

# HELP AT HOME

**2020-2022**

A resource guide for older adults  
& 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.

For the most current information, please visit:

**[www.smchealth.org/helpathome](http://www.smchealth.org/helpathome)**

## NETWORK OF CARE

**[www.sanmateo.networkofcare.org/aging](http://www.sanmateo.networkofcare.org/aging)**

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.

**TIES** . . . . .24-hours: 1-800-675-TIES (8437)

[www.smchealth.org/TIES](http://www.smchealth.org/TIES). . . . .**(California Relay Service) 711**

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



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## **LANGUAGE ASSISTANCE**

### **Chinese: 安老自助處**

Lincoln Community Center . . . . .	650-991-8018
Peninsula Family Service, Senior Peer Counseling . . . . .	650-403-4300 x4392
Self-Help for the Elderly . . . . .	650-342-0822

### **Japanese: サンマテオ日系市民協会コミュニティ・センター**

San Mateo Japanese-American Community Center . . . . .	650-343-2793
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### **Spanish / Espanol:**

Lincoln Community Center . . . . .	650-991-8018
Nuestro Canto de Salud . . . . .	650-373-1080
Peninsula Family Service, Fair Oaks Adult Activity Center . . . . .	650-780-7525
La Esperanza Vive . . . . .	650-403-4300 x4321
Samaritan House . . . . .	650-347-3648

### **Tagalog / Sa Tagalog:**

Lincoln Community Center . . . . .	650-991-8018
Peninsula Family Service, Senior Peer Counseling . . . . .	650-403-4300 x4363

# EMERGENCY / CRISIS SERVICES

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

**Adult Protective Services. . . . . 1-800-675-TIES (8437)**  
www.smchealth.org/elderabuse. . . . . 650-573-3900  
Staff investigates and develops care plans for older adults (65 or over) and dependent adults (between 18 and 64) who are at risk of neglect, abandonment, isolation, abduction, or physical, mental and/or financial abuse.

**Alcohol and Drug. . . . . Helpline: 650-573-3950**

**Community Overcoming Relationship Abuse (CORA). . . . .24-hours: 1-800-300-1080**  
www.corasupport.org. . . . .650-312-8515  
Serving victims of domestic violence in San Mateo County.  
Provides counseling, emergency housing & legal assistance.

**Institute on Aging**  
**Friendship Line. . . . .24-hours: 1-800-971-0016**  
www.ioaging.org  
Emotional support & some referrals

**SAGE LGBTQ National Hotline. . . . .1-888-234-7243**  
www.sageusa.org

**San Mateo County**  
**Behavioral Health and Recovery Services**  
**Access Call Center. . . . .1-800-686-0101**  
www.smchealth.org/bhrs. . . . .(TTY) 1-800-943-2833  
Information assessment & referrals; mental health referrals; rehabilitation for substance abuse.

**StarVista Crisis Hotline. . . . .24-hours: 650-579-0350**  
www.star-vista.org  
Special option for verterans

**National Suicide Prevention. . . 24-hours: 1-800-273-TALK (8255)**  
www.suicidepreventionlifeline.org

## 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 Adult Day Services. . . . .650-592-9325**

[www.catholiccharitiessf.org](http://www.catholiccharitiessf.org)  
787 Walnut St., San Carlos 94070

**Community Gatepath. . . . .650-259-8500**

[www.gatepath.org](http://www.gatepath.org)  
350 Twin Dolphin Dr., #123, Redwood City 94065  
Senior program and other therapeutic services for people with disabilities.

**Peninsula Volunteers, Inc.**

**Rosener House Adult Day Services. . . . .650-322-0126**

[www.penvol.org/rosenerhouse](http://www.penvol.org/rosenerhouse)  
500 Arbor Rd. Menlo Park 94025  
Health benefits for people to stay in their homes; nurse on staff; social & recreational programs; health services.

**South San Francisco**

**Adult Day Care Center. . . . .650-829-3824**

[www.ssf.net](http://www.ssf.net)  
601 Grand Ave., 2nd Floor, 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. . . . .650-726-5067**

[www.coastsideadulthoodhealth.org](http://www.coastsideadulthoodhealth.org)  
925 Main St., #A, Half Moon Bay 94019  
Compassionate care for seniors & disabled adults over 18: respite for families.

**Mills-Peninsula Senior Focus. . . . .650-696-3660**

**Adult Day Health Center &  
Alzheimer's Day Care Resource Center**

[www.sutterhealth.org](http://www.sutterhealth.org)  
1720 El Camino Real, #10, Burlingame 94010

# AGING AND ADULT SERVICES

## A DIVISION OF SAN MATEO COUNTY HEALTH SYSTEM

225 37th Ave., San Mateo, CA 94403

**TIES** . . . . . 24-hours: 1-800-675-TIES (8437)

[www.smchealth.org/TIES](http://www.smchealth.org/TIES). . . . . **(California Relay Service) 711**

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

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

### **Adult Protective Services**

[www.smchealth.org/elderabuse](http://www.smchealth.org/elderabuse)

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

### **Elder and Dependent Adult Protection Team (EDAPT)**

[www.smchealth.org/elderabuse](http://www.smchealth.org/elderabuse)

Partnership between San Mateo County's Health System's Aging and Adult Services, the District Attorney's Office, and the County Counsel's Office that is focused on identifying, preventing and protecting dependent and older adults from abuse with a special emphasis on preventing financial abuse. EDAPT staff conduct case investigations, develop service plans for older and dependent adults who are at risk for abuse, facilitate connections to supportive/case management services and provides training and outreach services to county residents, local government and community agencies.

### **In-Home Supportive Services (IHSS)**

[www.smchealth.org/ihss](http://www.smchealth.org/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.

## **Linkages**

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

## **Multipurpose Senior Services Program (MSSP)**

A client centered voluntary program that serves older adults and individuals with disabilities (18 or over) who meet level of care certification for a SNF and are choosing to remain home. MSSP provides intensive case management services and care coordination with the goal of preventing or delaying out of home care, and reducing adverse health and/or psychosocial outcomes for our clients. Social Workers and Public Health Nurse (PHN) conduct in-person visits and assessments, and work in partnership with the Health Plan of San Mateo.

## **Partners for Independence (PFI)**

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

## **Public Administrator. . . . . (Referral Line) 650-573-3475**

[www.smchealth.org/publicadministrator](http://www.smchealth.org/publicadministrator)

The Public Administrator Program serves the public by investigating and administering the estates of persons who die without a will or an appropriate person willing or able to act as the administrator. The Public Administrator acts under the authority of the Superior Court.

## **Public Authority. . . . . 650-573-3900**

[www.smchealth.org/ihss/publicauthority](http://www.smchealth.org/ihss/publicauthority)

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

## **Public Guardian / Conservatorship Program**

[www.smchealth.org/publicguardian](http://www.smchealth.org/publicguardian)

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

## OTHER AGING AND ADULT SERVICES RESOURCES

**Area Agency on Aging** . . . . .650-573-3900

[www.smchealth.org/aaa](http://www.smchealth.org/aaa). . . . .**(California Relay Service) 711**

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

**Commission on Aging** . . . . .650-573-3900

[www.smchealth.org/coa](http://www.smchealth.org/coa). . . . .**(California Relay Service) 711**

A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and Aging and Adult Services on matters pertaining to older adults (60 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 Disabilities**. . . . .650-573-3900

[www.smchealth.org/smccod](http://www.smchealth.org/smccod). . . . .**(California Relay Service) 711**

A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and Aging and Adult Services on matters pertaining to people with disabilities. The Commission acts as an advocacy body for people with disabilities of all ages and provides an opportunity for them to participate in the development of public policy.

