

# Bay Area Community Resource Guide

## *Connecting to Care After Leaving the Hospital*



Supporting Patients, Caregivers and Providers in  
Marin, San Francisco, Contra Costa, Alameda,  
San Mateo, and Santa Clara County

For questions regarding this guidebook please contact:  
[arcreadmissions@gmail.com](mailto:arcreadmissions@gmail.com)

Additional copies of this guidebook can be accessed and  
downloaded at: [www.avoidreadmissions.com](http://www.avoidreadmissions.com)

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Nearly one in five discharged Medicare patients return to a hospital within 30 days which is approximately two million people each year. Readmissions not only cost more than \$17 billion annually, but they also have a huge impact on patients, families and caregivers.

Evidence suggests that improving the transitions of care process can reduce the rate of avoidable hospital readmissions. This includes enhancing core hospital discharge planning and care coordination, as well as implementing coaching education and support for patients' self-management.

Avoid Readmissions through Collaboration (ARC) is a San Francisco Bay Area focused effort to identify, implement and share best practices to reduce avoidable readmissions. By the end of the 2013, ARC initiatives had helped hospitals eliminate over 6,400 readmissions over a three-year period, saving more than \$62 million in healthcare expenditures.

This guidebook was created by the ARC Patient Advisory Council, made up of patients and caregivers who have experienced a re-hospitalization shortly after leaving the hospital. This book aims to support patients and families during the recovery process by ensuring access to necessary resources.

~ARC Patient Advisory Council

## Our Partners & Supporters

**Funding for this project has been provided by The Gordon and Betty Moore Foundation.**



### **About the Gordon and Betty Moore Foundation**

The Gordon and Betty Moore Foundation believes in bold ideas that create enduring impact in the areas of science, environmental conservation and patient care. Intel co-founder Gordon and his wife Betty established the foundation to create positive change around the world and at home in the San Francisco Bay Area. Our patient care program focuses on eliminating preventable harms and unnecessary health care costs through meaningful engagement of patients and their families in a redesigned, supportive health care system.

The Gordon and Betty Moore Foundation's Betty Irene Moore Nursing Initiative works to improve patient care and outcomes in adult acute care hospitals. This includes helping hospitals implement innovative care models proven to improve the transition of patients from the hospital to the next care setting and to reduce unnecessary readmissions. Part of the initiative's work supports the Avoid Readmissions Through Collaboration (ARC) program in partnership with Cynosure Health and the California Quality Collaborative.



## Avoid Readmissions Through Collaboration (ARC)

Avoid Readmissions Through Collaboration (ARC) is a partnership between Cynosure Health and the California Quality Collaborative (CQC) and funded by the Gordon and Betty Moore Foundation. ARC's goal is to reduce 30 and 90 day all cause readmission rates by 30%. The ARC program includes a learning community where hospitals and their partner organizations (e.g. medical groups/IPAs, home health, long term care and health plans) can participate in learning sessions as well as an Action Network of organizations who are fully engaged in readmission improvement work.

## California Quality Collaborative

California Quality Collaborative (CQC) is improving transitions of care through two separate collaboratives focusing on both inpatient and outpatient care systems. Avoid Readmissions through Collaboration (ARC) is a program through which hospitals implement processes known to reduce readmissions. Take Accountability through Ambulatory Care Transitions (TAACT) is a program that enables medical groups, IPAs, hospitals, and health plans to develop post-discharge, team-based care strategies to address the outpatient medical and social issues which lead to readmissions.

## Cynosure Health

Cynosure Health is a not-for-profit organization dedicated to improving healthcare at the local, regional and national level. We work collaboratively with hospitals, hospital associations, and others who seek expertise and support as they work toward improving quality and reducing patient harm. Cynosure Health partners with the California Quality Collaborative and the Gordon and Betty Moore Foundation to support the Avoid Readmissions though Collaboration (ARC) program focused on reducing unnecessary hospital readmissions in and around the San Francisco Bay Area.



**Special thanks go to the following individuals and organizations for their support and assistance in preparing this guide:**

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### **Additional Acknowledgments**

Special thanks to the San Mateo Community Based Care Transitions Committee to Reduce Readmits for supporting this project.

## Common Causes For Readmission

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Post Surgical Complication	Patient had a recent surgery and returned to the hospital due to a post surgical complication/infection.
Medication	An issue with medication caused a patient to return to the hospital.
Social Issues	Patients that are affected by socioeconomic factors that hinder proper self-care management post-discharge. This may include lack of support and resources.
Inadequate Transition from Hospital to Community or Home	<ol style="list-style-type: none"><li>1. Lack of communication and patient education during discharge, e.g., if a patient or a caregiver does not receive clear instructions from the hospital about the types of medications to take or what to do or not do during recuperation.</li><li>2. Incorrect assessment for appropriate level of care.</li></ol>
Premature Discharge	Patient's health status is unstable when discharged. Complications occurred due to unresolved hospital issues.

## Common Causes For Readmission

Other Healthcare Facility	Questionable care at other healthcare facility (Skilled Nursing Facility, Assisted Living Facility, Board and Care, etc.).
Patient	Patient may not understand discharge orders and may not attend necessary follow-up appointments with their primary care physician.
Disease Process	Patient has a chronic disease that is slowly declining patient's health.
Nutrition	May need in-home support to address dietary needs.
Falls	Without home safety assessment, modification and education.
Medical Equipment	Without proper training on how to use equipment.
End of Life	End Stage Disease that causes patient to be readmitted frequently.
Mental Health	Unsuccessful management of mental health conditions and substance abuse disorders.

## Frequently Asked Questions

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Q- I had a bad experience at a hospital or other care facility. Who should I contact to share my story?

A- Contact the Hospital or county Ombudsman who is a designated neutral person who provides confidential and informal assistance in resolving Hospital and other care facility conflicts. The Hospital Ombudsman investigates complaints, reports findings, and helps mediate fair settlements especially between individuals or a group of individuals; and an institution or organizations. (To access Ombudsman services in your area, see the Social Services section on page 179)

Q- I left the hospital and am unable to get to the pharmacy to pick up my medications, whom can I call to help me get my medications?

A-Not filling or refilling prescriptions is a common cause for medication related issues among older adults. There are programs that provide pharmacy delivery and refill notification reminders. Scheduling family or friends to pick up medications ahead of time is also a good way to avoid medication issues. (For a listing of pharmacies and medication related services see page 48)

Q- I left the hospital and my home is not safe, who do I call to modify my home?

A-Environmental modifications are added into the home that help an adult with a medical or disabling condition adapt to his/her changing needs safely (e.g. ramps, a grab-bar in the shower or near a toilet, or widened doorways for a wheelchair). Learn more about different types of assistive technology and how to find them by going to The National Public Website on Assistive Technology website <http://assistivetech.net/index.php> or the Abel Data website <http://www.abledata.com> (For a listing of California personal safety system businesses see page 262)

## Frequently Asked Questions

Q- I am unable to get to my follow-up appointment, who do I call to help with transportation?

A-Public Transit and paratransit provide transport services to almost any location people need whether it is hair appointments, museums, hospitals, doctors' offices, or a friend's house. However, it is often medical transportation that is the most urgent for vulnerable populations including patients who have recently left the hospital. (See the transportation section on page 63 to access non-emergency transportation companies.)

Q- How can I make sure I remember everything I need to after I leave the hospital?

A- Make sure you and your caregiver understand the discharge instructions prior to leaving the hospital and that you have a follow-up medical appointment scheduled when you leave the hospital. It's also a good idea to write down the key instructions to help organize your recovery steps. A great guide to help you keep track of everything can be accessed at <http://www.ahrq.gov/patients-consumers/diagnosis-treatment-hospitals-clinics/goinghome/goinghomeguide.pdf>

Q-How do I find the best care option after leaving the hospital?

A- Choosing the best care option will depend on your post discharge care needs. Each care option specializes in specific eligibility requirements. To read about the different level of care options please see the Level of Care Guide located in the Appendix on page 266.

A hospital is a health care institution providing patient treatment with specialized staff and equipment. Hospitals care for patients in acute situations and may result in a long-term inpatient stay (night/nights a patient may spend at the hospital).

*“The greatest wealth is health” ~Virgil*

For all medical emergencies call **911** immediately

Trauma Hospitals Designated by 

## Marin County Hospitals

### Marin General Hospital

250 Bon Air Road  
Greenbrae, CA 94904  
415-925-7000  
[patientcare@maringeneral.org](mailto:patientcare@maringeneral.org)  
<https://www.maringeneral.org/>

The only designated trauma and full-service hospital in Marin County.

### Novato Community Hospital

180 Rowland Way  
Novato, CA 94945  
415-209-1300  
[strebim@sutterhealth.org](mailto:strebim@sutterhealth.org)  
<http://www.novatocommunity.org/>

Provides 24-Hour emergency, general surgery, critical care and laboratory services.

### San Rafael Medical Center-Kaiser Permanente

99 Montecillo Road  
San Rafael, CA 94903  
415-444-2000  
[http://mydoctor.kaiserpermanente.org/ncal/facilities/region/sanrafael/area\\_master/home/?kp\\_shortcut\\_referrer=kp.org/sanrafael](http://mydoctor.kaiserpermanente.org/ncal/facilities/region/sanrafael/area_master/home/?kp_shortcut_referrer=kp.org/sanrafael)

Emergency Services: 415-444-2400  
Provides 24-Hour emergency, laboratory, and hospital services.

## San Francisco County

### San Francisco General Hospital and Trauma Center

1001 Potrero Ave  
San Francisco, CA 94110  
415-206-8000  
[sfgh.dphmail@sfdph.org](mailto:sfgh.dphmail@sfdph.org)  
<https://sfgh.ucsf.edu/>

The only level 1 trauma center in San Francisco, and the main public hospital. Recognized as one of the nation's top hospitals, we serve the community with a full complement of inpatient, outpatient, emergency, diagnostic and psychiatric services for adults and children 24-hours a day.

### UCSF Medical Center- San Francisco

505 Parnassus Ave  
San Francisco, CA 94131  
415-476-1000  
[referral.center@ucsfmedctr.org](mailto:referral.center@ucsfmedctr.org)  
<http://www.ucsfhealth.org/>

A network of two research based hospitals. Along with an emergency department, almost all specialties of medicine are practiced on the premiss.

### California Pacific Medical Center-Davies Campus

45 Castro Street  
San Francisco, CA 94114  
415-600-6000  
[cpcmcadmin@sutterheath.org](mailto:cpcmcadmin@sutterheath.org)  
<http://www.cpmc.org/>

A general medical and surgical hospital, staffed and operated 24-hours a day.

### Saint Francis Memorial Hospital

900 Hyde Street  
San Francisco, CA 94109  
415-353-6000  
Fax: 415-353-6631

<http://www.saintfrancismemorial.org/index.htm>

A general medical and surgical hospital, staffed and operated 24-hours a day. Saint Francis is known for its clinical centers of excellence in Burn, Orthopedics including Spine, Sports and Joint Care and Occupational Health. The hospital specializes in adult medicine with a full spectrum of care ranging from emergency to outpatient services.

## **Chinese Hospital**

845 Jackson Street  
San Francisco, CA 94133  
415-982-2400  
Fax: 415-217-4188

<http://www.chinesehospital-sf.org/>

A unique healthcare provider with a long and rich history of providing access to culturally competent health care services for the Chinese Community. Chinese Hospital is a 54 bed, acute care, community-owned, non-profit hospital offering a wide range of medical, surgical and specialty programs. Chinese Hospital exists primarily to deliver quality health care in a cost-effective way, is responsive to the community's ethnic and cultural uniqueness and, is accessible to all socioeconomic levels.

## **California Pacific Medical Center-California Campus**

3700 California Street  
San Francisco, CA 94118  
415-600-6000

<http://www.cpmc.org/>

Personalized patient care is what sets California Pacific Medical Center apart. When you visit one of our four San Francisco campus locations you can expect to receive world class care. Expert physician specialists and caring clinical staff provide you with an exceptional health care experience.

