhood, family, consumer, community, landlord / tenant and employee mediation service.

Peninsula Library System (PLS)Call local library

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

Peninsula Stroke Association565-8485

www.psastroke.org
Serves as an advocate for stroke survivors and a resource center for community information.

San Mateo County Dental Society637-1121

www.smcds.com
Denti-Cal1-800-322-6384
www.denti-cal.ca.gov
Medi-Cal dentist referral.

San Mateo County Medical Association312-1663

www.smcma.org

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

Second Harvest Food Bank

Food Hotline1-800-984-FOOD (3663)

www.2ndharvest.net

See also **Senior Centers**

LEGAL ASSISTANCE

Aging and Adult Services

Public Guardian / Conservatorship Program

.1-800-675-TIES (8437)

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

California Advocates for Nursing Home Reform

www.canhr.org1-800-474-1116

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

Family Caregiver Alliance1-800-445-8106

www.caregiver.org1-415-434-3388

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

Lawyer Referral Service369-4149

www.smcba.org

Makes referrals to local attorneys.

Legal Aid Society

Senior Advocates1-800-381-8898

www.legalaidsmc.org

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

Peninsula Conflict Resolution Center (PCRC)

www.pcrweb.org513-0330

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

MENTAL HEALTH SERVICES

Catholic Charities CYO

Behavioral Healthcare Services295-2160

www.cccyo.org

36 - 37th Ave., San Mateo 94403

Provides non-residential recovery services, including relapse prevention support, individual counseling and referrals to long-term treatment. Spanish-speaking counseling available.

Community Gatepath259-8500

www.communitygatepath.com

Speech therapy, Senior Program and other therapeutic services.

Family Service Agency403-4300

www.familyserviceagency.org

Counseling services, bilingual (Spanish) case management.

Mental Health Access Team

San Mateo County Behavioral Health and

Recovery Services Division1-800-686-0101

www.smhealth.org

Information, assessment, consultation and referral.

Mills-Peninsula Health Services

Senior Behavioral Health (formerly the Senior Day Program)

www.mills-peninsula.org696-3670

1720 El Camino Real, #10, Burlingame 94010

For treatment with depression, anxiety and / or chemical dependency.

National Alliance on Mental Illness (NAMI)638-0800

www.namisanmateo.org

Offers support, education and advocacy.

OASIS - Older Adult System of Integrated Services

(formerly Senior Mental Health Services)573-2615

www.smhealth.org

Home visit by mental health professionals for persons age 60 or over with mental health diagnoses. Chinese and Spanish spoken.

Senior Coastsiders726-9056

www.seniorcoastsiders.org

Counseling, family support, home visits, volunteer services, home rehabilitation for elderly and disabled people, peer counseling, telephone reassurance.

Seniors • At • Home

Jewish Family and Children's Services

www.seniorsathome.org

200 Channing Ave., Palo Alto 94301688-3000

2001 Winward Way, #200, San Mateo 94404931-1860

Counseling services.

OTHER MEDICAL / DENTAL SERVICES

Bay Area Optometric Referral Service . . .1-800-675-3937

www.baoc.com

Community Gatepath259-8500

www.communitygatepath.com

Speech therapy, Senior Program and other therapeutic services.

Fall Prevention Task Force573-3728

www.smcfallprevention.org

Provides resources for older adults, caregivers and service providers because falls are not inevitable, but instead are preventable.

Health Plan of San Mateo (HPSM)1-800-750-4776

www.hpsm.org(TTY) 1-800-735-2929

A managed care health plan that provides health care benefits to San Mateo County residents who are enrolled in programs such as Medi-Cal, HealthWorx and Care Advantage.

Care Advantage1-866-880-0606

HPSM's Medicare Advantage/Prescription Drug Plan for dual eligibles who have both Medicare and Medi-Cal.

Hearing and Speech Center1-415-921-7658

www.hearingspeech.org(TTY) 1-415-921-8990

Tests hearing and offers speech therapy.