**Public Authority Advisory Committee** . . . . .650-573-3900

[www.smchealth.org/ihss](http://www.smchealth.org/ihss). . . . .**(California Relay Service) 711**

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

# CARE AT HOME

## Home Care Aide Agencies

Home Care Aide Agencies (also known as Home Care Organizations) offer a wide spectrum of non-medical personal care and domestic support services. Staff are available on a continuous, hourly, or live-in basis. Many 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 verify that the aides are registered with the California Department of Social Services (CDSS).

## Home Health Care Agencies

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

## Referral Agencies

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

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

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

## California Department of Social Services has two public websites for consumers to ensure HCOs are licensed and HCAs are registered:

HCO: <https://secure.dss.ca.gov/CareFacilitySearch/Search/HomeCareOrg>

HCA: <https://secure.dss.ca.gov/cclid/hcsregistry/registrysearch.aspx>

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

[www.smchealth.org/ihss](http://www.smchealth.org/ihss)

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



# DEMENTIA CARE

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

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

[www.alz.org/norcal](http://www.alz.org/norcal) . . . . . (TTY) 1-866-403-3073

2290 N. First St., #101, San Jose 95131

**Catholic Charities Adult Day Services** . . . . . 650-592-9325

[www.catholiccharitiessf.org](http://www.catholiccharitiessf.org)  
787 Walnut St., San Carlos 94070

**Family Caregiver Alliance** . . . . . 1-800-445-8106

[www.caregiver.org](http://www.caregiver.org) . . . . . 415-434-3388  
101 Montgomery St., #2150, San Francisco 94014  
Services for families and friends who are concerned with, or caring for, brain-impaired adults.

## Mills-Peninsula Senior Focus

**Alzheimer's Day Care Resource Center** . . . . . 650-696-3660

[www.mills-peninsula.org/seniors](http://www.mills-peninsula.org/seniors)  
1720 El Camino Real, #10, Burlingame 94010

## Peninsula Volunteers, Inc.

**Rosener House Adult Day Services** . . . . . 650-322-0126

[www.penvol.org/rosenerhouse](http://www.penvol.org/rosenerhouse)  
500 Arbor Rd., Menlo Park 94025

# FAMILY CAREGIVER SUPPORT SERVICES

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

**Coastside Adult Day Health Center** . . . . . 650-726-5067  
[www.coastsideadultdayhealth.org](http://www.coastsideadultdayhealth.org)

**Edgewood Center for Children and Families**  
[www.edgewood.org](http://www.edgewood.org) . . . . . 650-517-8220

**Family Caregiver Alliance** . . . . . 1-800-445-8106  
[www.caregiver.org](http://www.caregiver.org) . . . . . 415-434-3388

**Kimochi, Inc.** . . . . . 650-388-7130  
[www.kimochi-inc.org](http://www.kimochi-inc.org)

**Legal Aid Society of San Mateo County** . . . . . 1-800-381-8898  
[www.legalaidsmc.org](http://www.legalaidsmc.org) . . . . . 650-558-0915

**Mills-Peninsula Medical Center**  
**Senior Focus** . . . . . 650-696-3660  
[www.sutterhealth.org](http://www.sutterhealth.org)

**Neurological Support Network** . . . . . 650-814-0848  
[www.brainsupportnetwork.org](http://www.brainsupportnetwork.org)  
Caregiver Support Groups dealing with Alzheimer's Disease, Parkinson's Disease, Lewy Body Dementia, Progressive Supranuclear Palsy, Multiple System Atrophy, Frontotemporal Dementia and any other neurodegenerative disease.

# FINANCIAL ASSISTANCE, GOVERNMENT PROGRAMS, INSURANCE

## Health Insurance Counseling Advocacy Program

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

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

www.hpsm.org . . . . . 650-616-0050  
. . . . . (TTY) 1-800-735-2929  
A managed care health plan that provides health care benefits to San Mateo County residents who are enrolled in programs such as Medi-Cal, HealthWorx and Care Advantage.

**Care Advantage** . . . . . 1-866-880-0606  
HPSM's Medicare Advantage/Prescription Drug Plan for dual eligibility who have both Medicare and Medi-Cal.

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

www.hsa.smcgov.org/medi-cal-health-insurance  
**Belmont** - 400 Harbor Blvd., Bldg. B, Belmont  
Belmont, Burlingame, Foster City, Hillsborough, Millbrae, San Carlos & San Mateo. . . . . 650-802-6470  
**Coastside Clinic** - 225 S. Cabrillo Hwy., #100A, Half Moon Bay  
El Granada, Half Moon Bay, La Honda, Loma Mar, Montara, Moss Beach, Pescadero, Princeton-by-the-Sea & San Gregorio. . . . . 650-573-3941  
**Daly City** - 271-92nd St., Daly City  
Brisbane, Colma, Daly City & Pacifica. . . . . 650-301-8400  
**East Palo Alto** - 2415 University Ave., East Palo Alto  
East Palo Alto & Menlo Park. . . . . 650-363-4175  
**Redwood City** - 2500 Middlefield Rd., Redwood City  
Atherton, Portola Valley, Redwood City & Woodside . . . . . 650-599-3811  
**South San Francisco** - 1487 Huntington Ave., South San Francisco  
San Bruno & South San Francisco. . . . . 650-877-5608

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

**Peninsula Family Service**

[www.peninsulafamilyservice.org](http://www.peninsulafamilyservice.org)

24 Second Ave., San Mateo 94401

**DriveForward.** . . . . . 650-403-4300 x4105

**Lending Circles.** . . . . . 650-403-4300 x4105

**Second Career Employment Program.** . . . 650-403-4300 x4385

**Social Security / Medicare Eligibility / SSI.** . . . . . 1-800-772-1213

[www.ssa.gov](http://www.ssa.gov). . . . . (TTY) 1-800-325-0778

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

[www.smchealth.org/TIES](http://www.smchealth.org/TIES). . . . . **(California Relay Service) 711**

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**Veterans Services.** . . . . . 650-802-6598

[www.hsa.smcgov.org/veterans](http://www.hsa.smcgov.org/veterans)

550 Quarry Rd., San Carlos 94070

**A division of the San Mateo County Human Services Agency**

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

**UTILITIES SERVICES**

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

[www.att.com/gen/general?pid=10465](http://www.att.com/gen/general?pid=10465). . . . . (TTY) 1-800-651-5111

**California Telephone Access Program (CTAP)**

[www.californiaphones.org](http://www.californiaphones.org). . . . . 1-800-806-1191

. . . . . (TTY) 1-800-806-4474

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

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

[www.pge.com](http://www.pge.com)

Assists disabled, low-income, and seniors through numerous programs and community out-reach programs.