## **California Pacific Medical Center-Pacific Campus**

2333 Buchanan Street  
San Francisco, CA 94115  
415-600-6000

<http://www.cpmc.org/>

Personalized patient care is what sets California Pacific Medical Center apart. When you visit one of our four San Francisco campus locations you can expect to receive world class care. Expert physician specialists and caring clinical staff provide you with an exceptional health care experience.

## **California Pacific Medical Center-St. Luke's Campus**

3555 Cesar Chavez Street  
San Francisco, CA 94110  
415-600-6000

<http://www.cpmc.org/>

Personalized patient care is what sets California Pacific Medical Center apart. When you visit one of our four San Francisco campus locations you can expect to receive world class care. Expert physician specialists and caring clinical staff provide you with an exceptional health care experience.

### Kaiser Foundation Hospital- San Francisco

2425 Geary Boulevard  
San Francisco, CA 94115  
415-833-2000

[http://mydoctor.kaiserpermanente.org/nkal/facilities/region/sanfrancisco/area\\_master/home/](http://mydoctor.kaiserpermanente.org/nkal/facilities/region/sanfrancisco/area_master/home/)

Our physicians and staff are committed to improving the total health and well being of our members, and we look forward to providing you with the kind of quality and service you deserve.

### Contra Costa County

#### Contra Costa Regional Medical Center

2500 Alhambra Ave  
Martinez, CA 94553  
925-370-5000

<http://cchealth.org/medicalcenter/>

Contra Costa Regional Medical Center is a full service county hospital and offers a complete array of patient-centered health care services. It is a facility equipped with the most-up-to-date seismic-safety features and high-tech medical apparatus. Emergency services are provided at this facility.

#### Doctors Medical Center

2000 Vale Road  
San Pablo, CA 94806  
510-970-5000

<http://www.doctorsmedicalcenter.org/>

Doctors Medical Center is a full service, acute care hospital serving the residents of West Contra Costa for over 50 years. Supported by local taxes, DMC offers a full range of health services and accepts most insurance plans. This facility includes an emergency department, regional cancer center, and cardiac service.

#### John Muir Medical Center- Concord

2540 East Street  
Concord, CA 94520  
925-682-8200

<http://www.johnmuirhealth.com/>

John Muir Medical Center, Concord is a 267-licensed bed hospital that serves Contra Costa and southern Solano counties. The medical center has long been recognized as a preeminent center for cancer care and cardiac care, including open heart surgery and interventional cardiology. Other areas of specialty include general surgery, orthopedic, and neurology programs.

## **John Muir Medical Center- Walnut Creek**

1601 Ygnacio Valley Road  
Walnut Creek, CA 94598  
925-939-3000

<http://www.johnmuirhealth.com/locations/john-muir-medical-center-walnut-creek.html>

John Muir Medical Center, Walnut Creek is a 572-licensed bed hospital that is designated as the only trauma center for Contra Costa County and portions of Solano County. We are recognized as one of the region's premier healthcare providers, areas of specialty include high- and low-risk obstetrics, orthopedics, neurosciences, cardiac care, and cancer care.

## **San Ramon Regional Medical Center**

6001 Norris Canyon Road  
San Ramon, CA 94583  
925-275-9200

<http://www.sanramonmedctr.com/en-US/Pages/default.aspx>

San Ramon Regional Medical Center (SRRMC) began serving residents of the San Ramon Valley and surrounding communities in 1990. Located on a hillside overlooking the valley, the full-service, 123-bed, acute care hospital provides comprehensive inpatient and outpatient services, including 24-hour emergency care and an outpatient surgery and treatment center.

## **Sutter Delta Medical Center**

3901 Lone Tree Way  
Antioch, CA 94509  
925-779-7200

<http://www.sutterdelta.org/>

Sutter Delta Medical Center is a nationally ranked acute care facility, investing in the most advanced technology, and recruiting top-notch physicians, Sutter Delta's 145-bed facility has built an array of outstanding inpatient and outpatient services. These facilities include a 24-hour Level II Emergency Department, a Women's Health center, a 24-hour Pediatric Unit and much more.

## **Kaiser Foundation Hospital-Walnut Creek**

1425 South Main Street  
Walnut Creek, CA 94596  
925-295-4000

<https://healthy.kaiserpermanente.org>

One of four Kaiser Permanente medical centers serving the East Bay, Richmond offers a variety of primary and specialty services, including a breast health clinic, HIV care, oncology, cardiology, and more.

### Kaiser Foundation Hospital-Richmond

901 Nevin Ave  
Richmond, CA 94804  
510-307-1500

[http://mydoctor.kaiserpermanente.org/nkal/facilities/region/eastbay/  
area\\_master/about\\_us/richmond/](http://mydoctor.kaiserpermanente.org/nkal/facilities/region/eastbay/area_master/about_us/richmond/)

One of four Kaiser Permanente medical centers serving the East Bay, Richmond offers a variety of primary and specialty services, including a breast health clinic, HIV care, oncology, cardiology, and more.

### Kaiser Foundation Hospital-Antioch

4501 Sand Creek Road  
Antioch, CA 94531  
925-813-6500

<https://healthy.kaiserpermanente.org/html/kaiser/index.shtml>

One of four Kaiser Permanente medical centers serving the East Bay, Antioch offers a variety of primary and specialty services, including a breast health clinic, HIV care, oncology, cardiology, and more.

## Alameda County

### Highland Hospital

1411 E. 31st Street  
Oakland, CA 94602  
510-437-4800

<http://www.highlandahs.org/>

Highland Hospital offers a wide range of patient services to meet your health care needs. Providers licensed physicians, physician assistants, certified nurse practitioners, and behavioral health consultants supported by a staff of nurses, medical technologists, radiological technologists, pharmacists, chemical dependency counselors, dietitians, and professional health educators. This facility includes trauma and emergency services.

### Alameda Hospital

2070 Clinton Ave  
Alameda, CA 94501  
510-522-3700

<http://www.alamedahospital.org/>

Alameda Hospital's mission is to be a general acute care hospital; to provide quality and personalized care; to attract and retain outstanding physicians, employees and volunteers; to grow consistent with community need and financial feasibility; to remain financially stable; and to be an effective health care district.

## **UCSF Benioff Children's Hospital Oakland**

727 52nd Street  
Oakland, CA 94609  
510-428-3000

<http://www.childrenshospitaloakland.org/main/home.aspx>

For nearly 100 years, UCSF Benioff Children's Hospital Oakland has been delivering exceptional medical care to children from all regions of California. Parents choose Children's because we have the best and most experienced specialists and because of the genuine passion with which we treat every child. You expect a better outcome when your treatment team includes sub-specialty, fellowship-trained physicians covering over 30 pediatric specialties.

## **Eden Medical Center**

20103 Lake Chabot Road  
Castro Valley, CA 94546  
510-537-1234

<http://www.edenmedicalcenter.org/>

The hospital has 130 beds, all in private rooms. Eden is the regional trauma center for Southern Alameda County and features many centers of excellence, including neurosciences, orthopedics, rehabilitation, birthing center, imaging, stroke and cancer care. Eden Medical Center is fully accredited by the Joint Commission on the Accreditation of Healthcare Organizations. This facility includes trauma and emergency services.

## **St. Rose Hospital**

27200 Calaroga Ave  
Hayward, CA 94545  
510-264-4000

<http://www.strosehospital.org/>

St. Rose Hospital, an independent community hospital located in Hayward, has been an integral part of the local community for 50 years. The hospital, accredited by the Joint Commission, has built a strong reputation for outstanding cardiology, emergency, diagnostics and women's services.

## **San Leandro Hospital**

13855 E. 4th Street  
San Leandro, CA 94578  
510-357-6500

<http://www.sanleandroahs.org/>

The hospital is home to 450 employees, 100 physicians, and 40 auxiliary-volunteer workers. The wide range of medical services includes 24-hour emergency services, critical care unit, a full complement of skilled surgeons, rehabilitation services, and more. This facility services basic emergencies.

**Fremont Hospital**

39001 Sundale Drive

Fremont, CA 94538

510-796-1100

<http://www.fremonthospital.com/>

Fremont Hospital is a private, modern 96-bed behavioral healthcare facility that provides services to adolescents (ages 12-17) and adults. Services offered include treatment of psychiatric conditions, chemical dependency and treatment of 'dual diagnosis' (co-existing psychiatric condition and chemical dependency). A variety of treatment programs are available, including inpatient care, partial hospitalization (day treatment) and an intensive outpatient program. No emergency services.

**Valleycare Medical Center**

5555 W. Las Positas Boulevard

Pleasanton, CA 94588

925-847-3000

Admitting: 925-416-3433

<http://www.valleycare.com/>

ValleyCare has a total of 242 beds and a medical staff of over 300, offering you a wide array of inpatient and outpatient services at a world-class level. Our facilities have expanded to include new and remodeled buildings at the Livermore, Dublin and Pleasanton campuses.

**Alta Bates Summit Medical Center-Alta Bates Campus**

2450 Ashby Ave

Berkeley, CA 94705

510-204-4444

<http://www.altabatessummit.org/>

The medical center also offers a wide array of community health education and prevention services, support groups and complimentary therapies. The facility offers emergency services, behavioral health services, cardiovascular services, oncology, and women and infant care.

**Alta Bates Summit Medical Center-Summit Campus**

350 Hawthorne Ave

Oakland, CA 94609

510-655-4000

<http://www.altabatessummit.org/>

The medical center also offers a wide array of community health education and prevention services, support groups and complimentary therapies. The facility offers emergency services, behavioral health services, cardiovascular services, oncology, and women and infant care.

## **Washington Hospital-Fremont**

2000 Mowry Ave

Fremont, CA 94538

510-797-1111

Information: 800-963-7070

<http://www.whhs.com/>

Washington Hospital is a not-for-profit 353-bed, acute-care district hospital and provides a full range of medical services to the communities of Fremont, Newark, Union City, parts of South Hayward and unincorporated Sunol.

## **San Mateo County**

### **Kaiser Foundation Hospital-Redwood City**

1150 Veterans Boulevard

Redwood City, CA 94063

650-299-2000

[http://mydoctor.kaiserpermanente.org/ncal/facilities/region/redwoodcity/area\\_master/home/](http://mydoctor.kaiserpermanente.org/ncal/facilities/region/redwoodcity/area_master/home/)

Kaiser Permanente has been providing health care in Redwood City and its surrounding areas since 1952. Our medical center includes our hospital and several outpatient facilities. We hope you find this website informative and helpful in learning about the health care services we provide. In our accredited hospital, we provide a wide range of specialized services including cardiology, chronic conditions management, and neuro-interventional radiology.

### **Mills Health Center**

100 S San Mateo Drive

San Mateo, CA 94401

650-696-5400

<http://www.mills-peninsula.org/>

Mills Health Center in San Mateo, which provides a wide range of outpatient services, including surgery, rehabilitation and diagnostics. The Mills Health Center is also home to Mills-Peninsula's inpatient rehabilitation program.

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

1501 Trousdale Drive

Butlingame, CA 94010

650-696-5400

<http://www.mills-peninsula.org/>

To meet the growing needs of the community, in 2011 the new 241-bed Mills-Peninsula Medical Center opened its doors. This facility features all private rooms, an emergency department, and a more family friendly environment.

## Kaiser Foundation Hospital-South San Francisco

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

Information: 916-784-5987

<https://healthy.kaiserpermanente.org>

In our accredited hospital, we provide a wide range of specialized services including cardiology, head and neck surgery, and musculoskeletal surgery. Members from Northern California travel to our Bariatric Surgery Center of Excellence and at our Cancer Treatment Center.

## Sequoia Hospital

170 Alameda de las Pulgas  
Redwood City, California 94062  
650-369-5811

<http://www.sequoiahospital.org/index.htm>

Sequoia Hospital is an accredited, not-for-profit community hospital providing innovative and exceptional healthcare to Bay Area residents since 1950. Sequoia has 167 beds, more than 900 employees and 345 active medical staff. Offering a full range of medical, surgical and specialty programs, Sequoia also ranks in the top percentile of hospitals nationwide in-patient satisfaction.

## San Mateo Medical Center

222 W 39th Ave  
San Mateo, CA 94403  
650-573-2354

<http://www.sanmateomedicalcenter.org/>

San Mateo Medical Center is a 509-bed public hospital and clinic system fully accredited by The Joint Commission. The Medical Center operates outpatient clinics throughout San Mateo County, an acute-care hospital, and long-term care facilities in San Mateo and Burlingame.