Medi-Cal

For information or to apply, call appropriate office:

East Palo Alto, Menlo Park363-4175

Atherton, Portola Valley, Redwood City, Woodside599-3811

Belmont, Burlingame, Foster City, Hillsborough, Millbrae,
San Carlos, San Mateo802-6470

El Granada, Half Moon Bay, La Honda, Loma Mar, Montara,
Moss Beach, Pescadero, Princeton, San Gregorio573-3949

Brisbane, Colma, Daly City, Pacifica301-8720

San Bruno, South San Francisco877-5663

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

MedicAlert Foundation International1-800-432-5378

www.medicalert.org

A 24-hour emergency service that will provide medical information about a member with special medical conditions. Members wear necklace or bracelet with medical condition and MedicAlert emblem. Will notify up to 5 persons listed by member.

Mills-Peninsula Health Services

www.mills-peninsula.org

Institute of Health and Healing (formerly the Wellness Center)696-5600

100 S. San Mateo Dr., San Mateo 94401

Education, health screenings, library, support groups.

Mills-Peninsula Senior Focus

Wise and Well696-7663

www.mills-peninsula.org

1720 El Camino Real, #10, Burlingame 94010

Health screening and education.

Parkinson's Institute1-800-655-2273

www.thepi.org1-408-734-2800

675 Almanor Ave., Sunnyvale 94085

Treatment; research; speech and physical therapy.

Ron Robinson Senior Care Center

San Mateo Medical Center573-2426

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

San Bruno VA Outpatient Clinic615-6000

1001 Sneath Lane, #300, San Bruno 94066

San Mateo County Dental Society

www.smcds.com637-1121

Denti-Cal1-800-322-6384

www.denti-cal.ca.gov

Medi-Cal dentist referral.

San Mateo County Health Clinics

www.sanmateomedicalcenter.org

Belle Haven Clinic (Menlo Park)321-0980

Coastside Health Center573-3941

Daly City Clinic301-8600

Fair Oaks Family Health Center (Redwood City)364-6010

San Mateo Medical Center Clinics573-2222

South San Francisco Health Center877-7070

Willow Clinic (Menlo Park)599-3890

San Mateo County Medical Association312-1663

www.smcma.org

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

Sequoia Hospital

Health and Wellness Center367-5998

www.sequoiahospital.org

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

Seton Medical Center

Health Resource Center (library)991-6677

www.setonlibrary.org

Therapy in Your Home1-408-358-0201

www.therapyinyourhome.net

Occupational, physical and speech therapy provided.

Vista Center858-0202
www.vistacenter.org
Social services; training in activities of daily living and mobility; support groups and counseling; Braille and computer classes and a low-vision clinic.

RESPIRE

Family Caregiver Alliance1-800-445-8106
www.caregiver.org1-415-434-3388
Services for families and friends who are concerned with, or caring for, brain-impaired adults.

See also **Home Care Aide Agencies**

SENIOR CENTERS

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

Belmont

Twin Pines Senior Center595-7444
www.belmont.gov
20 Twin Pines Lane, Belmont 94002

Daly City

Doelger Senior Center991-8012
www.doelgercenter.com
101 Lake Merced Blvd. (Westlake Park), Daly City 94015

Lincoln Park Community Center991-8018
901 Brunswick St., Daly City 94014

Self-Help for the Elderly757-0881
Daly City Center, St. Andrew's Parish Hall
www.selfhelpelderly.org
2080 Sullivan Ave., Daly City 94015

East Palo Alto

East Palo Alto Senior Center329-5900
560 Bell St., East Palo Alto 94303

Foster City

Foster City Parks and Recreation Department

Senior Wing286-2585

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

Half Moon Bay

Senior Coastsiders726-9056

www.seniorcoastsiders.org
535 Kelly Ave., Half Moon Bay 94019

Menlo Park

Menlo Park Senior Center330-2280

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

Peninsula Volunteers, Inc.