# FOOD, CLOTHING & OTHER SERVICES

## DONATIONS AND DOWNSIZING

### Goodwill

[www.goodwill.org](http://www.goodwill.org)

**Household Hazardous Waste Program** . . . . . 650-363-4718

**PARCA** . . . . . 1-877-997-2722  
[www.parca.org](http://www.parca.org) . . . . . 650-312-0725

**Recology of San Mateo County** . . . . . 650-558-9575

**The Salvation Army** . . . . . 1-800-728-7825  
[www.salvationarmyusa.org/usn](http://www.salvationarmyusa.org/usn)

### Society of St. Vincent de Paul of San Mateo County

[www.svdsm.org](http://www.svdsm.org) . . . . . **Helpline:** 650-343-4403  
. . . . . 650-373-0622

## GROCERY SHOPPING AND FOOD SERVICES

**Ecumenical Hunger Program** . . . . . 650-323-7781  
[www.ehpcares.org](http://www.ehpcares.org)  
241 Pulgas Ave., East Palo Alto 94303

**North Peninsula Food Pantry & Dining Center** . . . . 650-994-5150  
[www.fooddc.org](http://www.fooddc.org)  
31 Bepler St., Daly City 94014

**Pacifica Resource Center** . . . . . 650-738-7470  
[www.pacresourcecenter.org](http://www.pacresourcecenter.org)  
1809 Palmetto Ave., Pacifica 94044

### Second Harvest of Silicon Valley

[www.shfb.org](http://www.shfb.org) . . . . . 1-800-984-FOOD (3663)

Call to find out about food, hot meals and pantries in your community:

**Brown Bag Program** - groceries for adults 60 or over & disabled adults 55 or over

**CalFresh (Food Stamps)** - money for groceries

**Family Harvest** - groceries for families with children under 26 years old

**Produce Mobile** - fruit/vegetables

## HOME DELIVERED MEALS

Applicants must be unable to shop and/or safely prepare meals on their own and do not have adequate assistance. The program is donation based and financial contributions are welcome. For information about the program, call:

### All cities in the County, except Pacifica & the Coastsides

[www.penvol.org](http://www.penvol.org) . . . . . 650-323-2022

**Kimochi San Mateo.** . . . . . 650-388-7130

San Mateo County Residents. Serving Japanese style hot lunches.

**Montara to Half Moon Bay.** . . . . . 650-726-9056

[www.seniorcoastsiders.org](http://www.seniorcoastsiders.org)

**Pacifica.** . . . . . 650-738-7350

[www.cityofpacifica.org](http://www.cityofpacifica.org)

**San Mateo and part of Foster City.** . . . . . 650-342-0822

[www.selfhelpelderly.org](http://www.selfhelpelderly.org)

Serving Asian meals

## SENIOR NUTRITION SITES

OAA funded sites (marked with an \*asterisk below) follow specific service delivery guidelines. The menus at the OAA sites are approved by Registered Dietitians to meet the U.S. Dietary Reference Intakes and are low in fat, sodium and cholesterol. Some sites have a suggested donation; others have a set fee. Days & times of service vary. Call for more information.

### \* Belmont Twin Pines Senior & Community Center

[www.belmont.gov](http://www.belmont.gov) . . . . . 650-595-7441

20 Twin Pines Ln., Belmont 94002

\* **Doleger Senior Center.** . . . . . 650-991-8012

101 Lake Merced Blvd., Daly City 94015

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

560 Bell St., East Palo Alto 94303

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

[www.peninsulafamilyservice.org](http://www.peninsulafamilyservice.org)

2600 Middlefield Rd., Redwood City 94063

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

901 Brunswick St., Daly City 94014

- Little House** . . . . . 650-326-2025  
[www.penvol.org/littlehouse](http://www.penvol.org/littlehouse)  
 800 Middle Ave., Menlo Park 94025
- Magnolia Center** . . . . . 650-829-3820  
[www.ssf.net](http://www.ssf.net)  
 601 Grand Ave., South San Francisco 94080
- \* **Martin Luther King Jr. Community Center** . . . . . 650-522-7498  
[www.cityofsanmateo.org](http://www.cityofsanmateo.org)  
 725 Monte Diablo, San Mateo 94401
- Menlo Park Senior Center** . . . . . 650-330-2282  
[www.menlopark.org](http://www.menlopark.org)  
 110 Terminal Ave., Menlo Park 94025
- \* **Millbrae Senior Center** . . . . . 415-319-4115  
[www.selfhelpelderly.org](http://www.selfhelpelderly.org)  
 450 Poplar Ave., Millbrae 94030
- \* **Pacifica Senior Services** . . . . . 650-738-7384  
[www.cityofpacifica.org](http://www.cityofpacifica.org)  
 540 Crespi Dr., Pacifica 94044
- Redwood City Veterans Memorial Senior Center**  
[www.redwoodcity.org/parks/cc/](http://www.redwoodcity.org/parks/cc/) . . . . . 650-780-7259  
 1455 Madison Ave., Redwood City 94061
- \* **San Bruno Senior Center** . . . . . 650-616-7150  
[www.sanbruno.ca.gov](http://www.sanbruno.ca.gov)  
 1555 Crystal Springs Rd., San Bruno 94066
- San Carlos Adult Community Center** . . . . . 650-802-4384  
[www.cityofsancarlos.org/acc](http://www.cityofsancarlos.org/acc)  
 601 Chestnut St., San Carlos 94070
- San Mateo Senior Center** . . . . . 650-522-7490  
[www.cityofsanmateo.org](http://www.cityofsanmateo.org)  
 2645 Alameda de las Pulgas, San Mateo 94403
- \* **Self-Help for the Elderly** . . . . . 650-342-0822  
[www.selfhelpelderly.org](http://www.selfhelpelderly.org)  
 50 E. 5th Ave., San Mateo 94401
- \* **Senior Coastsiders** . . . . . 650-726-9056  
[www.seniorcoastsiders.org](http://www.seniorcoastsiders.org)  
 925 Main St., Half Moon Bay 94019

# HOME SAFETY AND MEDICAL EQUIPMENT

## DURABLE MEDICAL EQUIPMENT

Ask each medical supplier if their services are covered by Medicare, Medi-Cal or private insurance.