## Seton Medical Center-Daly City

1900 Sullivan Ave  
Daly City, CA 94015  
650-992-4000

Emergency Department: 650-991-6892

<http://seton.dochs.org/>

Seton Medical Center is a full-service, acute care hospital serving San Mateo County. Offers a full range of medical, surgical and specialty programs, including emergency services, surgical service, a cancer center and cardiovascular care.

## **Seton Coastsde**

600 Marine Boulevard  
Moss Beach, CA 94038  
650-563-7100

<http://www.setoncoastsde.org/>

Seton Coastsde is the only well-equipped and staffed 24-hour Emergency Department from Daly City to Santa Cruz. In addition to providing this invaluable service to our Coastal residents, we offer radiology/mammography, clinical laboratory services, rehabilitation therapy, physical, occupational and speech therapy.

## **Santa Clara County**

### **El Camino Hospital-Mountain View**

2500 Grant Road  
Mountain View, CA 94040  
650-940-7000

<http://www.elcaminohospital.org/>

El Camino Hospital Mountain View is a 395-bed hospital located in the heart of Silicon Valley. Consistently ranked as one of the leading hospitals in the area, we are distinguished by our high-caliber staff and affiliated physicians, with comprehensive and innovative services. Specialties include cardiac care, dialysis, cancer care, maternal child health services, orthopedics, neurosurgery and behavioral health.

### **El Camino Hospital- Los Gatos**

815 Pollard Road  
Los Gatos, CA 95032  
408-378-6131

<http://www.elcaminohospital.org/>

El Camino Hospital in Los Gatos is a 143-bed hospital with a complete emergency department, medical-surgical and intensive care services.

### **Good Samaritan Hospital-San Jose**

2425 Samaritan Drive  
San Jose, CA 95124  
408-559-2011

<http://goodsamsanjose.com/>

Good Samaritan Hospital in San Jose is a full service, acute care hospital serving Santa Clara County. Through leadership in research and adopting the latest technological and clinical practices, Good Samaritan Hospital offers excellent medical care for the people of Silicon Valley and surrounding counties.

## Kaiser Permanente Foundation-San Jose Medical Center

250 Hospital Parkway

San Jose, CA 95119

408-972-3000

[http://mydoctor.kaiserpermanente.org/ncal/facilities/region/sanjose/area\\_master/home/](http://mydoctor.kaiserpermanente.org/ncal/facilities/region/sanjose/area_master/home/)

San Jose Medical Center is comprised of a full service, 242 licensed-bed hospital and outpatient medical offices in both San Jose and Gilroy. We offer a unique approach to health care; integrating physicians, hospitals, services and insurance in one place.

## O'Connor Hospital

2105 Forest Ave

San Jose, CA 95128

408-947-2500

<http://oconnor.dochs.org/>

O'Connor Hospital is a 358-bed acute care, not-for-profit Catholic hospital that provides advanced medical programs in many specialties. O'Connor Hospital is certified by the Joint Commission as a Primary Stroke Center and as a Center of Excellence in Hip Replacement, a Center of Excellence in Knee Replacement and a Center of Excellence in Wound Care. Additionally, O'Connor Hospital is home to the only Family Medicine Residency Program in the area.

## Regional Medical Center of San Jose



225 North Jackson Ave

San Jose, CA 95116

408-259-5000

<http://regionalmedicalsanjose.com/>

Regional is an acute-care hospital that offers a comprehensive array of inpatient and outpatient services. Our six Centers of Excellence include Emergency and Trauma, Cardiovascular, Women and Children's Health, Neurosciences, Cancer Care and Medical/Surgical Services.

## Kaiser Permanente Foundation-Santa Clara Medical Center

700 Lawrence Expressway

Santa Clara, CA 95051

408-851-1000

[http://mydoctor.kaiserpermanente.org/ncal/facilities/region/santaclara/area\\_master/home/?kp\\_shortcut\\_referrer=kp.org/santaclara](http://mydoctor.kaiserpermanente.org/ncal/facilities/region/santaclara/area_master/home/?kp_shortcut_referrer=kp.org/santaclara)

Our facility in Santa Clara features a medical office building and a 327-bed acute care hospital. The Emergency Department (ED) provides urgent/emergent health care services to all age groups 24 hours a day.

## Santa Clara Valley Medical Center

751 S Bascom Ave  
San Jose, CA 95128  
408-885-5000

Appointments: 1-888-334-1000

<http://www.scvmc.org/Pages/home.aspx>

Santa Clara Valley Medical Center is a 574-bed tertiary medical center, owned and operated by the County of Santa Clara. Valley is a comprehensive emergency hospital, with Level 1 adult and pediatric trauma center. Other specialties include a federally designated spinal cord injury center, a burn center, and a traumatic brain injury center.

## Saint Louise Regional Hospital

9400 No Name Uno  
Gilroy, CA 95020  
408-848-2000

<http://saintlouise.dochs.org/>

Saint Louise Regional Hospital is a general medical and surgical hospital in Gilroy, CA, with 93 beds. This facility provides general emergency services, as well as inpatients procedures. Saint Louise houses a breast care center, stroke services and an oncology department.

## Stanford Hospital

300 Pasteur Drive  
Palo Alto, CA 94305  
650-723-4000

Emergency Department: 650-723-5111

<http://stanfordhealthcare.org/>

Standford Hospital in Palo Alto, CA is ranked nationally in 13 adult specialties. It was also high-performing in 2 adult specialties, as shown below. Stanford Hospital and Clinics is a 477-bed general medical and surgical facility. Stanford Hospital offers a comprehensive emergency unit, as well as Level 1 adult and pediatric trauma centers. Standford hospital is the #2 Ranked Hospital in the state of California.

A clinic (or outpatient clinic or ambulatory care clinic) is a health care facility that is primarily devoted to the care of “outpatients”- a patient who is not hospitalized. Clinics provide short-term medical care.

## Marin County

### **Marin City Health and Wellness Center**

630 Drake Ave  
Marin City, CA 94954  
415-339-8813  
[info@marincityclinic.com](mailto:info@marincityclinic.com)

Open 40 hours weekly and offers a full range of healthcare services, including medical, dental and behavioral health services.

### **Novato Dental Clinic**

6090 Redwood Boulevard  
Novato, CA 94945  
415-448-1500  
[info@marinclinics.org](mailto:info@marinclinics.org)

Comprehensive dental care and education for Pediatric and Adult patients.

### **Novato Clinic**

6100 Redwood Boulevard  
Novato, CA 94945  
415-448-1500  
[info@marinclinics.org](mailto:info@marinclinics.org)

Comprehensive healthcare for Pediatric and Adult patients, including primary care. Staff speaks both English and Spanish.

### **Greenbrae Clinic**

250 Bon Air Road  
Greenbrae, CA 94904  
415-448-1500  
[info@marinclinics.org](mailto:info@marinclinics.org)

Comprehensive healthcare for Pediatric and Adult patients, including primary care. Additional after hours pediatrics appointments are available. English, Spanish and Vietnamese interpretation is available.

**Bolinas Community Health Center**

88 Mesa Road  
Bolinas, CA 94924  
415-868-0124  
fax: 415-868-2152

Primary and preventative medical care for men, women, and children. Some walk-in appointments available.

**Point Reyes Community Health Center**

3 6<sup>th</sup> Street  
Point Reyes Station, CA 94956  
415-663-8666  
Fax: 415-663-9532

Primary and preventative medical care for men, women, and children. Some walk-in appointments available.

**Stinson Beach Community Health Center**

3419 State Route One  
Stinson Beach, CA 94970  
415-868-9656  
Fax: 415-868-2858

Primary and preventative medical care for men, women, and children. Some walk-in appointments available.

**San Rafael RotaCare Clinic**

1033 3<sup>rd</sup> Street (Kaiser Building)  
San Rafael, CA 94901  
415-482-6906  
[tammyj@rotacarebayarea.org](mailto:tammyj@rotacarebayarea.org)

Treatment of patients with minor illnesses and injuries. Offers monthly specialty clinics with licensed professionals.

**The Ritter Center**

16 Ritter Street  
San Rafael, CA 94912  
415-457-8182  
Fax: 415-457-7471

Provides urgent and primary medical care to low-income, homeless, and uninsured patients. The clinic also provides behavioral health services including therapy.

## San Francisco County

### North East Medical Services (NEMS)

1520 Stockton Street  
San Francisco, CA 94133  
415-391-9686  
[info@nems.org](mailto:info@nems.org)

Comprehensive healthcare services for the asian population.

### Sister Mary Philippa Health Center

2235 Hayes Street, 5<sup>th</sup> Floor  
San Francisco, CA 94117  
415-750-5500

General info: 415-668-1000

A comprehensive outpatient program that provides adult primary care, as well as minor surgical specialities.

### St. Anthony's Free Medical Clinic

150 Golden Gate Ave, 2nd Floor  
San Francisco, CA 94102  
415-241-8320  
Fax: 415-241-8322

An all-inclusive clinic that focus on feeding, healing, and sheltering the needy. Primary Care, Urgent Care, and a variety of other services are offered.

### Castro-Mission Health Center

3850 17<sup>th</sup> street  
San Francisco, CA 94114  
415-934-7700

A full-service health clinic.

### Chinatown Public Health Center

1490 Mason Street  
San Francisco, CA 94133  
415-364-7600  
Fax: 415-291-8794

A full-service health clinic that offers services to adults and children. Offers medical, dental and nutrition services.

**San Francisco Free Clinic**

4900 California Street  
San Francisco, CA 94118  
415-750-9894

[webmaster@sfccc.org](mailto:webmaster@sfccc.org)

Comprehensive medical care for patients who are uninsured. English, Mandarin, Cantonese, Russian, and Spanish are spoken.

**Southeast Health Center**

2401 Keith Street  
San Francisco, CA 94124  
415-671-7000

A full-service health clinic that focuses on family practice. Dental and mental health services are also provided for patients of all ages.

**Curry Senior Center Health Clinic**

333 Turk Street  
San Francisco, CA 94102  
415-885-2274

[info@curryseniorcenter.org](mailto:info@curryseniorcenter.org)

Provides complete primary health care, as well as podiatry care, a women's clinic and a pharmacist. This clinic also makes house calls for patients that cannot leave their home due to chronic illness or surgery.

**Potrero Hill Health Center**

1050 Wisconsin Street  
San Francisco, CA 94107  
415-648-3022

General Inquiries: 415-920-1250

Offers complete primary care medical and dental services for adults and children with consultation back-up provided through San Francisco General Hospital. Dental services include fillings, extractions, cleanings and referrals for more intensive needs. Also offers health education outreach programs in neighborhood schools and day care centers.

**Ocean Park Health Center**

1351 24th Ave  
San Francisco, CA 94122  
415-682-1900  
Fax: 415-753-8134

**Maxine Hall Health Center**

1301 Pierce Street  
San Francisco, CA 94115  
415-292-1300

Nursing Questions: 415-292-1330

Provides primary care health services for all ages including: primary care, walk-in, HIV, and women's clinic. Offers health education, nutrition counseling, public health nursing,

**Silver Avenue Family Health Center**

1525 Silver Ave  
San Francisco, CA 94134  
Medical: 415-657-1700  
Dental: 415-657-1730

Offers primary healthcare for children and adults, as well as a women's clinic. An onsite dental clinic for children and pregnant women, as well as nutrition education and counseling are available.

**3rd Street Youth Center & Clinic**

1728 Bancroft Ave  
San Francisco, CA 94124  
415-822-1707  
Fax: 415-822-1723

Offers health care for youth ages 12 to 24 including mental, physical and sexual health. Appointments and drop-ins are welcome.

**STD Clinic on 7th Street Station**

356 7th Street  
San Francisco, CA 94103  
415-487-5500

The clinic provides free or low-cost diagnosis & treatment of sexually transmitted diseases. Free condoms, emergency contraception and Post-Exposure Prevention (PEP) are offered.