Little House326-2025

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

Millbrae

Millbrae Senior Center259-2370

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

Pacifica

Pacifica Senior Services738-7350

www.cityofpacifica.org
540 Crespi Dr. at Highway 1, Pacifica 94044

Redwood City

Fair Oaks Intergenerational Center

Family Service Agency780-7525

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

Redwood City Veterans Memorial Senior Center

www.redwoodcity.org/parks/cc780-7270

1455 Madison Ave., Redwood City 94061

San Bruno

San Bruno Senior Center616-7150
www.sanbruno.ca.gov
1555 Crystal Springs Rd., San Bruno 94066

San Carlos

San Carlos Adult Community Center802-4384
www.cityofsancarlos.org
601 Chestnut St., San Carlos 94070

San Mateo

City of San Mateo Senior Center522-7490
www.cityofsanmateo.org
2645 Alameda de las Pulgas, San Mateo 94403

Martin Luther King Center522-7470
www.cityofsanmateo.org
725 Monte Diablo, San Mateo 94401

Self-Help for the Elderly342-0822
San Mateo Center (Central Park)
www.selfhelpelderly.org
50 E. 5th Ave., San Mateo 94401

South San Francisco

South San Francisco Senior Services

www.ssf.net/depts/rcs/seniors.asp

El Camino Senior Center877-5996
33 Arroyo Dr., South San Francisco 94080

Magnolia Senior Center829-3820
601 Grand Ave., South San Francisco 94080

ADDITIONAL RESOURCES FOR INFORMATION

Peninsula Jewish Community Center (PJCC)

www.pjcc.org212-PJCC (7522)
800 Foster City Blvd., Foster City 94404
Offers a variety of services for seniors, including trips, tours, cultural outings, classes and special events.

San Mateo Japanese American Community Center

www.smjacc.org343-2793
415 S. Claremont St., San Mateo 94401
A Japanese-American educational, human and civil rights organization.
Offers classes in Japanese cultural and martial arts.

Senior Center Without Walls1-877-797-7299

www.seniorcenterwithoutwalls.org
Offers free activities, conversation, classes and support groups throughout the Bay Area to homebound elders and those who find it difficult to go to a community center. Participation is through free telephone conference calls.

SUPPORT GROUPS

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

Al-Anon

Family Groups592-7935
www.ncwsa.org/district-13.html
Meetings and Locations592-7935
www.ncwsa.org

Alcohol and Drug Helpline573-3950

www.crisiscenter.cc
24-hour information about and referral to substance abuse services.

Alcoholics Anonymous (AA)577-1310

www.aa-san-mateo.org

ALS (Lou Gehrig's Disease)1-415-904-2572

www.alsabayarea.org

Alzheimer's Association1-800-272-3900

www.alznorcal.org

American Cancer Society578-9902

www.cancer.org

American Diabetes Association1-408-241-1922

www.diabetes.org

American Heart Association and American Stroke Association259-6700
www.americanheart.org1-415-433-2273

Arthritis Foundation1-800-464-6240
www.arthritis.org

Breathe California1-877-3BREATHE
www.ggbreathe.org994-5868

Catholic Charities CYO
Behavioral Healthcare Services295-2160
San Carlos Adult Day Services592-9325
www.cccyo.org

Center for Independence of the Disabled (CID)
www.cidsanmateo.org
 Daly City991-5124
 San Mateo645-1780
(TTY) 522-9313

Cocaine Anonymous1-415-821-6155
www.ca.org

Community Gatepath259-8500
www.communitygatepath.com
 For disabled persons and their families.

Community Overcoming Relationship Abuse (CORA)
www.corasupport.org1-800-300-1080
312-8515
 Serves victims / survivors of domestic abuse.

ELLIPSE Peninsula AIDS Services572-9702
www.ellipse650.com

Epilepsy Foundation1-800-632-3532
www.epilepsyfoundation.org

Family Caregiver Alliance1-800-445-8106
www.caregiver.org1-415-434-3388
 Services for families and friends who are concerned with, or caring for, brain-impaired adults.

