

Free & Low-Cost Services for Adults with Medi-Cal



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A Personal Care Team

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At the Center for Elders' Independence, your personal care team takes care of everything. They coordinate your care and help you stay living at home.

Every member of your team knows you and understands your needs.
Call 844.344.1150 or visit [Elders.org](https://www.elders.org)

Alzheimer's Respite

Respite care centers allow adults with complex needs or Alzheimer's to enjoy the company of other adults, and participate in creative activities. Respite centers make it possible for the caregiver to get a break.

The Adult Day Services Network of Contra Costa

The Network has several locations which enrich the lives of those with Alzheimer's, recovering from stroke or other conditions. You can call at 925.682.1000, email at info@adulthoodcc.org, or visit at <https://www.adulthoodcc.org/>

Center for Elders' Independence, Guardian, in Contra Costa

The freshly renovated [Center for Elders' Independence](#), Guardian provides daily care, interaction and meals for people living with Alzheimer's. This is located in El Sobrante. People can participate here without being enrolled in the healthcare plan of Center for Elders' Independence. Call 844.344.1150, or visit Elders.org.



DayBreak Centers in Alameda County

DayBreak is your "gateway" to adult care centers in Alameda county. These centers are enjoyable places for your loved one to spend the day with new friends, while the family caregiver gets a break. To find a location near you, call the friendly social workers at 510.834.8314, or visit <http://daybreakcenters.org/>

Apply for Medi-Cal and Medicare

For any county in California

You may apply for Medi-Cal online at www.mybenefitscalwin.org. You can complete the application in steps, instead of all at one time. Be patient, there are many fields to complete.

You may apply for Medicare at the federal website <https://www.medicare.gov>.

Alameda County

Get help applying to Medicare and learning about your options from HICAP. Find a full list of locations and dates here: <https://www.lashicap.org/wp-content/uploads/2019/03/HICAP-Counseling-Site-List-Rev-03.27.19.pdf>

Visit The Medi-Cal Center at 8477 Enterprise Way, Oakland and get an Application and Instructions booklet. The office is open Monday through Friday, between 8:30 am and 12:00 noon, and then from 1:00 pm to 5:00 p.m. You may call the office at 510.777.2300, but wait times can be long.

Or visit the Social Security office at 360 22nd Street, #400, Oakland, between 9 am and 4 p.m, except when it's closed at 12:00 noon on Wednesdays.

Contra Costa County

Learn how to **apply for Medicare** at monthly classes from HICAP. Find the schedule and other locations at <https://cchicap.org/welcome-to-medicare-class/>.

You can get a **Medi-Cal Application** and Instructions booklet at 1305 Macdonald Avenue in Richmond, or 151 Linus Pauling Drive in Hercules. You may call the office at 800.709.8348. Call volumes are very high, and wait times can be long. Have your social security number at hand.

Or, visit the Social Security office at 1111 Civic Drive, #180, Walnut Creek, open 9 am to 4pm except closes 12:00 noon on Wednesdays.

Case Management



Alameda Senior Connection

Help with health, housing, in-home support, food and more. Call 510.747.7506.

Center for Elders' Independence

Case management for participants enrolled in its **Program of All-inclusive Care for the Elderly**. Also provides smooth transitions for participants going in to, or coming home from a hospital or rehabilitation facility, and home nursing care. Call 844.344.1150 or visit [Elders.org](https://elders.org).

Home and Community-Based Waiver Program for disabled adults in Alameda and Contra Costa Counties is provided by the Center for Elders' Independence. Call 510.318.7375 and download an application at cei.elders.org/hcbs-waiver-program.

Public Health Nursing

Comprehensive case management from Contra Costa County Health Services. Call 925.313.6924 or visit www.cchealth.org/phn.

Dentists



Asian Health Services

Dental care to Medi-Cal and uninsured people, in 14 Asian languages. Provides general dentistry, oral surgery, artificial teeth, and gum treatments. You must enroll in [Asian Health Services](#)' health plan to receive treatment. Call 510.986.6888.

Center for Elders' Independence

Full dental services and transportation to appointments. Dental exams, cleanings, x-rays, periodontics, artificial teeth, crowns, dental surgery and all medically required treatments and medicines. In Alameda and Contra Costa Counties. Exclusively for enrolled participants. Call 844.344.1150 or visit [Elders.org](#).