**South of Market Health Center**

229 7th Street  
San Francisco, CA 94103  
415-503-6000  
Fax: 415-503-6099

Provides a wide range of high quality primary medical, disease prevention, dental and podiatry care. Pre-natal and well-baby care, patient education and outreach are also available.

## **Children's Health Center at San Francisco General Hospital**

1001 Potrero Ave, 6th Floor

San Francisco, CA 94110

415-206-8376

General Inquiries: 415-206-8383

Provides health care to children and young people up to the age of twenty one. Acute care, emergency care, and well-child care are services offered. Drop-in acute care is available for children requiring evaluation of health status, diagnosis and treatment of acute illness, preventative services, and follow up.

## **Family Health Center at San Francisco General Hospital**

995 Potrero Ave

San Francisco, CA 94110

415-206-5252

General Inquiries: 415-206-8000

Provides comprehensive, multidisciplinary health care services to patients along a continuum of care which includes health promotion, disease prevention, urgent care, continuity ambulatory care services and specialty clinics (prenatal, diabetes.)

## **General Medical Clinic at San Francisco General Hospital**

1001 Potrero Ave, Outpatient Entrance 1st Floor

San Francisco, CA 94110

415-206-8492

General Inquiries: 415-206-8000

The Adult Medical Center at San Francisco General Hospital is an ambulatory care facility providing comprehensive primary care and medical specialty services to persons over eighteen years of age.

## **Glide Health Services**

330 Ellis Street

San Francisco, CA 94102

415-674-6000

[info@glide.org](mailto:info@glide.org)

Provides comprehensive primary care as well as urgent care, non-western medicine and HIV Testing to patients. This clinic serves mainly low income and the homeless.

**Chinese Community Health Resource Center**

835 Pacific Ave  
San Francisco, CA 94133  
415-677-2473  
[info@cchrchealth.org](mailto:info@cchrchealth.org)

**Mission Neighborhood Health Center**

240 Shotwell Street  
San Francisco, CA 94110  
415-552-1013  
Fax: 415-431-3178

Offers comprehensive health care for children, adults and seniors. This clinic also offers women's health services, HIV screenings, teen services and an onsite laboratory and pharmacy.

## Contra Costa County

**BayPoint Family Health Center**

215 Pacifica Ave  
Bay Point, CA 94565  
Information: 1-877-905-4545  
Appointments: 1-800-495-8885

Provides routine and preventative health care services, prenatal care for pregnant women, a women's health clinic, as well as children's dental services.

**Brentwood Health Center**

171 Sand Creek Road, Suite A  
Brentwood, CA 94513  
information: 1-877-905-4545  
Appointments: 1-800-495-8885

Offers comprehensive family health care, immunizations, internal medicine, prenatal care, a women's health clinic, and laboratory services.

**Concord Health Center**

3052 Willow Pass Road  
Concord, CA 94519  
information: 1-877-905-4545  
Appointments: 1-800-495-8885

This facility is a special family practice clinic to also service non-English speaking patients. The clinic provides adult and pediatric services, prenatal care, a STD clinic, a women's health center, geriatrics psychiatry and addiction services.

**George & Cynthia Miller Wellness Center**

25 Allen Street

Martinez, CA 94553

Information: 1-877-905-4545

Appointments: 1-800-495-8885

This clinic has comprehensive Primary care, short-notice/same-day appointments, Family Medicine, Pediatrics, Adult Medicine, Behavioral Health and Group Classes.

**Martinez Family Practice Center**

2500 Alhambra Ave

Martinez, CA 94553

Information: 1-877-905-4545

Appointments: 1-800-495-8885

Offers comprehensive adult and child medicine, as well as dental and vision services, a surgery clinic, and internal medicine.

**North Richmond Center for Health**

1501 Fred Jackson Way

Richmond, CA 94801

Information: 1-877-905-4545

Appointments: 1-800-495-8885

Offers routine and preventative health care for adults and children, a women's clinic, prenatal care, and case managers as well as social workers.

**Pittsburg Health Center**

2311 Loveridge Road

Pittsburg, CA 94565

Information: 1-877-905-4545

Appointments: 1-800-495-8885

This clinic offers completely family medicine, immunizations, specialty HIV services, a STD clinic, Women's health clinic, dental services, and a variety of other internal medicine specialties.

**West County Health Center**

13601 San Pablo Ave

San Pablo, CA 94806

Information: 1-877-905-4545

Appointments: 1-800-495-8885

This facility is a special family practice clinic to also service non-English speaking patients. The clinic provides adult and pediatric services, prenatal care, a women's health center, and a variety of internal medicine services.

## Alameda County

### **Eastmont Wellness Center**

6955 Foothill Boulevard, Suite 200

Oakland, CA 94605

510-437-8500

The clinic offers adult and pediatric primary care, immunizations, gynecology, nutrition, dental services, women's services and a variety of other specialties.

### **Highland Primary Care Clinic**

1411 East 31st Street

Building K, Sixth Floor (K-6)

Oakland, CA 94602

510-437-8500

Offers personalized, individual care for chronic conditions , follow-up care, preventive health care, immunizations, behavioral health services, and many other specialized departments.

### **Newark Health Center**

6066 Civic Terrace Ave

Newark, CA 94560

510-505-1600

The clinic offers adult and pediatric primary care, immunizations, gynecology, nutrition,women's services and a variety of other specialties.

### **Winton Wellness Center**

24100 Amador Street, Suite 250

Hayward, CA 94544

510-437-8500

The clinic offers adult and pediatric primary care, immunizations, gynecology, nutrition, psychiatry, a STD clinic,women's services and a variety of other specialties.

### **Asian Health Services**

818 Webster Street

Oakland, CA 94607

510-986-6800

Clinic offers services tailored toward Asian populations in perinatal and family medicine, behavioral health services, drop-in urgent care and radiology.

## Ashland Free Medical Clinic

50 East Lewelling Boulevard, Room S5

San Lorenzo, CA 94580

510-470-2362

General Clinic Hours: Saturday 8:00am to 11:00am

Pediatric Clinic Hours: Wednesday 6:00pm to 8:00pm

The Ashland Free Medical Clinic provides free medical care for low income people who do not have health insurance. We provide non-emergency care for both acute and chronic conditions and the clinic is staffed by volunteer physicians, nurse practitioners and other support staff.

## Axis Community Health

4361 Railroad Ave

Pleasanton, CA 94566

925-46201755

Our medical team consists of licensed, board-certified family practitioners, internists, pediatricians and nurse practitioners. We are here to help you preserve or restore your good health through high-quality preventive care, treatment for minor illnesses and injuries, and to help manage chronic medical conditions.

## Axis Community Health

3311 Pacific Ave

Livermore, CA 94550

925-46201755

Our medical team consists of licensed, board-certified family practitioners, internists, pediatricians and nurse practitioners. We are here to help you preserve or restore your good health through high-quality preventive care, treatment for minor illnesses and injuries, and to help manage chronic medical conditions.

## CityTeam Ministries-Downtown Oakland Clinic

722 Washington Street

Oakland, CA 94607

510-452-3758

The Medical Clinic is run by volunteer doctors and nurses who provide free medical service to patients on a walk-in basis. This staff of volunteers treat a variety of common illnesses.

**La Clinica Fruitvale Village**

3451 East 12th Street, 2nd Floor  
Oakland, CA 94601  
510-535-3500

The realization of a dream to have a facility in the heart of the Fruitvale neighborhood. It is La Clínica's largest site, providing comprehensive medical care, pediatrics, women's services, dental, preventive medicine, social services, radiology, pharmacy, and full services lab, all under one roof.

**Berkeley Primary Care**

2001 Dwight Way  
Berkeley, CA 94704  
510-981-4100

Patients of LifeLong Berkeley Primary Care have access to a wide variety of providers and resources. Services include primary health care for adults, women's services, podiatry, mental health services, HIV testing and many more.

**Over 60 Health Center**

3260 Sacramento Street  
Berkeley, CA 94702  
510-981-4100

Patients of LifeLong Over 60 Health Center have access to a wide variety of providers, resources and programs dedicated to seniors. Services include primary care for seniors, chronic disease management, mental health services and health education.

**Native American Health Center**

2950 International Boulevard  
Oakland, CA 94601  
510-535-4410

Offers comprehensive medical services from adults and children, a women's health center, perinatal care, STD clinic and many other services.

**Order of Malta Oakland Clinic**

2121 Harrison Street, Suite 120  
Oakland, CA 94612  
510-587-3000

Both clinics provide free medical care, primarily to the uninsured poor and sick. The clinics offer physical exams, laboratory testing, x-rays, electrocardiograms, ultrasounds, and immunization.

**Tiburcio Vasquez Health Center**

22331 Mission Boulevard

Hayward, CA 94541

510-471-5880

When your family needs high quality health care, we'll take care of you. Our staff is highly trained and our doctors are board certified in family practice, pediatrics, obstetrics, internal medicine, and dentistry.

**Tiburcio Vasquez Health Center**

33255 Ninth Street

Union City, CA 94587

510-471-5880

When your family needs high quality health care, we'll take care of you. Our staff is highly trained and our doctors are board certified in family practice, pediatrics, obstetrics, internal medicine, and dentistry.

**West Oakland Health Center**

700 Adeline Street

Oakland, CA 94607

510-835-9610

Offers comprehensive adult medicine and pediatric service, general dentistry, family planning, as well as pharmacy, radiology and laboratory service.

## San Mateo County

**Daly City Clinic**

380 90th Street

Daly City, CA 94015

650-301-8600

Offers comprehensive primary care services, women's health service, nutrition, dental services, STD screenings and family planning.

**Daly City Youth Health Center**

2780 Junipero Serra Boulevard

Daly City, CA 94015

650-985-7000

Provide healthcare for teens ages 13 to 21. Services such as primary care, physicals and exams, immunizations, reproductive health service, mental health services and health education.

**Edison Clinic**

222 West 39th Ave, First Floor  
San Mateo, CA 94403  
650-573-2385

The Edison Clinic offers outpatient medical care for people with HIV/AIDS in San Mateo County. The Edison Clinic also has an STD Drop-in Clinic which provides low-cost screening and treatment of sexually transmitted diseases. No appointments are needed and patients are seen on a first come, first served basis.

**Fair Oaks Health Center**

2710 Middlefield Road  
Redwood City, CA 94063  
650-364-6010

Offers comprehensive primary care service for both adults and children, women's health services, dental service, on-site laboratory and pharmacy, as well as community resources.

**San Mateo Senior Care Center**

222 West 39th Ave  
San Mateo, CA 94403  
650-573-2426

At our Senior Care Center we focus on the health and well-being of seniors 65 and over including physical, mental, social, and lifestyle health. A team of doctors and specialists provides complete, outpatient care in one location. We take the time to listen, to get to know our patients, and to explain all your treatment options.

**Sequoia Teen Wellness Center**

200 Jame Ave  
Redwood City, CA 94062  
650-366-2927

Offers healthcare options for teens and young adults from 12 to 21. Services include primary care, physical and cams, immunizations, health education, and support groups.

**South San Francisco Clinic**

306 Spruce Ave  
South San Francisco, CA 94080  
Adults: 650-877-7070  
Pediatrics: 650-877-7027

The South San Francisco Clinic offers healthcare for both adults and children, family planning, optometry, podiatry, and STD testing and therapy.

**Ravenswood Family Health Center**

1798A Bay Road  
East Palo Alto, CA 94303  
650-330-7400

Offers comprehensive family medicine, lab service, integrated behavioral health services, chronic disease care, immunizations, and women's health services.

**Samaritan House Medical Clinic**

114 5th Ave  
Redwood City, CA 94063  
650-839-1447

Patients of our clinics are the working poor. Medical services offered include internal medicine, gynecology, dermatology, neurology, general medical care, dentistry care and more.

## Santa Clara County

**Alviso Health Center**

1621 Gold Street  
Alviso, CA 95002  
408-935-3900

Alviso Health Center specializes in family and pediatric medicine, and also includes a coordinated homeless program.

**CompreCare Health Center**

3030 Alum Rock Ave  
San Jose, CA 95127  
408-272-6300

Children's medicine, women's health services, nutritional services, dental and optometry services, as well as an on-site pharmacy.