- Gamblers Anonymous**1-800-287-8670
www.gamblersanonymous.org
- Hearing Loss Association**593-6760
www.hearingloss.org
- HELPLINK**1-800-273-6222
www.211bayarea.org
 Information and referral to self-help groups.
- Kara**321-5272
www.kara-grief.org
 Grief counseling.
- Lost Chord**583-2819
 For those who have had a laryngectomy.
- Lupus Foundation of Northern California**
www.balf.org1-800-523-3363
1-408-954-8600
- Mills-Peninsula Health Services**
www.mills-peninsula.org
Institute of Health and Healing (formerly the Wellness
 Center)696-5600
 100 S. San Mateo Dr., San Mateo 94401
- Mills-Peninsula Senior Focus**
Caregiver Services696-3660
www.mills-peninsula.org
 1720 El Camino Real, #10, Burlingame 94010
- Muscular Dystrophy Association**1-415-673-7500
www.mdaua.org
- National Alliance on Mental Illness (NAMI)**638-0800
www.namisanmateo.org
- National Kidney Foundation**1-415-543-3303
www.kidney.org
- National Multiple Sclerosis Society**1-800-344-4867
www.nmss.org
- Nicotine Anonymous**1-877-879-6422
www.nicotine-anonymous.org

- Parkinson's Institute**1-800-655-2273
www.thepi.org1-408-734-2800
- Peninsula Stroke Association**565-8485
www.psastroke.org
- Senior Peer Counseling**403-4300
 Counseling in English (extension 4322), Spanish / La Esperanza Vive (extension 4321), Filipino (extension 4363), Cantonese and Mandarin (extension 4392) for persons age 55 or over with concerns of aging such as loneliness, depression, grief or illness. Home visits and resources are available. Also serves the LGBT community.
- Sequoia Hospital**
Health and Wellness Center367-5998
www.sequoiahospital.org
- Seton Medical Center**
Health Resource Center (library)991-6677
www.setonlibrary.org
- Sutter VNA and Hospice**685-2821
www.suttervnaandhospice.org685-2822
 Offers Saturday grief support workshops, weekly drop-in grief support groups and 8-week loss specific groups.
- United Cerebral Palsy Association**593-1811
www.ucpscsm.org917-6900
- Vista Center**858-0202
www.vistacenter.org
 For the blind and visually-impaired.

TRANSPORTATION

SPECIALIZED

Special transportation services respond to the needs of mobility impaired persons and other disabled persons unable to use public transportation. Call each service for eligibility, fee, route and schedule details.

- American Cancer Society**(24 hour) 1-800-227-2345
www.cancer.org578-9902
 Transportation to and from treatment centers for ambulatory cancer patients only.

Fair Oaks Intergenerational Center

Family Service Agency780-7546

Offers TRIP, a program for seniors age 65 or older facing barriers to mobility and are unable to use SamTrans or Redi-Wheels.

FISH (Friends in Service to Humanity)

Volunteer transportation assistance for medical appointments.

Burlingame, Foster City, Hillsborough, Millbrae, San Mateo
.....(Answering service) 570-6002

Belmont, Redwood City, San Carlos . .(Answering service) 593-1288

Institute on Aging

Older Adults Care Management (OACM)329-1411

www.oacm.org

Transportation for ambulatory seniors. Serves Daly City to San Jose.

Need-A-Ride462-0853

Transportation for ambulatory seniors.

Serves Palo Alto to San Mateo.

Peninsula Jewish Community Center (PJCC) . .378-2750

www.pjcc.org

Get Up and Go weekly transportation / socialization program. Sliding scale fee.

San Mateo County Transit District (SamTrans)

Redi-Wheels and RediCoast1-800-660-4287

www.samtrans.com/rw.html(TTY) 508-6448

P.O. Box 3006, 1250 San Carlos Ave., San Carlos 94070

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

Call regarding transportation to:

San Francisco1-415-351-7000

(San Francisco Paratransit)

Santa Clara County1-800-894-9908

(Valley Transportation Authority - VTA)

SilverRide1-877-U-RIDE-10 (874-3310)
www.SilverRide.com1-415-861-7433
Provides door-through-door transportation, accompaniment, activity planning, concierge services and group social outings to older adults, including those with dementia.

OTHER TRANSPORTATION SERVICES

Driver Safety Classes1-888-227-7669
www.aarp.org/drive
AARP offers classes at 15 sites in the county.

Identification Placard for the Disabled

People who are mobility impaired may apply for a placard to hang from the rear view mirror of the car in which they are riding. This will allow parking in specially designated parking spaces.

Call Department of Motor Vehicles for application and physician's certification1-800-777-0133
www.dmv.ca.gov

Senior Mobility Guide

www.peninsularides.org
A comprehensive booklet and Web site providing information about a wide range of transportation programs and services to help seniors stay mobile, active and connected to the community. The booklet is available at senior centers and libraries.