**Admiral Medical Supplies** . . . . .650-697-0900

[www.admiralmedical.com](http://www.admiralmedical.com)

357 El Camino Real, Millbrae 94030

### Apria Healthcare

[www.apria.com](http://www.apria.com)

480 Carlton Ct., South San Francisco . . . . . 650-588-9744

3905 Bohannon Dr., #C-G, Menlo Park . . . . . 650-330-2420

### Bay City Medical Supplies

[www.baycitymedicalsupplies.com](http://www.baycitymedicalsupplies.com)

1465-A Chapin Ave., Burlingame 94010. . . . . 650-347-6606

1040 Brewster Ave., Redwood City . . . . . 650-367-6900

### Center for Independence of Individuals with Disabilities

[www.cidsanmateo.org](http://www.cidsanmateo.org). . . . .(TTY) 650-522-9313

2001 Winward Way, #103, San Mateo 94404. . . . . 650-645-1780

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

**Lincare** . . . . .1-800-284-2006

[www.lincare.com](http://www.lincare.com)

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

## DURABLE MEDICAL EQUIPMENT - LOANED

**Coastside Adult Day Health Center** . . . . .650-726-5067

[www.coastsideadultdayhealth.org](http://www.coastsideadultdayhealth.org)

925 Main St., Half Moon Bay 94019

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



# HOME MODIFICATION AND ADAPTIVE EQUIPMENT

## California Telephone Access Program (CTAP)

[www.californiaphones.org](http://www.californiaphones.org) . . . . . 1-800-806-1191  
 . . . . . (TTY) 1-800-806-4474

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

## Habitat for Humanity. . . . . 1-800-HABITAT (422-4828)

[www.habitatgsf.org](http://www.habitatgsf.org). . . . . 415-625-1000

A global non-profit housing organization working in nearly 1,400 communities across the U.S. Its vision is a world where everyone has a decent place to live.

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

[www.homesafety.net](http://www.homesafety.net). . . . . 650-571-7774

890 Cowan Rd., #G, Burlingame 94010  
Installs grab bars, stair railings, wheelchair ramps and other safety/ accessibility devices.

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

[www.rebuildingtogetherpeninsula.org](http://www.rebuildingtogetherpeninsula.org)  
Provides free repairs for low income homeowners throughout San Mateo County and Northern Santa Clara County.

## Vista Center for the Blind & Visually Impaired

[www.vistacenter.org](http://www.vistacenter.org). . . . . 650-858-0202

2500 El Camino Real, #100, Palo Alto 94306  
For the blind and visually impaired: social services, training in activities of daily living, orientation and mobility; support groups and counseling; Braille and computer classes; a low vision clinic and a store.

## HOME SAFETY

### Fall Prevention Coalition of San Mateo County

[www.smcfallprevention.org](http://www.smcfallprevention.org) . . . . . 1-844-NO-FALLS (663-2557)

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

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

[www.pge.com](http://www.pge.com)

Assists disabled, low-income, and senior citizen customers through numerous programs and community out-reach programs.

## MEDICAL EMERGENCY RESPONSE

**Bay Area Vital-Link** . . . . . 1-800-752-5522

[www.vital-linkinc.com](http://www.vital-linkinc.com) . . . . . 510-338-3466

### Lifeline

**Mills-Peninsula Medical Center** . . . . . 650-696-4823

[www.sutterhealth.org](http://www.sutterhealth.org)

**Stanford Hospital** . . . . . 650-723-6906

[www.geriatric.stanfordhospital.com](http://www.geriatric.stanfordhospital.com)

**LifeStation, Inc.** . . . . . 1-800-884-8888

[www.lifestation.com](http://www.lifestation.com)

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

### MedicalAlert Foundation

[www.medicalert.org](http://www.medicalert.org) . . . . . 24-hours: 1-800-432-5378

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

# HOSPICE CARE

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

- Hospice by the Bay** . . . . . 415-626-5900  
www.hospicebythebay.org  
1902 Van Ness Ave., 2nd Floor, San Francisco 94109
- Kaiser Permanente Medical Center**  
**Hospice Department** . . . . . 650-299-3907  
**(For Kaiser members only)**  
www.kp.org  
400 Veterans Blvd., #400, Redwood City 94063
- Mission Hospice and Home Care** . . . . . 650-554-1000  
www.missionhospice.org  
1670 Amphlett Blvd., #300, San Mateo 94402
- Pathways Private Duty** . . . . . 1-888-755-7855  
www.pathwayshealth.org . . . . . 408-730-5100  
585 N. Mary Ave., Sunnyvale 94085
- Sutter Care at Home** . . . . . 650-685-2800  
www.sutterhealth.org  
700 S. Claremont St., #220, San Mateo 94402
- Veterans Affairs Health Care System**  
**Hospice Care Program** . . . . . 1-800-455-0057  
www.paloalto.va.gov  
3801 Miranda Ave., Palo Alto 94304 . . . . . 650-493-5000  
795 Willow Rd., Menlo Park 94025 . . . . . 650-614-9997

# HOSPITALS AND MEDICAL CENTERS

## **Kaiser Permanente Medical Center**

**(For Kaiser members only)**

[www.kp.org](http://www.kp.org)

1100 Veterans Blvd., Redwood City 94063 . . . . .650-299-2000

1200 El Camino Real, South San Francisco 94080. . . . .650-742-2000

## **Mills-Peninsula Medical Center. . . . .650-696-5400**

[www.sutterhealth.org](http://www.sutterhealth.org)

1501 Trousdale Dr., Burlingame 94010

100 S. San Mateo Dr., San Mateo 94401

## **San Mateo Medical Center. . . . .650-573-2222**

[www.sanmateomedicalcenter.org](http://www.sanmateomedicalcenter.org)

222 W. 39th Ave., San Mateo 94403

## **Sequoia Hospital. . . . .650-369-5811**

[www.dignityhealth.org](http://www.dignityhealth.org)

170 Alameda de las Pulgas, Redwood City 94062

## **Seton Coastside. . . . .650-563-7100**

[www.setoncoastside.verity.org/SMCC/](http://www.setoncoastside.verity.org/SMCC/)

600 Marine Blvd., Moss Beach 94038

## **Seton Medical Center. . . . .650-992-4000**

[www.seton.verity.org/SMC/](http://www.seton.verity.org/SMC/)

1900 Sullivan Ave., Daly City 94015

## **Stanford Health Care. . . . .650-723-4000**

[www.stanfordhealthcare.org](http://www.stanfordhealthcare.org)

300 Pasteur Dr., Stanford 94305

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

[www.paloalto.va.gov](http://www.paloalto.va.gov)

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

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

# HOUSING OPTIONS AND REFERRALS

**Department of Housing** . . . . .650-802-5050  
www.housing.smcgov.org  
264 Harbor Blvd., #A, Belmont 94002

**Housing Choices** . . . . .650-239-9176  
www.housingchoices.org  
1499 Bayshore Highway, #141, Burlingame 94010  
Enhance lives of people with developmental and other disabilities and their families by creating and supporting quality, affordable housing opportunities.

**Human Investment Project  
(HIP Housing)** . . . . . 650-348-6660  
www.hiphousing.org  
800 S. Claremont St., #210, San Mateo 94402  
Provides home sharing, self-sufficiency & property development

**Project Sentinel** . . . . . 650-321-6291  
www.housing.org . . . . .1-888-324-7468  
1615 Hudson St., #A, Redwood City 94061  
Fair housing enforcement, first-time buyer education, rental dispute mediation and foreclosure prevention counseling.

# INFORMATION AND REFERRAL, ASSISTANCE, ADVOCACY

**TIES** . . . . .24-hours: 1-800-675-TIES (8437)

[www.smchealth.org/TIES](http://www.smchealth.org/TIES). . . . .**(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.

**211** . . . . .24-hours: 1-800-273-6222

[www.211bayarea.org](http://www.211bayarea.org)

Information and referral to health and human service programs. 211 is free, confidential and available in more than 150 languages.