**Gardner Downtown Health Center**

725 East Santa Clara Street  
San Jose, CA 95112  
408-794-0500

Gardner Downtown Health Center offers general family and pediatric medicine.

**After Hours Healthcare**

14651 South Bascom Ave, Suite 112

Los Gatos, CA 95032

408-356-9300

After Hours Healthcare offers urgent, primary and walk-in care to both adults and children. The clinic also offers physical, immunizations, internal medicine, STD testing and other services.

**Indian Health Center of Santa Clara Valley**

1333 Meridian Ave

San Jose, CA 95125

408-445-3500

Our clinic uses the family practice model of health care. Services include pregnancy testing, prenatal care, women's health, pediatric medicine, adult healthcare, STD testing and treatment and much more.

**MayView Community Health Center**

270 Grant Ave

Palo Alto, CA 94306

650-327-8717

We offer routine check-ups, immunizations, sick visits, cancer screening, family planning, prenatal and newborn care, chronic disease management, HIV and STD testing, and behavioral health services.

**Pacific Free Clinic**

1835 Cunningham Ave

San Jose, CA 95122

650-721-2786

Patients undergo complete health assessments through the administration of a comprehensive health questionnaire, appropriate laboratory testing and physician visits.

**North East Medical Center**

1715 Lundy Ave

San Jose, VA 95131

408-573-9686

Our San Jose clinic opened in 2008 and features Internal Medicine, Family Practice, Pediatric, and Dental services. Basic lab tests are available on site. Our providers and staff speak Vietnamese, Cantonese, Mandarin, and English.

## **Foothill Community Health Center**

2880 Story Road  
San Jose, CA 95127  
408-729-9700

The Foothill Community Health Center provides a vast range of comprehensive services including pediatric and adolescent care, adult health, women's health, immunizations, health education, STD testing and more.

## **Peninsula Healthcare Connection, inc.**

Opportunity Center  
33 Encina Ave, Suite 103  
Palo Alto, CA 94301  
650-853-0321

The following services are provided at the clinic, free of charge: Primary Care: Family physicians see children and adults, providing comprehensive day-to-day healthcare services. Referrals to specialized care and diagnostic testing are available by special arrangement. Psychiatry, Counseling, Therapy: Psychiatrists and counselors provide an array of services including medication, care management, and therapy, and much more.

## **St. James Health Center**

55 East Julian Street  
San Jose, CA 95112  
408-918-2600

Offers comprehensive adult and children medicine, women's health services, nutritional services, dental and optometry services, as well as an on-site pharmacy.

## **Gardner South County Health Center**

7526 Monterey Street  
Gilroy, CA 95020  
408-848-9400

Offers comprehensive adult and children medicine, women's health services, nutritional services, dental and optometry services, as well as an on-site pharmacy.

A pain clinic is a health care facility that focuses on the diagnosis and management of chronic pain. Some specialize in specific diagnoses or in pain related to a specific region of the body. Also called pain management clinics, pain clinics often use a multidisciplinary approach to help people take an active role in managing their pain and regaining control of their life. These programs are focused on the total person, not just the pain.

- Providers are likely to include doctors of different specialties as well as non-physician providers specializing in the diagnosis and management of chronic pain.
- At a pain clinic, your therapy plan will be tailored to your specific needs, circumstances, and preferences.
- Conditions that generally respond well to pain clinic services are arthritis, back pain, and cancer. In addition, migraine headaches, shingles pain, and carpal tunnel syndrome pain frequently respond favorably to pain clinic treatments.

*"True strength is smiling when you want to cry, laughing to hide the pain, and going on no matter what." ~Anonymous*

For General Information about Pain Clinics Visit:

**The American Chronic Pain Association**

*Rocklin, CA 95677*

*Phone: 1-800-533-3231*

*<http://theacpa.org/>*

## Marin County

### Marin Pain Center

21 Tamal Vista Blvd  
Corte Madera, CA 94925  
415-233-9994  
[info@marinpaincenter.com](mailto:info@marinpaincenter.com)

Marin Pain Center is a medical practice in Marin County devoted to the diagnoses, treatment, and long-term care of chronic pain conditions and related diseases.

### Bay Area Pain & Wellness Center

1050 Northgate Drive, Suite 460  
San Rafael, California 94903  
Phone: (415) 461-7246  
Fax: (415) 461-2476

The Bay Area Pain & Wellness Center offers a full complement of pain therapies, from highly specialized interventional treatments, to the most sophisticated interdisciplinary pathways and programs.

### Alliance Pain Care

775 Baywood Dr Ste 308  
Petaluma, CA 94954-5500  
Local: (707) 762-8399

### Northern California Pain Care

1050 Northgate Dr,  
San Rafael, CA 94903  
(415) 461-7246

### Bay Area Pain Med Associates

3 Harbor Dr,  
Sausalito, CA 94965  
(415) 380-0480

Bay Area Pain Medical Associates is a medical group focused upon the treatment of people with intractable pain. Our goal is to help our patients reduce their pain to manageable levels through strategies that take into account the complexities of their conditions.

**Recovery Without Walls**

3 Madrona Ave  
Mill Valley, CA, 94941  
415-383-2949  
Fax: 415-383-6887

Based in Mill Valley, California, Recovery Without Walls is a confidential, individualized, out-patient clinic which provides treatment of chronic pain, chemical dependency, prescription medication management issues, as well as problems with alcohol.

**Pain Medicine Consultants**

100 Rowland Way, Suite 200  
Novato, CA 94945  
415-878-0255

[get\\_info@painmedicineconsultants.com](mailto:get_info@painmedicineconsultants.com)

We take a comprehensive approach towards addressing your pain. We see all our own patients, providing you the care and service that you and your referring physician would want.

## San Francisco County

**UCSF Pain Management Center**

2255 Post St.  
San Francisco, CA 94143-1654  
415-885-PAIN (7246)

New Patients: 415-885-3552

The UCSF Pain Management Center at Mount Zion treats patients with complicated and chronic medical, surgical and neurological pain. The center, one of the few such centers in Northern California, averages about 800 patient visits a month. The center has a team of doctors and therapists with specialties in anesthesia, neurology, medical psychology and physical therapy.

**Kaiser Permanente Chronic Pain Management Center**

4141 Geart Boulevard, Suite 212  
San Francisco, CA 94118  
415-833-4414

The Chronic Pain Department at Kaiser Permanente San Francisco offers comprehensive pain management services for adults who experience chronic, benign pain and who have exhausted standard medical treatment options.

## Total Care Plus

2480 Mission Street, #331

San Francisco CA, 94110

415-282-6490

Fax: 415-282-6491

[frontdesk@totalcareplus.com](mailto:frontdesk@totalcareplus.com)

Total Care Plus provides top-notch Physical Therapy, Occupational Therapy, Pain Management and Chiropractic services.

## Egoscue San Francisco

291 Geary Street, #510

San Francisco, CA 94102

415-391-3336

[sanfrancisco@egoscue.com](mailto:sanfrancisco@egoscue.com)

With over 25 clinics worldwide, Egoscue helps thousands of people free themselves of chronic physical pain such as: TMJ; carpal tunnel; neck, back, knee and shoulder pain; and a plethora of other ailments.

## Remedy Medical Group San Francisco

2320 Sutter Street, Suite 202

San Francisco, CA 94115

415 819-6575

Fax: 415 493-0152

Same day pain care is the fundamental service goal at Remedy. Our physicians and patient services staff understand that patient health and wellness begins today. Additionally, our medical team has been selected and organized in order to effectively practice all aspects of Physical Medicine and Rehabilitation, and Pain Management.

## Pacific Center for Pelvic Pain

490 Post Street

Suite 1100

San Francisco, CA 94102

415-441-5800

Fax: 415-441-4946

Since 1995, the internationally acclaimed Pacific Center for Pelvic Pain and Dysfunction has led the way in providing innovative, holistic treatment for unresolved male and female chronic pelvic pain and organ dysfunction.

**South of Market Health Center**

229 7th Street  
San Francisco, CA 94103  
415-503-6000  
Fax: 415-503-6096

South of Market Health Center is a comprehensive ambulatory medical clinic that provides affordable patient care including chronic pain management.

**San Francisco Health Network Ambulatory Services Pain Consultation**

1001 Potrero Ave  
San Francisco, CA  
Building 90, 2nd floor, Ward 92

For new patient appointments, PCP should contact either Dr. Brody at 206-8267 or Dr. Lor at 206-3262. Leave provider contact information.

**Amen Clinics San Francisco**

1000 Marina Blvd. Suite 100 94005  
Brisbane, CA  
650-416-7830

At Amen Clinics, our goal is to dramatically reduce or totally resolve chronic pain so that patients can live their lives fully without depending upon pain medications, whether prescription or over-the-counter (none of which are without damaging side effects).

## Contra Costa County

**Pain Medicine Consultants**

2250 Morello Ave  
Pleasant Hill, CA 94523  
925-287-1256

We take a comprehensive approach towards addressing your pain. We see all our own patients, providing you the care and service that you and your referring physician would want.

**Balanced Pain Management**

114 La Casa Via, Suite 210  
Walnut Creek, CA 94598  
925-988-9333  
[info@delaneymd.com](mailto:info@delaneymd.com)

We treat a variety of pain problems and we realize that every patient's pain is unique. Successful treatment depends upon a well-trained specialist who is familiar with many types of pain syndromes and is able to treat them.

## **Advanced Pain Management**

1081 Market Place, Suite 100  
San Ramon, CA 94583-4749  
925-242-0810

## **Chronic Pain Consultants**

2160 W Grant Line Road, Suite 200  
Tracy, CA 95377-7333  
209-832-2095

Our experts specialize in chronic pain conditions affecting various parts of the body. Pain control may seem difficult, but using cutting edge technology and therapy, we make it possible.

## **Alameda County**

### **Pain & Rehabilitative Consultants**

1335 Stanford Ave  
Emeryville, CA 94608  
510-647-5101

Pain and Rehabilitative Consultants Medical Group has been providing the highest quality pain management to their patients in the East Bay. Our professional staff includes Physicians, Nurse Practitioners, licensed Clinical Psychologists, licensed Biofeedback Practitioners, and licensed Acupuncturists.

### **Highland Hospital's Pain Clinic**

1411 East 31st Street, K Building, 7th Floor  
Oakland, CA. 94602  
510-437-5170

At Highland Hospital's Pain Clinic, we work with you and your family to ensure the best treatment for your condition, usually chronic pain lasting 3-6 months. We provide pain treatment and management for headache, migraine, back, neck, joint, and arthritis pain as well as both orthopedic and neurological pain. *Referral Required*

### **Pain Management Consultants**

5924 Stoneridge Drive, #102  
Pleasanton, California 94588  
925-287-1256  
Fax: 925-287-0913

We take a comprehensive approach towards addressing your pain. We see all our own patients, providing you the care and service that you and your referring physician would want.

**Pleasanton Pain Clinic**

Hacienda Medical Building  
5924 Stoneridge Drive, Suite 206  
Pleasanton, CA 94588

925-469-9120

Together we will seek the answers you are looking for and help provide the pain relief you deserve. Our team attended the top training programs in the country, and their expertise allows them to lead our care team to diagnose the causation of your pain and create a customized treatment program for your condition. We believe strongly that the partnership we develop with you will help you get your life back.

**Fremont Pain Clinic**

39180 Farwell Drive, Suite 110  
Fremont, CA 94538  
925-469-9120

Together we will seek the answers you are looking for and help provide the pain relief you deserve. Our team attended the top training programs in the country, and their expertise allows them to lead our care team to diagnose the cause of your pain and create a customized treatment program for your condition. We believe strongly that the partnership we develop with you will help you get your life back.

**NMCI Clinic**

14000 E. 14th  
San Leandro, CA 94578  
510-276-5818  
[manager@nmciclinic.com](mailto:manager@nmciclinic.com)

NMCI Medical Clinic, Inc. is an Integrated, Multidisciplinary Practice with professionals in the areas of Pain Management, Internal Medicine, Psychiatry, Psychiatry, and Eastern Medicine.