VOLUNTEER SERVICES

Hands On Bay Area1-415-541-9616

www.handsonbayarea.org

Provides flexible one-day and weekend projects.

Mills-Peninsula Senior Focus

www.mills-peninsula.org

1720 El Camino Real, #10, Burlingame 94010

Foster Grandparent and Senior Companion Programs

.....696-7662

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

Retired and Senior Volunteer Program (RSVP)

.....696-7660

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

Volunteer Center235-3550

www.thevolunteercenter.net1-415-982-8999

Refers groups and individuals of all ages to nonprofit agencies that need volunteers.

Volunteer Match1-415-241-6868

www.volunteermatch.org

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

INDEX

AA 33
Absolute Care 10
AccentCare Home Health of the Bay Area 8
Addus HealthCare Assisted Care Program 6
Admiral Medical Supplies 16
Adult Day Care (Social) 2
Adult Day Health Care (Medical) 2
Adult Protective Services 1, 3
Advocacy 21
Aging and Adult Services 3, 25
AIDS Case Management 3
Al-Anon 33
Alcohol and Drug Helpline 1, 22, 33
Alcoholics Anonymous (AA) 33
ALS (Lou Gehrig's Disease) 33
Alzheimer's Association 10, 22, 33
Alzheimer's Day Care Resource Center 2, 11
American Cancer Society 33, 36
American Diabetes Association 33
American Heart Association and American Stroke Association 34
APRIA Health Care 16
Arcadia Health Care 6
Area Agency on Aging 4, 22
Arthritis Foundation 34
AT&T 12, 17
Aunt Ann's Home Care 6
Avenidas Senior Center 14, 17, 20
Baker Registry 20
Bay Area Optometric Referral Service 22, 27
Behavioral Health and Recovery Services 26
Behavioral Healthcare Services 26, 34
Bischoff's Medical Supplies 16
Breathe California 34
Café Doelger Express 13
California Advocates for Nursing Home Reform 20, 22, 25
California Telephone Access Program (CTAP) 17
CALL (Christian Action Life Line)
 Primrose Center Loan Closet 17
Care at Home 5
Care for Seniors 6
Care Resource 6
Caregiver Services (of Mills-Peninsula Senior Focus) 24, 35
Catholic Charities CYO 2, 11, 26, 34
 Behavioral Healthcare Services 26, 34
 San Carlos Adult Day Services 2, 11, 34
Center for Independence of the Disabled (CID) 10, 18, 22, 34
City of San Mateo Senior Center 14, 32

Coastside Adult Day Health Center 2, 17
 Coastside Family Medical Center 19
 Cocaine Anonymous 34
 Comfort Keepers 6
 Commercial Home Delivered Meals 13
 Commission on Aging 4, 23
 Commission on Disabilities 4, 23
 Community Gatepath 2, 26, 27, 34
 Senior Program 2, 26, 27
 Community Overcoming Relationship Abuse (CORA) 1, 34
 Conservatorship Program 4, 25
 CORA 1, 34
 Crisis Intervention and Suicide Prevention Center 1
 CTAP 17
 Dementia Care 10
 Denti-Cal 11, 24, 29
 Department of Motor Vehicles 38
 Doelger Senior Center 13, 14, 30
 Café Doelger Express 13
 Driver Safety Classes 38
 Durable Medical Equipment 16
 Durable Medical Equipment - Loaned 17
 East Palo Alto Senior Center 15, 30
 ECHO (formerly Midpeninsula Citizens for Fair Housing) 20
 El Camino Senior Center 15, 32
 Eldercare Services 6
 ELLIPSE Peninsula AIDS Services 14, 34
 Emergency / Crisis Services 1
 Epilepsy Foundation 34
 Ethnic Meals 14
 Fair Oaks Intergenerational Center 15, 23, 31, 37
 Fall Prevention Task Force 18, 23, 27
 Family Caregiver Alliance 11, 25, 30, 34
 Family Service Agency 11, 15, 23, 26, 31, 37
 Fair Oaks Intergenerational Center 15, 23, 31, 37
 Senior Employment Services 11
 Financial Assistance, Government Programs, Insurance 11
 FISH 37
 Food and Nutrition Services 13
 Food Hotline 13, 25
 Foster City Parks and Recreation Department Senior Wing 31
 Foster Grandparent and Senior Companion Programs 39
 Friends in Service to Humanity (FISH) 37
 Gamblers Anonymous 35
 Geriatric Home Care Specialists 6
 Get Up and Go 37
 Grocery Shopping and Food Services 13
 Hands On Bay Area 39
 Health Clinics 29