**Alcohol and Drug** . . . . . **Helpline: 650-573-3950**

**Alzheimer's Association** . . . . . 1-800-272-3900

[www.alz.org/norcal](http://www.alz.org/norcal). . . . . (TTY) 866-403-3073

Provides emotional support, information about Alzheimer's Disease and other related disorders, chapter services, referrals, care consultations, caregiver support groups, medication management and more through education and training sessions.

**Area Agency on Aging** . . . . . 650-573-3900

[www.smchealth.org/aaa](http://www.smchealth.org/aaa). . . . .**(California Relay Service) 711**

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

## **California Advocates for Nursing Home Reform**

[www.canhr.org](http://www.canhr.org) . . . . . 1-800-474-1116  
Provides referral services to a panel of attorneys specializing in elder abuse / neglect law and estate planning.

## **Center for Independence of Individuals with Disabilities**

[www.cidsanmateo.org](http://www.cidsanmateo.org) . . . . . (TTY) 650-522-9313  
2001 Winward Way, #103, San Mateo . . . . . 650-645-1780  
Information and referral; peer counseling and support groups; assistive technology; financial counseling; housing modification; independent living skills; advocacy and personal assistance programs.

## **Commission on Aging** . . . . . 650-573-3900

[www.smchealth.org/coa](http://www.smchealth.org/coa) . . . . . **(California Relay Service) 711**  
A volunteer group appointed by the San Mateo County Board of Supervisors to advise the Board and Aging and Adult Services on matters pertaining to adults 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 Disabilities** . . . . . 650-573-3900

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

## **Fall Prevention Coalition of San Mateo County**

[www.smcfallprevention.org](http://www.smcfallprevention.org) . . . . . 1-844-NO-FALLS (663-2557)  
Prevent falls among older adults living in our community through collaboration, education, resource development & advocacy.

**Healthy Aging Response Team (HART)**. . . . . 650-991-5558

[www.dcpartnership.org](http://www.dcpartnership.org)

101 Lake Merced Blvd., Daly City 94015

**Health Insurance Counseling Advocacy Program**

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

[www.hicapsanmateocounty.org](http://www.hicapsanmateocounty.org). . . . . 650-627-9350

Free Medicare counseling and advocacy including information about supplemental insurance plans, prescription drug coverage and long-term care insurance policies. Services are provided by appointment at your local senior center and other locations throughout the county.

**Home Care Association of America (HCAOA)**

[www.hcaoa.org](http://www.hcaoa.org). . . . . 1-800-22-HCAOA (224-2262)

Provides leadership, representation and education for the advancement of non-medical private duty home care. Provides a strong, united voice to speak on behalf of home care industry.

**Lawyer Referral Service**. . . . . 650-369-4149

[www.smcba.org](http://www.smcba.org)

**Legal Aid Society of San Mateo County**. . . . . 1-800-381-8898

[www.legalaidsmc.org](http://www.legalaidsmc.org). . . . . 650-558-0915

**Mills-Peninsula Senior Focus** . . . . . 650-696-3660

[www.sutterhealth.org](http://www.sutterhealth.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/aging](http://www.sanmateo.networkofcare.org/aging)



**Ombudsman Services of San Mateo County, Inc.**

www.ossmc.org. . . . . 650-780-5707

After 5:00 p.m. and on weekends. . . . . 1-800-231-4024

Monitors nursing homes and residential care homes for care and complaints.  
Provides this information to seniors.

**Pacific Stroke Association. . . . . 650-565-8485**

www.psastroke.org

**Peninsula Conflict Resolution Center (PCRC)**

www.pcrcweb.org. . . . . 650-513-0330

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

**Peninsula Family Service**

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

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

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

www.smcads.com

**San Mateo County Medical Association. . . . . 650-312-1663**

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

**Second Harvest of Silicon Valley. . . . . 1-800-984-FOOD (3663)**

www.shfb.org

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

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

**Sequoia Strong**

www.sequoiastrong.org  
FREE online resource guide to activities and services for southern San Mateo  
County. All resources are personally recommended by the Sequoia Healthcare  
District, most are free or low cost.

# LEGAL ASSISTANCE

## California Advocates for Nursing Home Reform

[www.canhr.org](http://www.canhr.org) . . . . . 1-800-474-1116  
Provides referral services to a panel of attorneys specializing in elder abuse / neglect law and estate planning.

## Community Overcoming Relationship Abuse

**(CORA)**. . . . .24-hours: 1-800-300-1080  
[www.corasupport.org](http://www.corasupport.org) . . . . .650-652-0800  
Serving victims of domestic violence in San Mateo County.  
Provides counseling, emergency housing & legal assistance.

**Lawyer Referral Service**. . . . . 650-369-4149  
[www.smcba.org](http://www.smcba.org)

**Legal Aid Society of San Mateo County**. . . . .1-800-381-8898  
[www.legalaidsmc.org](http://www.legalaidsmc.org) . . . . .650-558-0915

## Peninsula Conflict Resolution Center (PCRC)

[www.pcrcweb.org](http://www.pcrcweb.org) . . . . . 650-513-0330  
Neighborhood, family, consumer, community, landlord/tenant and employee mediation service.

## Public Guardian / Conservatorship Program

[www.smchealth.org/publicguardian](http://www.smchealth.org/publicguardian) . . . . . 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.

# LESBIAN, GAY, BISEXUAL AND TRANSGENDER COMMUNITY SERVICES

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

**Congregational Church of San Mateo.** . . . . . 650-343-3694  
[www.ccsm-ucc.org](http://www.ccsm-ucc.org)  
225 Tilton Ave., San Mateo 94401  
Open, progressive & affirming Christian Congregation

**Institute on Aging**  
**Friendship Line.** . . . . . 24-hours: 1-800-971-0016  
[www.ioaging.org](http://www.ioaging.org)

**LGBTQ Commission of San Mateo County.** . . . . . 650-363-4467  
[www.lgbtq.smcgov.org](http://www.lgbtq.smcgov.org)

**Many Journeys Metropolitan Community Church**  
[www.manyjourneysmcc.org](http://www.manyjourneysmcc.org) . . . . . 650-515-0900  
1150 W. Hillsdale Blvd., San Mateo 94403

**Openhouse.** . . . . .415-296-8995  
[www.openhouse-sf.org](http://www.openhouse-sf.org)  
65 Laguna St., San Francisco 94102  
Housing & community services for LGBTQ seniors

**Parents, Families & Friends of LGBTQ (PFLAG)**  
[www.pflag.org](http://www.pflag.org)

**Peninsula Family Services**  
**LGBTQ Senior Peer Counseling**  
[www.peninsulafamilyservice.org](http://www.peninsulafamilyservice.org). . . . . 650-403-4300 x4383  
24 Second Ave., San Mateo 94401

**SAGE LGBTQ National Senior Hotline.** . . . . . 1-888-234-7243  
[www.sageusa.org](http://www.sageusa.org)

**San Mateo County Pride Center.** . . . . . 650-591-0133  
[www.sanmateopride.org](http://www.sanmateopride.org)  
1021 S. El Camino Real, San Mateo 94402