## **San Mateo County**

**Pain Management Center**

San Mateo Medical Center  
222 West 39th Avenue  
Second Floor  
San Mateo, CA 94403  
650-573-3962

## NMCI Clinic

2171 Junipero Serra Blvd  
Suite 370, Daly City, CA 94014  
650-755-6400  
Fax: 650-422-6403  
[manager@nmciclinic.com](mailto:manager@nmciclinic.com)

NMCI Medical Clinic, Inc. is an Integrated, Multidisciplinary Practice with professionals in the areas of Pain Management, Internal Medicine, Psychiatry, Psychiatry, and Eastern Medicine.

## Alpha Omega Pain Medicine Association

1900 O'Farrell St  
San Mateo, CA  
650-645-1100

Together we examine what you have lost and what you want to get back in your life. We then help you reclaim your life through a program of integrated medication optimization, physical rehabilitation, and pain counseling sessions.

## Allied Pain Institute

14777 Los Gatos Blvd Ste 202  
Los Gatos, CA 95032-2059  
408-402-3483

At Allied Pain Institute, we deliver the most cutting-edge and evidence-based pain solutions available today. We provide comprehensive consultation and multi-faceted care for acute and chronic pain conditions arising from virtually any part of the human physical body.

## For Those In Pain

Pain Management Education and Support  
Health & Wellness Center  
749 Brewster Ave  
Redwood City, CA  
650-968-2323

Our Mission has a bi-focal nature: First, we are here to serve the community by delivering professional no & low cost pain management services toward the end of helping people to alleviate the difficult sensations, suffering, and disability associated with their experience of pain. Second, we are here to inspire, lead, and motivate others to do the same.

## Santa Clara County

### Pain Management Rehabilitation Program

Santa Clara Valley Medical Center  
Dept 25, 2nd Floor  
1263 E. Arques Ave.  
Sunnyvale, CA 94085  
408-530-2900

The Pain Intervention Services at Santa Clara Valley Medical Center sees a wide spectrum of referrals and treats a variety of chronic pain problems, from head to toe, in all ages.

### Bay Area Pain & Wellness Center

15047 Los Gatos Boulevard, Suite 200  
Los Gatos, California 95032  
408-364-6799

The Bay Area Pain and Wellness Center is a center of excellence providing comprehensive, integrated, interdisciplinary pathways of wellness where each individual challenged by pain and suffering can reach a goal of optimal physical and emotional health.

### NMCI Clinic

1871 Martin Avenue  
Santa Clara, CA 95050  
408-988-8581  
Fax: 408-988-8734  
[manager@nmciclinic.com](mailto:manager@nmciclinic.com)

NMCI Medical Clinic, Inc. is an Integrated, Multidisciplinary Practice with professionals in the areas of Pain Management, Internal Medicine, Psychiatry, Psychiatry, and Eastern Medicine.

### NMCI Clinic

1925 Alum Rock ave. Ste B  
San Jose, CA 95116  
408-923-0203  
Fax: 408-923-7018  
[manager@nmciclinic.com](mailto:manager@nmciclinic.com)

NMCI Medical Clinic, Inc. is an Integrated, Multidisciplinary Practice with professionals in the areas of Pain Management, Internal Medicine, Psychiatry, Psychiatry, and Eastern Medicine.

**Mind and Body Pain Clinic**

2516 Samaritan Drive, Suite M

San Jose, CA - 95124

Tel: (408) 356-5900

Fax:(408) 356-5902

[mindandbody1@verizon.net](mailto:mindandbody1@verizon.net)

At Mind and Body Pain Clinic we are committed to comprehensive evaluation and multimodality pain management treatment of various painful conditions.

Hospital pharmacies are found within the premises of a hospital. Community pharmacies consist of a retail storefront with a dispensary where medications are stored and dispensed. Pharmacists are healthcare professionals with specialized education and training who perform various roles to ensure optimal health outcomes for their patients through proper medication use.

*“Wherever the art of Medicine is loved, there is also a love of Humanity.” ~ Hippocrates*

**Walgreens Store Locator**

1-800-WALGREENS

<http://www.walgreens.com/>

**Rite Aid Store Locator**

1-800-RITEAID

<https://www.riteaid.com/>

**CVS Store Locator**

1-800-SHOP-CVS

<http://www.cvs.com/>

**Safeway Pharmacy Locator**

1-877-723-3929

<http://www.safeway.com/ShopStores/Pharmacy>

## Marin County

**Jacks Drug Store & Med Supply**

121 Tunstead Ave  
San Anselmo, CA 94960  
(415) 886-4964

**Elephant Pharmacy**

909 Grand Ave  
San Rafael, CA 94901  
(415) 462-6000

**Golden Gate Pharmacy**

1525 Francisco Blvd E Ste 2  
San Rafael, CA 9490  
(415) 455-5590

**Hahnemann Pharmacy**

1940 4th St  
San Rafael, CA 94901  
(415) 451-6978

**Homeopathic Pharmacy**

1940 4th St  
San Rafael, CA 94901  
(415) 451-6978

**Ross Valley Pharmacy**

2 Bon Air Rd Ste 130  
Larkspur, CA 94939  
(415) 924-2454

**West Marin Pharmacy**

11 4th Street  
Point Reyes Station, CA 94956  
(415) 663-1121

**Albertsons Sav On**

570 Magnolia Ave  
Larkspur, CA 94939-1343  
(415) 924-5405

**Longs Drug Stores**

1099 D St  
San Rafael, CA 94901-2829  
(415) 479-9070

**Med-Mart**

88 Rowland Way  
Novato, CA 94945-5042  
(708) 599-7339

**OptionCare**

1363 Lincoln Ave  
San Rafael, CA 94901-2128  
(415) 459-4756

**Sausalito Drug Store**

701 Bridgeway  
Sausalito, CA 94965-2140  
(415) 332-4000

**Tosco Corp**

250 Tiburon Blvd  
Belvedere Tiburon, CA 94920-2220  
(415) 380-9738

**Marin Medical Pharmacy**

750 Las Gallinas Ave Ste 104  
San Rafael, CA 94903  
(415) 479-1930

**Neumiller Infirmary Pharmacy**

1 Main St  
San Quentin, CA 94964  
(415) 454-1460

**Pharmacy Integrated Pharmacy**

230 E Blithedale Ave  
Mill Valley, CA 94941  
(415) 388-6354

## San Francisco County

**Ace Pharmacy**

2505 Noriega St  
San Francisco, CA 94122  
(415) 731-6624

**Reliable Rexall**

801 Irving @ 9th Ave  
San Francisco, CA 94122  
(415) 664-8800

**Castro Street Pharmacy**

4071 18th St  
San Francisco, CA 94114  
(415) 255-0516

**Four-Fifty Sutter Pharmacy**

450 Sutter St  
San Francisco, CA 94108  
(415) 392-4137

**New Oakland Pharmacy**

1333 9th Ave  
San Francisco, CA 94122  
(510) 628-0364

**Joe's Pharmacy**

5199 Geary Blvd  
San Francisco, CA 94118  
(415) 751-2326

**Central Drug Store**

4494 Mission St  
San Francisco, CA 94112  
(415) 585-0111

**Golden Gate Pharmacy**

1844 Noriega St  
San Francisco, CA 94122  
(415) 661-0790

**Charlie's Pharmacy**

1101 Fillmore St  
San Francisco, CA 94115  
(415) 567-0771

**Chinatown Medical Pharmacy**

823 Jackson St  
San Francisco, CA 94133  
(415) 397-7300

**Red Square Pharmacy**

442 Clement St  
San Francisco, CA 94118  
(415) 346-2663

**Torgsyn Discount Pharmacy Inc**

5614 Geary Blvd  
San Francisco, CA 94121  
(415) 752-3737

**Clement Pharmacy**

1922 Clement St  
San Francisco, CA 94121  
(415) 387-3000

**B & B Pharmacy**

2655 Balboa St  
San Francisco, CA 94121  
(415) 221-0902

**Parnassus Heights Pharmacy**

350 Parnassus Ave  
San Francisco, CA 94117  
(415) 564-9191

**Koshland Pharmacy**

301 Folsom St., Suite B  
San Francisco, CA 94105  
(415) 344-0600

**Pharmacis Integrative Pharmacy**

925 Cole St  
San Francisco, CA 94117  
(415) 661-1216

**Daniels Pharmacy**

943 Geneva Ave  
San Francisco, CA 94112  
(415) 584-2210

**Mai-Tram Pharmacy**

790 Van Ness Ave  
San Francisco, CA 94102  
(415) 441-2672

**Bay Drug**

281 Turk St  
San Francisco, CA 94102  
(415) 400-5999

**Los Portales Pharmacy**

2480 Mission Street  
San Francisco, CA 94110  
(415) 826-3484

**Mom's Pharmacy**

4071 18th St  
San Francisco, CA 94114  
(415) 255-2720

**Clay Medical Pharmacy**

929 Clay St  
San Francisco, CA 94108  
(415) 956-5456

**St Mary Prescription Pharmacy**

2166 Hayes St  
San Francisco, CA 94117  
(415) 387-3231

**Broemmel-Keck's Pharmacy**

801 Irving St  
San Francisco, CA 94122  
(415) 421-1895

**Reliable Pharmacy**

801 Irving St  
San Francisco, CA 94122  
(415) 421-1895

**Visitacion Valley Pharmacy**

100 Leland Ave  
San Francisco, CA 94134  
(415) 239-5811

**Rx Unlimited Pharmacy**

901 Castro St  
San Francisco, CA 94114  
(415) 695-0175

**Ellis Pharmacy**

484 Ellis St  
San Francisco, CA 94102  
(415) 441-1016

**Franklin Pharmacy**

1508 Franklin  
St San Francisco, CA 94109  
(415) 775-3917

**Farmacia Internacional**

2481 Mission St  
San Francisco, CA 94110  
(415) 824-7715

**New Sutter Professional Pharmacy**

2300 Sutter St  
San Francisco, CA 94115  
(415) 567-3223

<b>Post Divisadero Medical Pharmacy</b> 2299 Post St San Francisco, CA 94115 (415) 346-2663	<b>Farmacia Remedios</b> 2400 Mission St San Francisco, CA 94110 (415) 643-6605
<b>Greenhouse Pharmacy</b> 1516 Noriega St San Francisco, CA 94122 (415) 665-7775	<b>Community Pharmacy</b> 2462 Mission St San Francisco, CA 94110 (415) 648-0815
<b>A-G Pharmacy</b> 3636 Cesar Chavez San Francisco, CA 94110 (415) 647-3757	<b>Wellman's Pharmacy</b> 1053 Stockton St San Francisco, CA 94108 (415) 362-3622
<b>Drug Users Union</b> 149 Turk St San Francisco, CA 94102 (415) 821-0420	<b>Wellman's Pharmacy</b> 728 Pacific Ave San Francisco, CA 94133 (415) 788-8882
<b>Mai-Tram Pharmacy</b> 512 Ellis St San Francisco, CA 94109 (415) 441-2672	<b>Medithrive</b> 1933 Mission St San Francisco, CA 94103 (415) 556-2000
<b>Thousand Cranes Pharmacy</b> 1832 Buchanan St San Francisco, CA 94115 (415) 409-4357	<b>Allure Mobility &amp; Medical Supply</b> 851 Van Ness Ave San Francisco, CA 94109 (415) 447-0000
<b>ScriptSite Pharmacy</b> 490 Post St San Francisco, CA 94102 (415) 800-8060	<b>Union Street Apothecary</b> 1764 Union St San Francisco, CA 94123 (415) 771-1207
<b>Keck's-Broemmel Pharmacy</b> 490 Post St San Francisco, CA 94102 (415) 421-1895	<b>N &amp; A Medical Supply</b> 5427 Geary Blvd San Francisco, CA 94121 (415) 752-8040