Health Plan of San Mateo (HPSM) 11, 27
 Healthier Outcomes through Multidisciplinary Engagement (HOME) Team 3
 Hearing and Speech Center 27
 Hearing Loss Association 35
 HELPLINK 23, 35
 HICAP, the Medicare Counseling Program 12, 23
 HIP Housing Human Investment Project 21
 HOME Team 3
 Home Care Aide Agencies 5
 Home Care Assistance 6
 Home Delivered Food Services 14
 Home Delivered Meals 14
 Home Health Care Agencies 8
 Home Instead Senior Care 7
 Home Modification and Adaptive Equipment 17
 Home Plus Caregivers 7
 Home Safety 18
 Home Safety and Medical Equipment 16
 Home Safety Services, Inc. 18
 Home Sweet Home Care 7
 Homecare Professionals 7
 Homewatch Caregivers 7
 Hospice by the Bay 9
 Hospitals and Medical Centers 19
 Housing Options and Referrals 20
 HPSM 11, 27
 Identification Placard for the Disabled 38
 IHSS 4, 10
 Information and Referral, Assistance, Advocacy 21
 In-Home Supportive Services (IHSS) 4, 10
 In-Home Supportive Services Advisory Committee 5
 Institute of Health and Healing 28, 35
 Institute on Aging 37
 Older Adults Care Management (OACM) 7, 37
 Jewish Family and Children's Services 8, 27
 Kaiser Permanente Medical Center 9, 19
 Home Health Agency 9
 Hospice Department 9
 Kara 35
 La Esperanza Vive 36
 Laryngectomy - see Lost Chord
 Lawyer Referral Service 23, 25
 Legal Aid Society Senior Advocates 23, 25
 Legal Assistance 25
 LifeStation, Inc. 18
 Lincare 17
 Lincoln Park Community Center 15, 30
 Linkages 4
 Little House 15, 31

LivHome 7
 Lost Chord 35
 Lou Gehrig's Disease 33
 Lupus Foundation of Northern California 35
 Magnolia Senior Center 2, 15, 32
 Martin Luther King Center 15, 32
 Matched CareGivers 7
 Meals on Wheels of San Mateo County 14
 Medi-Cal 12, 28
 Medical Care Professionals 7
 Medical Centers 19
 MedicAlert Foundation International 19, 28
 Medicare 12
 Menlo Park Senior Center 15, 31
 Mental Health Access Team 26
 Mental Health Services 26
 Midpeninsula Citizens for Fair Housing (see ECHO)
 Millbrae Senior Center 31
 Mills-Peninsula Health Services 19, 26, 28, 35
 Institute of Health and Healing 28, 35
 Lifeline 19
 Senior Behavioral Health 26
 Mills-Peninsula Senior Focus 2, 11, 24, 28, 35, 39
 Adult Day Health Center 2
 Alzheimer's Day Care Resource Center 2, 11
 Caregiver Services 24, 35
 Foster Grandparent and Senior Companion Programs 39
 Retired and Senior Volunteer Program (RSVP) 39
 Senior Information Line 24
 Wise and Well 28
 Mission Hospice, Inc. of San Mateo County 9
 MSSP 4
 Multipurpose Senior Services Program (MSSP) 4
 Muscular Dystrophy Association 35
 NAMI 26, 35
 National Alliance on Mental Illness (NAMI) 26, 35
 National Kidney Foundation 35
 National Multiple Sclerosis Society 35
 Need-A-Ride 37
 Network of Care 3, 24
 Nicotine Anonymous 35
 OACM 7, 37
 OASIS 26
 Older Adult System of Integrated Services (OASIS) 26
 Older Adults Care Management (OACM) 7, 37
 Ombudsman of San Mateo County 21, 24
 Operation Brown Bag 13
 Pacifica Senior Services 15, 31