# LIBRARIES - [www.smcl.org](http://www.smcl.org)

## San Mateo County Libraries

<b>Atherton</b> - 2 Dinkelspiel Station Ln., Atherton 94027. . . . .	650-328-2422
<b>Brisbane</b> - 250 Visitacion Ave., Brisbane 94005. . . . .	415-467-2060
<b>Belmont</b> - 1110 Alameda de las Pulgas, Belmont 94002. . . . .	650-591-8286
<b>East Palo Alto</b> - 2415 University Ave., East Palo Alto 94303. . . . .	650-321-7712
<b>Foster City</b> - 1000 E. Hillsdale Blvd., Foster City 94404. . . . .	650-574-4842
<b>Half Moon Bay</b> - 225 S. Cabrillo Hwy., #104B, Half Moon Bay 94019. . . . .	650-726-2316
<b>Millbrae</b> - 1 Library Ave., Millbrae 94030. . . . .	650-697-7607
<b>Pacifica Sanchez</b> - 1111 Terra Nova Blvd., Pacifica 94044. . . . .	650-359-3397
<b>Portola Valley</b> - 765 Portola Rd., Portola Valley 94028. . . . .	650-851-0560
<b>San Carlos</b> - 610 Elm St., San Carlos 94070. . . . .	650-591-0341
<b>Woodside</b> - 3140 Woodside Rd., Woodside 94062. . . . .	650-851-0147

## City Libraries

<b>Burlingame</b> - 480 Primrose Rd., Burlingame 94010. . . . .	650-558-7400
<b>Daly City</b> - 275 Southgate Ave., Daly City 94015. . . . .	650-991-8071
<b>Menlo Park</b> - 800 Alma St., Menlo Park 94025. . . . .	650-330-2500

**Redwood City** - 1044 Middlefield Rd.,  
Redwood City 94063. . . . . 650-780-7018

**San Bruno** - 701 Angus Ave.,  
San Bruno 94066. . . . . 650-616-7078

**San Mateo** - 55 West 3rd Ave.,  
San Mateo 94402. . . . . 650-522-7800

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

## **MENTAL HEALTH SERVICES**

### **Mills-Peninsula Medical Center**

**Behavioral Health**. . . . . 650-696-4690

[www.sutterhealth.org](http://www.sutterhealth.org)

Provides treatment for depression, anxiety and/or chemical dependency.

### **National Alliance on Mental Illness of San Mateo**

[www.namisanmateo.org](http://www.namisanmateo.org). . . . . 650-638-0800

Offers family & peer support, group education and advocacy.

### **Older Adult System of Integrated Services (OASIS)**

[www.smchealth.org](http://www.smchealth.org). . . . . 650-573-3689

Home visits by mental health professionals for persons 60 or over with mental health diagnoses.

### **San Mateo County**

#### **Behavioral Health and Recovery Services**

**Access Call Center**. . . . . 1-800-686-0101

. . . . . (TTY) 1-800-943-2833

[www.smchealth.org/bhrs](http://www.smchealth.org/bhrs)

Information, assessment & referral

**Senior Peer Counseling**. . . . . 650-403-4300

[www.peninsulafamilyservice.org](http://www.peninsulafamilyservice.org)

Trained volunteer counselors provide support in English, Spanish, Chinese, Tagalog & LGBTQ adults over 55.

**Stanford**. . . . . 650-724-8912

<https://med.stanford.edu/rodriguezlab/hoarding-resources.html>

Hoarding disorder resources

**StarVista Crisis Hotline**. . . . . 24 hours: 650-579-0350

[www.star-vista.org](http://www.star-vista.org)

Special offers for veterans

## OTHER MEDICAL / DENTAL SERVICES

**Hearing and Speech Center** . . . . . 415-921-7658  
www.hearingspeech.org. . . . .(TTY) 415-921-8990  
Tests hearing and offers speech therapy.

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

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

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

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

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

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

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

**MediAlert Foundation.** . . . . . 24-hours: 1-800-432-5378  
www.medicalert.org  
Emergency service for members with medical condition and who wear a  
necklace or bracelet with medical condition and MediAlert emblems.

**Mills-Peninsula Medical Center**

www.sutterhealth.org  
1720 El Camino Real, #10, Burlingame 94010

**Senior Focus.** . . . . .650-696-3660

Education & support groups

**Wise and Well.** . . . . . 650-696-7663

Health screening & education

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

www.nems.org  
211 Eastmoor Ave., Daly City 94015  
Multilingual services available to the Asian community.

**Parkinson’s Institute.** . . . . . 1-800-655-2273

www.thepi.org. . . . .408-734-2800

675 Almanor Ave., Sunnyvale 94085

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

www.ravenswoodfhc.org  
1885 Bay Rd., East Palo Alto 94303  
Offers comprehensive health services for all ages regardless of insurance, immigration status or ability to pay.

**Ron Robinson Senior Care Center.** . . . . . 650-573-2426

www.sanmateomedicalcenter.org  
222 W. 39th Ave., San Mateo 94403  
A primary care clinic and geriatric assessment unit where seniors of all income levels and all levels of independence and health care receive one-stop medical care tailored exclusively to meet their needs.

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

www.samaritanhousesanmateo.org  
4031 Pacific Blvd., San Mateo 94403

**San Bruno VA Outpatient Clinic.** . . . . . 650-615-6000

www.sanfrancisco.va.gov  
1001 Sneath Ln., #300, San Bruno 94066

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

www.smcds.com

**San Mateo County Health Clinics**

- 39th Avenue Health Clinic. . . . . 650-573-3702
- Coastside Clinic. . . . . 650-573-3941
- Daly City Clinic. . . . . 650-301-8600
- Fair Oaks Health Center (Redwood City). . . . . 650-364-6010
- South San Francisco Clinic. . . . . 650-877-7070
- Willow Clinic (Menlo Park). . . . . 650-599-3890

**San Mateo County Medical Association. . . . . 650-312-1663**

[www.smcma.org](http://www.smcma.org)

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

**San Mateo County Mobile Clinic. . . . . 650-573-2786**

[www.smchealth.org/mobileclinic](http://www.smchealth.org/mobileclinic)

Provides convenient and confidential medical care for homeless, uninsured, or insured with Medi-Cal, Medi-Care for San Mateo County residents. Find high-quality, immediate health care services through drop by, no appointment needed.

**Sequoia Hospital**

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

[www.sequoiahospital.org](http://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.

**Vista Center for the Blind & Visally Impaired**

[www.vistacenter.org](http://www.vistacenter.org). . . . . 650-858-0202

2500 El Camino Real, #100, Palo Alto 94306

For the blind and visually impaired: social services; training in activities of daily living, orientation and mobility; support groups and counseling; Braille and computer classes; a low vision clinic and a store.



# SENIOR CENTERS / COMMUNITY CENTERS

Senior Centers/Community 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 seniors to remain at home.