## Contra Costa County

**Canada Drug Center**

Serving the San Francisco Area.  
(866) 233-5046

**Canada Drug Center**

Serving the San Francisco Area.  
(877) 534-4168

**Canada Drug Center**

Serving the San Francisco Area.  
(888) 303-4107

**Monteagle Medical Center****Pharmacy**

Serving the San Francisco Area.  
(415) 641-6550

**ScriptWorks**

480 N Wiget Ln  
Walnut Creek, CA 94598  
(925) 934-4400

**Oak Grove Pharmacy**

785 Oak Grove Rd  
Concord, CA 94518  
(925) 681-1823

**Villasenor Cmc Consulting**

325 N Wiget Ln  
Walnut Creek, CA 94598  
(925) 768-8082

**Muir Specialty Pharmacy**

1479 Ygnacio Valley Rd  
Walnut Creek, CA 94598  
(925) 954-7505

**City Center Pharmacy**

1270 E Leland Rd, Suite 102  
Pittsburg, CA 94565  
(925) 432-9770

**Rossmoor Pharmacy**

1220 Rossmoor Pkwy  
Walnut Creek, CA 94595  
(925) 988-7510

**Advance Medical Pharmacy**

112 La Casa Via Suite 100  
Walnut Creek, CA 94598  
(925) 939-6311

**Solano Pharmacy**

2172 Solano WayConcord, CA 94520  
(925) 332-5139

**Alameda County**

**Ridgecrest Pharmacy**  
1844 San Miguel Dr  
Walnut Creek, CA 94596  
(925) 937-6800

**Ota, Douglas M**  
1460 Maria Ln  
Walnut Creek, CA 94596  
(925) 295-7314

**Sycamore Medical Pharmacy**  
2485 High School Ave # 114  
Concord, CA 94520  
(925) 682-5600

**Elephant Pharmacy**  
1388 S California Blvd  
Walnut Creek, CA 94596  
(925) 658-5300

**City Center Pharmacy Brentwood**  
50 Eagle Rock Way Suite  
CBrentwood, CA 94513  
(925) 240-9777

**Custom Care**  
18080 San Ramon Valley Blvd  
San Ramon, CA 94583  
(925) 962-5303

**Custom Care**  
124 Market Pl  
San Ramon, CA 94583  
(925) 830-0555

**Contra Costa County Residential  
Recovery-Detoxification Services**  
4645 Pacheco Blvd  
Martinez, CA 94553  
(925) 646-9270