Palo Alto VA Health Care System 9, 19
Hospice Care Program 9
Parkinson's Institute 28, 36
Pathways Home Health and Hospice 9
Pathways Private Duty Services 7
PCRC 24, 25
Peninsula Conflict Resolution Center (PCRC) 24, 25
Peninsula Jewish Community Center (PJCC) 32, 37
Peninsula Library System (PLS) 24
Peninsula Stroke Association 24, 36
Peninsula Volunteers, Inc. 2, 11, 15, 31
Little House 15, 31
Rosener House Adult Day Services 2, 11
Personal Emergency Response 18
PG&E 12, 18
PJCC 32, 37
PLS 24
Professional Healthcare at Home 8, 9
Professional Home Care Associates 9
Project Sentinel 21
Public Authority 5
Public Guardian / Conservatorship Program 4, 25
Rebuilding Together Peninsula 18, 21
Redi-Wheels and RediCoast 37
Redwood City Veterans Memorial Senior Center 15, 31
Referral Agencies 10
Rehab at Home, Inc. 9
Reliable Caregivers 8
Respite 30
Restaurants on the Run 13
Retired and Senior Volunteer Program (RSVP) 39
Reverse Mortgage Counseling - see HIP Housing
Ron Robinson Senior Care Center 29
Rosener House Adult Day Services 2, 11
RSVP 39
SamTrans 37
San Bruno Senior Center 15, 32
San Bruno VA Outpatient Clinic 29
San Carlos Adult Community Center 16, 32
San Carlos Adult Day Services 2, 11, 34
San Francisco Paratransit 37
San Mateo County Dental Society 24, 29
San Mateo County Health Clinics 29
San Mateo County Medical Association 25, 29
San Mateo County Transit District (SamTrans) 37
San Mateo Japanese American Community Center 33
San Mateo Medical Center 20, 29
SASH 13
Second Harvest Food Bank 13, 25

Self-Help for the Elderly 10, 14, 16, 30, 32
 Daly City Center, St. Andrew's Parish Hall 16, 30
 Home Care and Hospice 10
 San Mateo Center (Central Park) 16, 32
 Senior Assist of the Peninsula, LLC 8
 Senior Behavioral Health 26
 Senior Center Without Walls 33
 Senior Centers 30
 Senior Coastsiders 16, 26, 31
 Senior Companion Program 39
 Senior Employment Services 11
 Senior Helpers 8
 Senior Information Line (of Mills-Peninsula Senior Focus) 24
 Senior Mobility Guide 38
 Senior Nutrition Sites 14
 Senior Peer Counseling 36
 Seniors •At •Home 8, 27
 Jewish Family and Children's Services 8, 27
 Sequoia Hospital 19, 20, 29, 36
 CHW Community Lifeline 19
 Health and Wellness Center 29, 36
 Seton Medical Center 20, 29, 36
 Health Resource Center (library) 29, 36
 Seton Medical Center Coastside 20
 Shopping Assistance for Seniors who are Homebound (SASH) 13
 SilverRide 38
 Social Security / Medicare Eligibility / SSI 12
 South San Francisco Adult Day Care Center 2
 South San Francisco Senior Services 32
 El Camino Senior Center 32
 Magnolia Senior Center 32
 SSI 12
 Staffing HomeCare 10
 Stanford Hospital Lifeline 19
 Stanford Hospital and Clinics 20
 Stegner Registry 21
 Support Groups 33
 Sutter VNA and Hospice 10, 36
 Tender Loving Care Home Health Care 10
 Therapy in Your Home 29
 TIES 1, 3, 12, 21
 Transportation 36
 TRIP 37
 Twin Pines Senior Center 16, 30
 United Cerebral Palsy Association 36
 Utility Services 12
 Valley Transportation Authority - VTA 37
 Veterans Services 13
 Vista Center 18, 30, 36

Vital-Link 19
Volunteer Center 39
Volunteer Match 39
Volunteer Services 39
Waiters on Wheels 13
Wise and Well 28

NOTES