Contra Costa Health Services

Dental services are available through Denti-Cal. For information, visit [this page](#) at CCHHealth.org or call 800.322.6384.

Medi-Cal Dental

To apply for "Denti-Cal" benefits, and find an eligible dentist in your community, [visit Denti-Cal.CA.gov](#)

Native American Health Services

Provides service to all, without tribal or ethnic requirements. Oakland and Richmond. Call 510.535.4400 to ask about eligibility and sliding-scale fees and co-pays. Visit [NativeHealth.org](#)

Exercise



East Oakland Sports Center

Exercise center with pool. 9161 Edes Avenue, Oakland. Call 510.615.5838 or visit eastoaklandsportscenter.org

Center for Elders' Independence

Senior gyms staffed with physical therapists. Transportation provided to their 4 senior gyms in Alameda and Contra Costa Counties. Exclusively for enrolled participants. Call 844.344.1150 or visit Elders.org.

Senior Centers in Contra Costa County

Call 800.510.2020 or 925.229.8434 and the friendly service will locate an exercise class that interests you at a nearby community or senior center.

Senior Centers in Alameda County

Contact the information & assistance lines at Eden Information & Assistance to find fitness classes in your neighborhood; dial 211. To find a fall-reduction class, call DayBreak at 510.834.8314.

Eye Doctors



Center for Elders' Independence

Complete eye care including corrective lenses, optometrists, ophthalmologists, and cataract and eye surgery. Therapies for low-vision and blind persons. No out-of-pocket costs, exclusively for participants enrolled in its Program of All-inclusive Care. Call 844.344.1150 or visit [Elders.org](https://elders.org).

LightHouse of the East Bay

Blind and low vision skills training. 3075 Adeline, Suite 110, Berkeley. Call 510.845.8700 or visit lighthouse-sf.org.

University of California, Berkeley School of Optometry

Provides eye exams, eye glasses and low vision medical eye care. On campus at 200 Minor Hall. Call 510.642.2020 or, for low vision call 510.642.5726.

Visit cal-eye-care.org.

Lions Center for the Blind

Low vision exams, payment assistance available. 2114 Broadway, Oakland. Call 510.450.1580

Home Care

Center for Elders' Independence

Certified Nursing Assistants support people who need help to live safely at home. Home care aides coordinate with the care plans of doctors, nurses and therapists. Aides also help with daily routines, home cleaning and safety.

Exclusively for enrolled participants with medical needs. Call 844.344.1150 or visit Elders.org.

In-Home Support Services

Non-medical companions for eligible blind, disabled or frail elders.

Contra Costa, apply by calling 510.231.8204 or visiting ehsd.org.

Alameda County, apply by calling 510.577.1900 or [visiting alamedasocialservices.org](http://visiting.alamedasocialservices.org)

Home Health Care

Doctor's orders are needed to start home health medical services, to care for wounds, injections, physical therapy and serious illnesses. In Contra Costa County, call 800.510.2020. In Alameda County, call Alameda County, call the Area Agency on Aging, 510.577.3530.



Housing

Alameda County

Visit the Eden Housing website at the EdenHousing.org/now-leasing, or you can phone them at (209) 824-9150. You can get a list of properties from the website, because you need to apply to each property separately.

2-1-1- Alameda County is a free, non-emergency, phone number that provides housing information and critical health and human services.

Satellite Affordable Housing Associates has many affordable senior housing properties in the East Bay.

When apartments become available, they notify people on their mailing list. You can sign up to be notified whenever there is a new listing at SAHAhomes.org/apply. When they send out a notification, you'll typically have 2 weeks to respond.

Contra Costa County

For information about affordable and subsidized housing in Contra Costa, look at the housing section of the county's website at contracosta.ca.gov/4807/Affordable-Housing. You can also phone (925) 674-7208 or email dcd.housing@dcd.cccounty.us



Information & Assistance Lines

Information and Assistance Lines are answered by social workers who know the ins and outs of each county's services. Call to find the right service for you.

Alameda County:

[DayBreak Centers](#) helps adults connect with all the services they need. DayBreak is “like having a best friend” in aging services. Call 510.834.8314 and speak to one of the compassionate, talented and persistent “DayBreakers.”