## **Well Connected** . . . . . 1-877-797-7299

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

## **Belmont**

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

## **Brisbane**

**Brisbane Senior Center**. . . . . 415-508-0230  
www.brisbane.org  
2 Visitacion Ave., Brisbane 94005

## **Daly City**

**Doleger Senior Center**. . . . . 650-991-8012  
101 Lake Merced Blvd., Daly City 94015  
**Lincoln Community Center**. . . . . 650-992-8018  
901 Brunswick St., Daly City 94014

## **East Palo Alto**

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

## **Foster City**

**Foster City Parks and Recreation Department  
Senior Wing**. . . . . 650-286-2585  
www.fostercity.org  
650 Shell Blvd., Foster City 94404  
**Peninsula Jewish Community Center  
(PJCC)**. . . . . 650-212-PJCC (7522)  
www.pjcc.org  
800 Foster City Blvd., Foster City 94404

## **Half Moon Bay**

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

## **Menlo Park**

**Menlo Park Senior Center.** . . . . . 650-330-2280  
www.menlopark.org  
110 Terminal Ave., Menlo Park 94025

### **Peninsula Volunteers, Inc.**

**Little House.** . . . . . 650-326-0665  
www.penvol.org/littlehouse  
800 Middle Ave., Menlo Park 94025

## **Pacifica**

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

## **Redwood City**

### **Peninsula Family Service**

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

### **Redwood City Veterans Memorial Senior Center**

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

## **San Bruno**

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

## **San Carlos**

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

## **San Mateo**

**Martin Luther King Jr. Community Center** . . . . . 650-522-7470

[www.cityofsanmateo.rec.org](http://www.cityofsanmateo.rec.org)

725 Monte Diablo, San Mateo 94401

**San Mateo Japanese American Community Center**

[www.smjacc.org](http://www.smjacc.org) . . . . . 650-343-2793

415 S. Claremont St., San Mateo 94401

A Japanese-American educational and cultural organization offering bilingual activities.

**San Mateo Senior Center** . . . . . 650-522-7490

[www.cityofsanmateo.org](http://www.cityofsanmateo.org)

2645 Alameda de las Pulgas, San Mateo 94403

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

[www.selfhelpelderly.org](http://www.selfhelpelderly.org)

50 E. 5th Ave., San Mateo 94401

## **South San Francisco**

**Magnolia Senior Center** . . . . . 650-829-3820

[www.ssf.net](http://www.ssf.net)

601 Grand Ave., South San Francisco 94080

## SUPPORT GROUPS

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

- 211** . . . . . 1-800-273-6222  
[www.211bayarea.org](http://www.211bayarea.org)
- Al-Anon** . . . . . 650-592-7935  
[www.alanonmidpeninsula.org](http://www.alanonmidpeninsula.org)
- Alcohol and Drug** . . . . . **Helpline:** 650-573-3950
- Alcoholics Anonymous** . . . . . 650-577-1310  
[www.aa-san-mateo.org](http://www.aa-san-mateo.org)
- ALS Association Golden West Chapter**  
[www.webgw.alsa.org](http://www.webgw.alsa.org) . . . . . 1-866-750-ALSA (2572)
- Alzheimer's Association** . . . . . 24 hours: 1-800-272-3900  
[www.alz.org/norcal](http://www.alz.org/norcal) . . . . . (TTY) 866-403-3073
- American Cancer Society** . . . . . 24-hours: 1-800-227-2345  
[www.cancer.org](http://www.cancer.org)
- American Diabetes Association** . . . . . 408-241-1922  
[www.diabetes.org](http://www.diabetes.org)
- American Heart Association and  
American Stroke Association** . . . . . 510-903-4050  
[www.heart.org](http://www.heart.org)
- Arthritis Foundation** . . . . . 1-888-391-9389  
[www.arthritis.org](http://www.arthritis.org)
- Breathe California** . . . . . 1-877-3-BREATHE (994-5868)  
[www.ggbreathe.org](http://www.ggbreathe.org)
- Catholic Charities Adult Day Services** . . . . . 650-592-9325  
[www.catholiccharitiessf.org](http://www.catholiccharitiessf.org)

**Center for Independence of Individuals with Disabilities**

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

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

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

**Cocaine Anonymous. . . . .415-226-1300**

www.ca.org

**Community Gatepath. . . . . 650-259-8500**

www.gatepath.org

350 Twin Dolphin Dr., #123, Redwood City 94065

**Community Overcoming Relationship Abuse**

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

www.corasupport.org. . . . . 650-312-8515

Serving victims of domestic violence in San Mateo County.

Provides counseling, emergency housing & legal assistance

**Epilepsy Foundation. . . . . 1-800-632-3532**

www.epilepsynorcal.org

**Family Caregiver Alliance. . . . . 1-800-445-8106**

www.caregiver.org. . . . . 415-434-3388

101 Montgomery St., #2150, San Francisco 94014

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. . . . . 650-449-0091**

www.hearingloss.org

**Kara. . . . . 650-321-5272**

www.kara-grief.org

Grief Counseling

- Lupus Foundation of Northern California**  
[www.lfnc.org](http://www.lfnc.org) . . . . . 408-954-8600
- Mills-Peninsula Senior Focus** . . . . . 650-696-3660  
[www.sutterhealth.org](http://www.sutterhealth.org)  
 1720 El Camino Real, #10, Burlingame 94010
- Muscular Dystrophy Association** . . . . . 415-673-7500  
[www.mdausa.org](http://www.mdausa.org)
- National Alliance on Mental Illness of San Mateo**  
[www.namisanmateo.org](http://www.namisanmateo.org) . . . . . 650-638-0800  
 Offers family support, group education & advocacy
- National Kidney Foundation** . . . . . 1-800-622-9010  
[www.kidney.org](http://www.kidney.org)
- National Multiple Sclerosis Society** . . . . . 1-800-344-4867  
[www.nationalmssociety.org](http://www.nationalmssociety.org) . . . . . 415-230-6677
- Neurological Support Network** . . . . . 650-814-0848  
[www.brainsupportnetwork.org](http://www.brainsupportnetwork.org)  
 Caregiving Support Groups dealing with Alzheimer's Disease, Parkinson's Disease, Lewy Body Dementia, Progressive Supranuclear Palsy, Multiple System Atrophy, Frontotemporal Dementia, and other neurodegenerative disease.
- Nicotine Anonymous** . . . . . 1-877-TRY-NICA (879-6422)  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)
- Pacific Stroke Association** . . . . . 650-565-8485  
[www.psastroke.org](http://www.psastroke.org)
- Parkinson's Institute** . . . . . 1-800-655-2273  
[www.thepi.org](http://www.thepi.org) . . . . . 408-734-2800

**Senior Peer Counseling** . . . . .650-403-4300

[www.peninsulafamilyservice.org](http://www.peninsulafamilyservice.org)  
24 Second Ave., San Mateo 94401

Cantonese & Mandarin . . . . . 650-403-4300 x4392

English. . . . . 650-403-4300 x4322

Filipino. . . . . 650-403-4300 x4363

LGBTQ Community. . . . .650-403-4300 x4383

Spanish/La Esperanza Vive. . . . .650-403-4300 x4321

For persons 55 or over concerned about loneliness, depression, grief or illness. Home visits and resources are available.

