

SENIOR ASSISTANCE DIRECTORY

A listing of commonly requested telephone numbers

Emergency Services	
AAA Emergency Road Services	1-800-222-4357
Alameda County Suicide Prevention Crisis Line – 24/7	1-800-309-2131
Citizen’s Emergency Response Team (CERT)	510-337-2129
Employment	
Alameda One Stop Career Center	510-748-2208
ASSETS Senior Employment Program	510-238-3535 or 510-336-0144
Employment Development Department (EDD)	1-800-300-5616
Food and Nutrition	
Alameda Food Bank	510-523-5850
Alameda Meals on Wheels (AMOW)	510-865-6131
Brown Bag Program	510-534-8547 ext. 369
Mastick Café	510-747-7503
General Information	
AARP	1-888-687-2277
Adult Protective Services	510-577-3500
Alameda City Hall	510-747-7400
Alameda County Area Agency on Aging	510-577-1900
Alameda County In Home Support Services	510-577-1800
Alameda County Information and Referral	211 or 510-727-9560
Alameda County Veterans Services	510-577-3545
Alameda Family Services	510-629-6300
Alameda Fire Department (non-emergency)	510-337-2100
Alameda Free Library	510-747-7777
Alameda Friendly Visitor	510-748-0342
Alameda Police (non-emergency)	510-337-8340
Alameda Recreation and Park Department	510-747-7529
Alameda Housing Safety Program (Alameda Fire Department)	510-337-2133
Bay Area Community Services (BACS)	510-613-0330
California Advocacy for Nursing Reform (CANHR)	415-974-5171 or 1-800-474-1116
Center for Independent Living (The CIL)	510-841-4776
Family Caregiver Alliance	415-434-3388
Jewish Family and Community Services East Bay	510-558-7800
Lavender Seniors of the East Bay	510-736-5428
Lions Center for the Visually Impaired	925-432-3013
Mastick Senior Center	510-747-7506
Regional Center of the East Bay	510-618-6100
Social Security Administration and SSI	1-800-772-1213
US Postmaster	1-800-275-8777
Well Connected	1-877-797-7299
Health & Well-Being	
Alameda Hospital	510-522-3700
Alzheimer’s Association	1-800-272-3900
American Cancer Society	1-800-227-2345
American Diabetes Association	1-800-342-2383
American Heart Association	1-800-242-8721
American Lung Association	1-800-548-8252
Immunization Program (Alameda County Public Health Department)	510-267-3230
Health Insurance Counseling and Advocacy Program (HICAP)	510-839-0393
Kaiser Hospital	510-752-1000

OVER

Health & Well-Being (continued)	
Medi-Cal Center	1-800-541-5555
Medicare Center	1-800-633-4227
Parkinson Disease Information and Referral	415-353-4628
Podiatry Consultation (Mastick Senior Center)	hiatus
Senior Injury Prevention Program (Alameda County)	510-618-2050
Sutter at Home Hospice	510-450-8596
UC Berkeley Optometry	510-642-2020
Housing	
Alameda County Housing Authority	510-538-8876
Alameda Rent Program (City of Alameda)	510-747-4346
City of Alameda Housing Authority	510-747-4300
City of Oakland Housing Authority	510-874-1500
ECHO Housing, Home Seeking, Rental Assistance	510-496-0496 or 1-888-922-3246
Eden Information & Referral	211
Midway Shelter for Women and Children Crisis Hotline	1-866-292-9688
Legal Services & Mediation	
Alameda County Bar Association	510-302-2222
Bay Area Legal Aid	1-800-551-5554
Centro Legal de La Raza	510-437-1554
Lawyers in the Library	510-747-7713
Legal Assistance for Seniors (LAS)	510-832-3040
SEEDS (Mediation Services)	510-548-2377
Utilities	
Alameda County Industries (ACI)	510-483-1400
Alameda Municipal Power	510-748-3900
AT&T	1-800-310-2355
Comcast	1-800-934-6489
DIRECTV	1-800-531-5000
Dish Network	1-800-333-3474
EBMUD	1-866-403-2683
Home Energy Assistance Program (HEAP)	510-881-0300
PG&E (Energy Assistance Program)	1-800-743-5000
Monitoring	
MedicAlert Foundation (ID Bracelet)	1-800-432-5378
Tele-Care (through Sutter Health)	510-204-4487
Vital Link Medical Alert Systems	1-800-752-5522
Support Groups & Services	
Alzheimer's Caregiver Support Group (Mastick Senior Center)	510-747-7506
Grief and Bereavement Support Group (Sutter at Home/Hospice)	510-450-8596
Grief Support Group (Kindred Hospice at Alameda Hospital)	925-737-0203
Senior Connections Case Management (Mastick Senior Center)	510-747-7505
Transportation	
Alameda Transportation Options (Mastick Senior Center)	510-747-7513
AC Transit	510-891-4700
DMV	1-800-777-0133
East Bay Paratransit	510-287-5000
Go Go Grandparent	1-855-464-6872
National Bike Registry	www.nationalbikeregistry.com
Road to Recovery (American Cancer Society Transportation Service)	1-800-227-2345
Transportation Information	511
Welcome Transportation	510-522-8911
Revised: 11/2021	