Dial 211 to connect with with Eden's Information and Assistance Line. 211 is available 24 hours, and connects with hundreds of services. Help is available in 200 languages. Call 211 in Alameda County.



Contra Costa County:

Anyone may call the Information & Assistance helpline to speak with knowledgeable social workers to get information, referrals to other services, and assistance with solving problems. If you are calling from a landline phone, call toll free 800.510.2020. From your cell phone, or from outside Contra Costa county, call 925. 229.8434.

Medical Care



Alameda Alliance for Health

Medi-Cal enrollees can receive regular exams, specialist care, immunizations, hospital services and emergency care. AAH has a large network of doctors, health centers and pharmacies, and helps people in Spanish, Chinese and Vietnamese. Call 510.747.4567 to enroll.

Asian Health Services

Offering medical, dental and mental health service in 14 Asian languages, regardless of insurance status. Call 510.986.6880.

Center for Elders' Independence

Specialists in the care of older adults with multiple medical conditions.

“Everything-included” medical care provided under its Program of All-inclusive Care for the Elderly. Transportation provided. Exclusively for pre-enrolled participants. Visit Elders.org.

- 1497 Alcatraz Avenue, Berkeley
call: 844.319.1150
- 510 17th Street, Oakland
- Eastmont Mall at 7200 Bancroft Avenue, Suite 188, Oakland
- 1850 Fairway Drive, San Leandro
- 3905 San Pablo Dam Road,
El Sobrante

La Clinica

La Clinica serves all patients regardless of ability to pay, on a sliding scale basis. La Clinica has a Senior Health Care Delivery Initiative to ensure coordinated, proactive, and senior-friendly services across all their sites. Many locations in Alameda County and northern Contra Costa county. Call 510.535.4000. Visit LaClinica.org.

Medical Care (continued)

LifeLong Medical Care

Primary health care for seniors. Chronic disease screenings. Referrals to specialists. LifeLong Medical has many locations in the East Bay, including:

- 3260 Sacramento St., Berkeley
call: 510.981.4100
- 2344 6th Street, Berkeley

Native American Health Services

Provides service to all, without tribal or ethnic requirements. Medical, diabetes, obesity, substance abuse, HIV, dental, behavioral, and additional services. In Oakland and Richmond. Call 510.535.4400 to ask about eligibility and sliding-scale fees and co-pays. Visit NativeHealth.org

North Richmond Center for Health

Part of the Contra Costa Health Plan. 1501 Fred Jackson Way (3rd St), Richmond. Call 877.905.4545. Visit this page at CCHealth.org.

West County Health Center

Serving the Richmond community and nearby areas, in San Pablo. Call 877.905.4545. Provides routine and preventive health care service focusing on the whole person. Visit cchealth.org/centers/wchc.php at the West County Health Center.



Nutrition



Meals on Wheels

Maintain your independence at home with nutritious meals and friendly visits from Meals on Wheels.

Delivers hot, nutritious meals primarily to people 60+ who are no longer cooking or shopping themselves. You'll benefit from daily health and wellness checks too.

Here are numbers to call in the East Bay:

- Richmond, El Sobrante, San Pablo, El Cerrito, call 925.937.8607.
- Berkeley, Emeryville, Albany, Kensington, call 510.981.5250

- Oakland, Piedmont, Hayward, Castro Valley, San Lorenzo, San Leandro, 510.582.1263
- Alameda, 510.865.6131
- Other areas, dial 211 from anywhere in Alameda or Contra Costa counties.

Meals4u

Catered, farm-fresh meals for people recovering from illness or surgery, in rehabilitation or who need assistance. Delicious frozen meals are delivered weekly. A home care aide may visit daily to reheat the meals. Available to people enrolled in the healthcare plan Center for Elders' Independence, who have a medical need for delivered meals. To find out if you qualify, call 844.344.1150 or visit Elders.org.

Spectrum Senior Nutrition Program

Fast and healthy meals at 25 locations in Alameda County. Make reservations at least 24 hours in advance. No one turned away for lack of funds. \$3.75 donation suggested for those who can afford it. Call 510.881.0300 x232

Pet Care

Want help caring for a pet with an emergency? Or want a helping hand in paying for food and care?