**Sequoia Hospital**

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

[www.sequoiahospital.org](http://www.sequoiahospital.org)

**Vista Center for the Blind & Visually Impaired**

[www.vistacenter.org](http://www.vistacenter.org). . . . .650-858-0202

2500 El Camino Real, #100, Palo Alto 94306

For the blind and visually impaired: social services; training in activities of daily living, orientation and mobility; support groups and counseling; Braille and computer classes; a low vision clinic and a store.

## TRANSPORTATION - Contracted

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

### **Belmont Twin Pines Senior & Community Center**

[www.belmont.gov](http://www.belmont.gov) . . . . .650-595-7444  
20 Twin Pines Ln., Belmont 94002

### **Catholic Charities Adult Day Services** . . . . .650-592-9325

[www.catholiccharitiessf.org](http://www.catholiccharitiessf.org)

### **Coastside Adult Day Health Center** . . . . .650-726-5067

[www.coastsideadultdayhealth.org](http://www.coastsideadultdayhealth.org)

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

### **Magnolia Center** . . . . .650-829-3820

[www.ssf.net](http://www.ssf.net)  
601 Grand Ave., South San Francisco 94080

### **Menlo Park Senior Center** . . . . .650-330-6770

[www.menlopark.org](http://www.menlopark.org)  
110 Terminal Ave., Menlo Park 94025

### **Mill-Peninsula Senior Focus** . . . . .650-696-3660

[www.sutterhealth.org](http://www.sutterhealth.org)

### **Pacifica Senior Services** . . . . .650-738-7350

[www.cityofpacifica.org](http://www.cityofpacifica.org)  
540 Crespi Dr., Pacifica 94044

### **Peninsula Volunteers, Inc.**

#### **Rosener House Adult Day Services** . . . . .650-322-0126

[www.penvol.org/rosenerhouse](http://www.penvol.org/rosenerhouse)  
500 Arbor Rd., Menlo Park 94025

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

[www.sanbruno.ca.gov](http://www.sanbruno.ca.gov)  
1555 Crystal Springs Rd., San Bruno 94066

### **Senior Coastsiders** . . . . .650-726-9056

[www.seniorcoastsiders.org](http://www.seniorcoastsiders.org)  
925 Main St., Half Moon Bay 94019



# TRANSPORTATION - Public

**American Cancer Society** . . . . . **Helpline: 1-800-227-2345**

[www.cancer.org](http://www.cancer.org)

Transportation to and from treatment centers for ambulatory cancer patients only.

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

[www.menlopark.org/shuttles](http://www.menlopark.org/shuttles)

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

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

All volunteer transportation assistance for medical appointments for seniors. Monday-Thursday 9 am-5 pm. Requires 2 full business days notice in advance (not including Fridays) for Belmont, Redwood City & San Carlos.

**Peninsula Family Services (PFS)**

**Got Wheels** . . . . . **650-430-4300 ext. 4329**

Pilot program provides taxi rides point-to-point in Daly City and/or Kaiser SSF. Daly City residents 70 and older.

**Peninsula Jewish Community Center (PJCC)**

**Get Up & Go** . . . . . **650-378-2750**

[www.pjcc.org](http://www.pjcc.org)

A family-oriented community center that enables non-driving older adults (50 and older) to get to medical and dental appointments, or for errands such as food shopping. Advance registration required. Available Monday, Tuesday, Thursday & Friday. Free service!

**Redwood City Veterans Memorial Senior Center**

[www.redwoodcity.org/parks/cc/](http://www.redwoodcity.org/parks/cc/) . . . . . **650-780-7270**

For Redwood City residents only. Advance reservation required. Available Tuesday, Wednesday & Thursday from 8 am-2 pm. Free service!

**San Mateo County Transit District (SamTrans)**

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

[www.samtrans.com](http://www.samtrans.com) . . . . . **(TTY) 650-508-6448**

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.

# OTHER TRANSPORTATION RESOURCES

**AARP Driver Safety Classes** . . . . . 1-888-227-7669

[www.aarp.org/drive](http://www.aarp.org/drive)

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

## California Highway Patrol (CHP)

### Age Well-Drive Smart Older Driver Traffic Safety Seminars

. . . . . 650-363-4570

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

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

[www.dmv.ca.gov](http://www.dmv.ca.gov) . . . . . (TTY) 1-800-368-4327

### Identification Placard for the Disabled

People who are mobility impaired may apply for a placard to hang from the rear view mirror of the car in which they are riding. They will allow parking in specially designated parking spaces. Call Department of Motor Vehicles for application and physician's certification.

**Mobility Ambassadors** . . . . . 650-508-6362

Mobility Ambassador are volunteers who help older adults and adults with disabilities become familiar with their transportation options. Ambassadors are based at host senior centers.

**Senior Mobility Guide** . . . . . 1-800-660-4287

[www.peninsularides.com](http://www.peninsularides.com)

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

**Senior Ombudsman Program** . . . . . 510-563-8998

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

# VILLAGES

"Villages" are virtual communities of neighbors helping neighbors. They are non-profit 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, social opportunities, and minor home repairs. Fee for service.

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

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

**Village of the Coastsides** . . . . . 650-440-5030  
[www.villageofthecoastside.org](http://www.villageofthecoastside.org)  
P.O. Box 1595, El Granada 94018

**Villages of San Mateo County** . . . . . 650-260-4569  
[www.villagesofsmc.org](http://www.villagesofsmc.org)  
P.O. Box 813, San Carlos 94070

**Sequoia Village & Mid Peninsula Village**

# VOLUNTEER SERVICES

## All for Good

[www.allforgood.org](http://www.allforgood.org)

A digital hub for volunteerism & community engagement

**Create the Good.** . . . . . 1-866-740-7719

[www.createthegood.org](http://www.createthegood.org)

**Hands On Bay Area.** . . . . . 415-541-9616

[www.handsonbayarea.org](http://www.handsonbayarea.org)

## Mills-Peninsula Senior Focus

[www.sutterhealth.org](http://www.sutterhealth.org)

1720 El Camino Real, #10, Burlingame 94010

### Foster Grandparent Program of San Mateo County

. . . . . 650-696-7662

Provides volunteer placement, training and subsidy to low-income seniors 55 and older, who volunteer with at-risk children.

### RSVP of San Mateo & Northern Santa Clara County

. . . . . 650-696-7660

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

## Veterans Administration Health Care System

[www.palo-alto.med.va.gov](http://www.palo-alto.med.va.gov) . . . . . 650-858-3903

3801 Miranda Ave., Palo Alto 94304

**Volunteer Match.** . . . . . 415-241-6868

[www.volunteermatch.org](http://www.volunteermatch.org)

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# **Acknowledgments**

San Mateo County  
Board of Supervisors

San Mateo County  
Commission on Aging

San Mateo County  
Health System  
Aging and Adult Services Division

Commission on Aging  
Resource Access Committee

**Special appreciation to Lindsey Joyner  
Aging and Adult Services**

Please contact **Lindsey Joyner 650-573-2643** at San Mateo County Aging and Adult Services to request printed copies in English, Spanish, or Chinese.

For PDF versions of the *Help at Home* online:

**[www.smchealth.org/helpathome](http://www.smchealth.org/helpathome)**

or

**[www.sanmateo.networkofcare.org/aging](http://www.sanmateo.networkofcare.org/aging)**

**Current as of January 2020**