Our local humane societies have collected lists of low-cost and affordably-priced veterinarians in their counties.

Residents of Alameda or Contra Costa counties can visit the East Bay SPCA's Pet Food Pantry once a month to receive supplemental food for their dogs and cats. Call Anya Pamplona at 510.563.4627 or visit EastyBaySPCA.org

Contra Costa Humane Society

Visit the listings on cchumane.org, or call 925.279.2247 between 10 am and 5 pm.

Tony La Russa's Animal Rescue Foundation (ARF) operates FoodShare for Contra Costa County residents. Visit arf.net/animal-programs/foodshare. Call 925.256.1273 ext. 463.

AniMeals Pet Food Bank helps financially challenged people to feed their pets. For information, visit cchumane.org/programs/animeals.

Oakland Animal Services

Start at the website for Oakland Animal Services to find low-cost veterinary care. Visit OaklandAnimalServices.org

Meals-On-Wheels for Animals provides food and animal care items for companion animals of qualifying home-bound seniors. It is provided through the Ohlone Humane Society in Fremont. For more information, call 510. 792.4587 or visit <http://www.tinyurl.com/mwbwbh5>.



Togetherness

Center for Elders' Independence

Go to social centers in the East Bay, and get van pick ups and rides home. Outings to ball games and picnics too. Exclusively for participants in the healthcare plan at Center for Elders' Independence. Call 844.344.1150 or visit Elders.org.

Friendly Visitors, Contra Costa

Friendly Visitors are dependable, caring, and have a positive, happy outlook. Visitors are screened and matched with seniors who share similar interests. Visit [this page](#) at WomensCommission.com

Lavender Seniors of the East Bay

Call 510.736.5824 to connect with LGBTQ older adults for health, happiness and pride. Website is lavenderseniors.org. Offices at 4123 Broadway, Suite 818, Oakland.

Senior Center Without Walls

A telephone and internet based way to connect with other people for classes, support groups and learning. Based in San Francisco, this is a national program. Call 877.797.7299 or visit SeniorCenter-WithoutWalls.org.

Senior Companion Program, Oakland Matches volunteers with Oakland residents, and helps coordinate community resources, arrange transportation and assist with paperwork. Call 510.238.3175 and leave a message (the phone line will say it is the "Taxi up and Go" program.)

Senior Peer Counselors, Contra Costa

Senior Peer Counselors support people who are melancholy, living alone or feeling isolated. Available in English, Spanish and Chinese. Visit [this page](#) or call Joyce Martin (English) at 925.521.5636 or Abraham Aviles-Scott (Spanish) at 925.521.5653.

Senior Resources, Alameda County

Monthly lunches at St. Paul's Church in Oakland, call 510.444.0243

Well Connected

Telephone and online program offering classes, conversation, interest groups and support. Use from the comfort of your home. Get started by calling 877.797.7299

Transportation

Alameda County Hospital Discharge Transportation

Call 510.208.7467

Center for Elders' Independence

Free transportation to and from neighborhood social centers, doctors appointments and pre-scheduled outings. Exclusively for members of its healthcare plan. Contact 844.344.1150 or visit Elders.org

Paratransit and Subsidized Taxi Information

Free to \$10.00 rides. Requires a completed application. Call:

Main Number: 510.287.5000

Alameda Paratransit: 510.747.7513

Albany: 510.524.9122

Berkeley: 510.981.7269

El Cerrito: 510.559.7677

Emeryville: 510.596.3739

Hayward: 510.583.4230

Oakland: 510.238.3036

Richmond: 510.307.8026

San Leandro: 510.577.7985

San Pablo: 510.215.3090

Events and Tips Newsletter

East Bay Senior Independent, an e-newsletter

Sign up to receive a monthly e-newsletter of free and low-cost events for older adults, and tips to make life joyful and easier.

Visit the website for the Center for Elders' Independence at Elders.org.

Or, click here to sign up now:

<http://eepurl.com/ca3akP>





Sponsor's Message

Do You Qualify for Center for Elders' Independence?

Find out if you qualify for complete healthcare - including all medical transportation and a full social center - from the Center for Elders' Independence.

Call us today at 844.344.1150 and speak with an enrollment professional.