**Stoneridge Professional Pharmacy**  
5720 Stoneridge Mall Rd  
Pleasanton, CA 94588  
(925) 463-2248

**Pleasanton Custom Care Pharmacy**  
4271 1st St  
Pleasanton, CA 94566  
(925) 846-4455

**Medicap Pharmacy**  
1989 Santa Rita Rd Ste F  
Pleasanton, CA 94566  
(925) 485-4230

**Curascript**  
5653 Stoneridge Dr # 109  
Pleasanton, CA 94588  
(925) 251-0218

**Premier Pharmacy**  
6543 Regional St  
Dublin, CA 94568  
(925) 556-9680

**Haller's Pharmacy & Medical Supply**  
37323 Fremont Blvd  
Fremont, CA 94536  
(510) 648-3072

**Mowry Medical Pharmacy**  
1999 Mowry Ave Suite 2A  
Fremont, CA 94538  
(510) 793-5011

**Pharmerica**  
32980 Alvarado Niles Rd  
Union City, CA 94587  
(510) 475-6042

**Tree Of Life**  
33 E Airway Blvd  
Livermore, CA 94551  
(925) 344-7240

**Payless Drugs No 4064**  
968 Murrieta Blvd  
Livermore, CA 94550  
(925) 449-9811

**Custom Care**  
124 Market Pl  
San Ramon, CA 94583  
(925) 830-0555

**Medicine Shoppe**  
3024 Pacific Ave  
Livermore, CA 94550  
(925) 443-8088

**Mission Valley Pharmacy Tech**  
39825 Paseo Padre Pkwy  
Fremont, CA 94538  
(510) 573-0888

**Pleasant Care Pharmacy**  
1652 B St.  
Hayward, CA 94541  
(510) 200-9984

**Mowry Plaza Pharmacy**  
668 Mowry Ave  
Fremont, CA 94536  
(510) 745-9900

**Hayward Pharmacy**  
27212 Calaroga Ave  
Hayward, CA 94545  
(510) 783-5532

**Medical Arts Pharmacy**  
13847 E 14th St  
San Leandro, CA 94578  
(510) 357-1881

**Mission Pharmacy**  
22331 Mission Blvd  
Hayward, CA 94541  
(510) 581-6986

**Ted's Drugs**  
27453 Hesperian Blvd  
Hayward, CA 94545  
(510) 782-6494

**Omnicare Pharmacy**  
2150 W Winton Ave  
Hayward, CA 94545  
(510) 265-0300

**SNP Pharmacy**  
21150 Cabot Blvd  
Hayward, CA 94545  
(510) 940-1300

**Kraski's Nutrition Food Shop**  
22475 Foothill Blvd  
Hayward, CA 94541  
(510) 581-2608

**Newark Haller's Pharmacy**  
6170 Thornton Ave  
Newark, CA 94560  
(510) 797-4333

**Central Admixture Pharmacy Services Inc**  
48006 Fremont Blvd  
Fremont, CA 94538  
(510) 498-8222

**Bionovo Inc**  
24570 Clawiter Rd  
Hayward, CA 94545  
(510) 300-2533

**Sunscript Pharmacy**  
2150 W Winton Ave  
Hayward, CA 94545  
(510) 265-0300

**Hayward Pharmacy**  
27212 Calaroga Ave  
Hayward, CA 94545  
(510) 783-5532

**Skilled Nursing Pharmacy**  
21150 Cabot Blvd  
Hayward, CA 94545  
(510) 264-1278

**Lucky Pharmacy**  
32300 Dyer St  
Union City, CA 94587  
(510) 441-9393

**Tri City Pharmacy**  
1132 Cadillac Ct  
Milpitas, CA 95035  
(408) 935-9120

**Get Well Pharmacy**  
699 E 14th St  
San Leandro, CA 94577  
(510) 969-8801

**Continental Hearing Aid Center**  
4321 Piedmont Ave  
Oakland, CA 94611  
(510) 652-0405

**Nob Hill Foods**  
919 E Stanley Blvd  
Livermore, CA 94550  
(925) 443-9500

**Ross Organic**  
44388 S Grimmer Blvd  
Fremont, CA 94538  
(510) 656-5620

**Farm Fresh Food & Pharmacy**  
15015 Wicks Blvd  
San Leandro, CA 94577  
(510) 614-8326

**Nob Hill Foods**  
401 Jacklin Rd  
Milpitas, CA 95035  
(408) 263-7050

## San Mateo County

**California Hearing Center**

88 N San Mateo Dr  
San Mateo, CA 94401  
(650) 342-9449

**Jefferson Plaza Pharmacy**

3137 Jefferson Ave  
Redwood City, CA 94062  
(650) 366-3784

**Pharmacis Integrative Pharmacy**

871 Santa Cruz Ave  
Menlo Park, CA 94025  
(650) 618-6300

**Menlo Park Pharmacy**

1581 Hawes Ct  
Redwood City, CA 94061  
(650) 322-1888

**Anchor Drugs Pharmacy**

730 Woodside Rd  
Redwood City, CA 94061  
(650) 649-3500

**Nuleaf Compounding Pharmacy**

441 El Camino Real  
Menlo Park, CA 94025  
(650) 485-2142

**Medical Plaza Pharmacy**

211 Quarry Rd  
Palo Alto, CA 94304  
(650) 326-2300

**Tesorx Pharma**

900 Willow Rd  
Menlo Park, CA 94025  
(650) 561-3330

**Reyles, Rachelle R**

222 W 39th Ave  
San Mateo, CA 94403  
(650) 573-2222

**Mariner Advanced Pharmacy Corp**

1289 E Hillsdale Blvd # 6  
Foster City, CA 94404  
(650) 312-1342

**Medical Plaza Pharmacy**

1101 Welch Rd  
Palo Alto, CA 94304  
(650) 326-2300

**Baneth's Pharmacy**

900 Willow Rd  
Menlo Park, CA 94025  
(650) 326-8400

**Nilagros De Mexico**

730 Woodside Rd  
Redwood City, CA 94061  
(650) 361-9900

**Bershire Pharmacy**

11 Berkshire Ave  
Redwood City, CA 94063  
(650) 216-9800

**Ted's Village Pharmacy**

29 W 25th Ave  
San Mateo, CA 94403  
(650) 349-1373

**Ellis Pharmacy**

722 Widgeon St  
Foster City, CA 94404  
(650) 393-5677

**Broadway Pharmacy**

1300 Broadway  
Burlingame, CA 94010  
(650) 343-3652

**Maximart Pharmacy**

240 Cambridge Ave  
Palo Alto, CA 94306  
(650) 327-3922

**OncoSource RX**

4083 Transport St  
Palo Alto, CA 94303  
(650) 852-9115

**PMC Pharmacy**

843 Malcolm Rd  
Burlingame, CA 94010  
(650) 755-4567

**TH Inc**

350 2nd St  
Los Altos, CA 94022  
(650) 559-7340

**Gregory's Blossom Valley**

11040 Eastbrook Ave  
Los Altos, CA 94024  
(650) 941-6686

**Seventeen Fifty Medical**

1750 El Camino Real  
Burlingame, CA 94010  
(650) 692-1686

**Fuente De Vida Y Salud**

523 Linden Ave  
South San Francisco, CA 94080  
(650) 225-9048

**Choicecare Pharmacy**

90 S Spruce Ave  
South San Francisco, CA 94080  
(650) 872-2261

**Anesiva**

650 Gateway Blvd  
South San Francisco, CA 94080  
(650) 246-6800

**Choicecare Pharmacy**

90 S Spruce Ave  
South San Francisco, CA 94080  
(650) 872-2261

**Drew Center Pharmacy**

2111 University Ave East  
Palo Alto, CA 94303  
(650) 321-1449

**Reliable Medsystems**

2688 Middlefield Rd  
Redwood City, CA 94063  
(650) 298-9205

**Nile Therapeutics Inc**

4 W 4th Ave Ste 400  
San Mateo, CA 94402  
(650) 458-2688

**Map Pharmaceuticals Inc.**

2450 Bayshore Pkwy  
Mountain View, CA 94043  
(650) 625-8790

**Anchor Pharmacy Compounding Specialist**

161 S Spruce Ave  
South San Francisco, CA 94080  
(650) 360-5300

## Santa Clara County

**Friendly Pharmacy One**

485 Lewis Rd Ste D  
San Jose, CA 95111  
(408) 226-0200

**Senter Pharmacy**

2643 Senter Rd  
San Jose, CA 95111  
(408) 287-4899

**Blossom Hill Pharmacy**

393 Blossom Hill Rd San Jose, CA  
95123  
(408) 224-8169

**Bay Pharmacy**

1661 Burdette Dr Suite Ab  
San Jose, CA 95121  
(408) 223-0180

**South Valley Pharmacy**

5591 Snell Ave  
San Jose, CA 95123  
(408) 360-0503

**Aborn Pharmacy**

2060 Aborn Rd  
San Jose, CA 95121  
(408) 531-1899

**Homechoice Pharmacy Inc**

1009 Blossom River Way  
San Jose, CA 95123  
(408) 445-3315

**Friendly #2 Pharmacy**

639 Tully Rd Suite A  
San Jose, CA 95111  
(408) 279-8188

**Lexann Pharmacy Inc**

1569 Lexann Ave  
San Jose, CA 95121  
(408) 528-9079

**Evergreen Pharmacy**

2690 S White Rd  
San Jose, CA 95148  
(408) 270-0670

**Chau Pharmacy**

2559 S King Rd  
San Jose, CA 95122  
(408) 532-1490

**Prescription Headquarters**

1340 Tully Rd  
San Jose, CA 95122  
(408) 277-0160

**Linda Rx Pharmacy**

1569 Lexann Ave # 130  
San Jose, CA 95121  
(408) 270-2828

**Tully Clinic Pharmacy**

1693 Flanigan Dr  
San Jose, CA 95121  
(408) 274-6698

**Capitol Pharmacy**

2114 Senter Rd  
San Jose, CA 95112  
(408) 298-1385

**Caribbee Pharmacy**

2887 Senter Rd Suite 101  
San Jose, CA 95111  
(408) 629-0106

**Tropicana Drugs**

1167 S King Rd  
San Jose, CA 95122  
(408) 251-6441

**Leiter's Cambrian Park Drugs**

1700 Park Ave Suite 30  
San Jose, CA 95126  
(408) 292-6772

**Bay Pharmacy**

200 Jose Figueres Ave Suite 235  
San Jose, CA 95116  
(408) 254-8884

**McKee Medical Pharmacy**

2350 McKee Rd Suite A3  
San Jose, CA 95116  
(408) 923-8871

**Savco Pharmacy**

455 OConnor Dr Suite 190  
San Jose, CA 95128  
(408) 298-6190

**Alum Rock Pharmacy**

1855 Alum Rock Ave  
San Jose, CA 95116  
(408) 254-1551

**Med-Place Pharmacy**

2101 Forest Ave, Ste 122  
San Jose, CA 95128  
(408) 564-6785

**Santa Clara Drug**

2453 Forest Ave  
San Jose, CA 95128  
(408) 296-5015

**Los Alamitos Pharmacy**

115 N Jackson Ave Suite 103  
San Jose, CA 95116  
(408) 259-1000

**Milagros De Mexico**

996 S King Rd  
San Jose, CA 95116  
(408) 251-5300

**Farmacia Remedios**

996 S King Rd  
San Jose, CA 95116  
(408) 251-5300

**Creekside Pharmacy**

1863 Alum Rock Ave  
San Jose, CA 95116  
(408) 929-6029

**King Pharmacy & Dme**

2323 Montpelier Dr  
San Jose, CA 95116  
(408) 347-0193

**San Miguel, Tony**

3457 McKee Rd  
San Jose, CA 95127  
(408) 937-6032

**Le Pharmacy**

392 E Santa Clara St  
San Jose, CA 95113  
(408) 297-2421

**Icare Pharmacy**

1727 Berryessa Rd  
San Jose, CA 95133  
(408) 926-7691

**Forest Avenue Pharmacy**

2039 Forest Ave  
San Jose, CA 95128  
(408) 295-8100

**Sorci Healthcare Pharmacy**

15714 Los Gatos Blvd Suite A  
Los Gatos, CA 95032  
(408) 356-4747

**Garcia Pharmacy**

25 N 14th St Suite 110  
San Jose, CA 95112  
(408) 294-3219

**Prudential Pharmacy**

777 East Wheatland Boulevard, #1  
San Jose, CA 95116  
(972) 709-4500

**MEDEX Drugs**

405 E Santa Clara St  
San Jose, CA 95113  
(408) 292-8244

**Ins-Visa**

917 Oakland Rd  
San Jose, CA 95112  
(408) 687-2878

**The Compounding Shop**

2453 Forest Ave  
San Jose, CA 95128  
(408) 296-5015

**Silicon Valley Pharmacy**

14107 Winchester Blvd  
Los Gatos, CA 95032  
(408) 378-5381

**Bascom Pharmacy**

105 N Bascom Ave Suite 101  
San Jose, CA 95128  
(408) 995-6020

**Kings Pharmacy**

1695 Alum Rock Ave  
San Jose, CA 95116  
(408) 347-0193

**DO Rx Pharmacy**

12 S 14th St  
San Jose, CA 95112  
(408) 294-7022

**Longs Drugs**

750 Blossom Hill Rd  
Los Gatos, CA 95032  
(408) 356-3464

**Nam Pharmacy**

804 E Julian St  
San Jose, CA 95112  
(408) 295-6111

**Song Pharmacy**

1090 Kiely Blvd  
Santa Clara, CA 95051  
(408) 248-7842

**Han's Pharmacy**

3423 El Camino Real  
Santa Clara, CA 95051  
(408) 247-7450

**Pharmacis Integrative Pharmacy**

54 N Santa Cruz Ave  
Los Gatos, CA 95030  
(408) 395-1231

**Maximart Pharmacy**

240 Cambridge Ave  
Palo Alto, CA 94306  
(650) 327-3922

**Lauden Integrative Pharmacy**

1820 41st Ave  
Capitola, CA 95010  
(831) 462-9880

**Yakult USA Inc**

1150 Hillsdale Ave  
San Jose, CA 95118  
(408) 979-9995

**Mega Drugs**

696 E Santa Clara St  
San Jose, CA 95112  
(408) 283-9518

**Protandim**

101 W Santa Clara St  
San Jose, CA 95113  
(408) 209-2561

**Sav-Co Drugs**

621 E Campbell Ave  
Campbell, CA 95008  
(408) 378-2363

**Samaritan Medical Center****Pharmacy**

2505 Samaritan Dr  
San Jose, CA 95124  
(408) 356-7111

**Jackson Medical Pharmacy**

266 N Jackson Ave  
San Jose, CA 95116  
(408) 851-8122

You may need to rely on public transportation to get to a doctors appointment, grocery store, pharmacy, etc. To learn about Bay Area traffic, transit, rideshare, and bicycling information see the services listed below.

*“The journey is the destination” ~Unknown*

## **Marin County**

### **JFCS RIDES Transportation Service**

600 Fifth Ave  
San Rafael, CA 94901  
415-507-0564

[info@SeniorsAtHome.org](mailto:info@SeniorsAtHome.org)

Provides seniors, as well as people with disabilities, transportation to medical and dental appointments, the grocery store, the pharmacy, and other critical errands.

### **Whistlestop ADA Paratransit**

930 Tamalpais Avenue  
San Rafael, CA 94901  
415-456-9062  
Fax 415-456-1008

ADA Paratransit is transportation for persons, who because of a physical or mental condition are unable to ride public fixed-route transportation such as the local and regional public bus system.

### **Star Program**

930 Tamalpais Avenue  
San Rafael, CA 94901  
415-454-0902  
Fax 415-456-1008

The STAR Program provides a free transportation reimbursement for older adults and people with disabilities living in Marin County.

### **West Marin Senior Services- TRIPtrans**

11435 State Route One, P.O. Box 791  
Point Reyes Station, CA 94956  
415-666-8143 ext. 114  
General inquiries 415-663-8231

Volunteer driver program where seniors find their own drivers and we reimburse the mileage expenses. Arrangements for travel are made between the seniors and their own volunteer drivers.

**Marin Catch-A-Ride**

711 Grand Ave #110  
San Rafael, CA 94901  
435-473-2943

General inquires: 415-226-0855

Residents who are age 80 and older as well as residents 60 and older who no longer drive and residents eligible for paratransit service to receive a subsidy to ride on Taxis and other licensed vehicles within Marin County.

**Novato Dial A Ride**

711 Grand Ave #110  
San Rafael, CA 94901  
415-892-7899

General inquires: 415-226-0855

Designed to fill gaps in Novato's local transit service and provide additional service. You can use the dial-a-ride service to make a complete trip within Novato or connect to fixed route transit service for travel outside of Novato.

**Novato Health Express**

415-457-1392

Free service sponsored by Sutter Hospital for older adults and the disabled in Novato that brings individuals to Sutter-Affiliated doctors in the Novato and Terra Linda areas.

## **San Francisco County**

**San Francisco Access**

68 12th street, 1st Floor  
San Francisco, CA 94103  
415-315-7000

sparatransit@veoliatransdev.com

SF Access is a pre-scheduled, ADA-compliant van service providing door-to-door transportation. Additionally, it is a shared-ride service. You must make reservations from one to seven days before the day of your trip, and service is provided within one hour of your requested pick-up time.

**Golden Gate Transit**

P.O. Box 9000, Presidio Station  
San Francisco, CA 94129  
415-921-5858  
415-456-9062

Transit cards which entitle the holder to a half-price fare are issued at the Whistlestop for those 65 and over, with a certified disability.

## **Paratransit Taxi & Ramp Taxi**

68 12th street, 1st Floor  
San Francisco, CA 94103  
415-315-7000

sparatransit@veoliatransdev.com

Paratransit Taxi utilizes the general public, curb-to-curb taxi and ramp taxi services. This is not an ADA service, but many riders find that it better meets their transportation needs. The program works by using a government sponsored debt card. For every \$5 you pay into your debit card account or "reserve balance", SF Paratransit will add \$30 of "value" to your debit card on the effective date of your monthly purchase, up to the maximum authorized by your monthly allotment.

## **Shop-a-Round**

68 12th street, 1st Floor  
San Francisco, CA 94103  
415-315-7000

sparatransit@veoliatransdev.com

A convenient, low-cost shuttle that makes it easier to go grocery shopping. The service offers registered seniors and people with disabilities personalized assistance that is not available on Muni. A customer does not have to be ADA paratransit eligible to use the service. The service takes a number of customers to the store or market in San Francisco where they want to shop. The driver will help carry groceries on and off the shuttle.

# **Contra Costa County**

## **Rides for Seniors**

1035A Carol Lane  
Lafayette, CA 94549  
925-284-2207  
office@seniorhelpline.net

Senior Helpline Services began offering to our ambulatory otherwise home-bound senior residents of Contra Costa County, free one-on-one, door-through-door rides provided by volunteer drivers. These rides are primarily for the purpose of obtaining medical care, groceries, and other basic necessities.

## **Antioch Senior Bus Program**

925-754-1080

Provides door-to-door paratransit for residents of Antioch City. Apply at the antioch senior center, those eligible must be age 60 years or older, or disabled Antioch residents with ADA paratransit eligibility.

**Easy Ride Paratransit Service (ERPS)**

510-559-7677

The Senior Services Division is committed to providing seniors 65 and disabled residents 18 years and older with a quality transportation service. Easy Ride is a transportation service to help El Cerrito senior citizens and disabled residents perform daily activities within the City of El Cerrito.

**County Connection LINK**

925-676-6500

The LINK is County Connection's paratransit service that operates in the same area of Central Contra Costa County as County Connection's buses. The LINK provides ADA transportation for people who are unable to use the County Connection's fixed-route bus service because of a disability or a disabling health condition.

**East Bay Paratransit Consortium**

510-287-5000

800-555-8085

East Bay Paratransit is sponsored by AC Transit and BART to meet the requirements of the ADA. Service is available in the same area of Western Contra Costa County where BART and AC Transit operate. Service is also available to and from points in Alameda County and San Francisco.

**Tri Delta Transit's Dial-A-Ride**

925-754-6622

Dial-A-Ride is Tri Delta Transit's paratransit service that operates in the same area of Eastern Contra Costa County as Tri Delta Transit's buses. There are two categories of service: ADA Eligible and Non-ADA Eligible. This service is both available to seniors, 65 years older, or individuals with disabilities.

**WestCAT Dial-A-Ride**

510-724-7993

Dial-A-Ride is WestCAT's paratransit service that operates in the same area of Western Contra Costa County as WestCAT's buses. Dial-A-Ride service has two components: The Americans with Disabilities Act (ADA) service, for disabled individuals who are certified under ADA, and the Dial-A-Ride service, which WestCAT makes available to seniors aged 65+ in the service area regardless of their ADA status. In addition, in the areas of Rodeo and Crockett where the topography and the configuration of the streets makes it difficult for large buses to operate, the general public is eligible to use Dial-A Ride service within the WestCAT service area.

## **Alameda County**

### **East Bay Paratransit Consortium**

510-287-5000

800-555-8085

East Bay Paratransit is sponsored by AC Transit and BART to meet the requirements of the ADA. Service is available in the same area of Western Contra Costa County where BART and AC Transit operate. Service is also available to and from points in Alameda County and San Francisco.

### **Wheels Dial-A-Ride**

1362 Rutan Court, Suite 100

Livermore, CA 94551

925-455-7510

Wheels Dial-A-Ride provides ADA paratransit services for the Livermore-Dublin-Pleasanton area. The program is available to individuals in Livermore, Dublin, and Pleasanton who because of their disability or health-related condition (1) cannot independently board, ride and/or disembark from an accessible transit bus or (2) cannot get to or from a boarding or disembarking location.

### **Alameda Premium Taxi Service**

1155 Santa Clara Ave

Alameda, CA 94501

510-747-7513

Taxi services (not limited to medical trips) at 50% discount for eligible residents. Premium Taxi Service provides a 50 percent discount for taxi rides with a City of Alameda transportation provider. The service is not limited to medical trips. Eligible riders must purchase the required discount coupons in advance. Nevertheless, to make the program fair to all users, you may purchase a maximum number of ten coupons per quarter (every 3 months).

### **Berkeley Paratransit**

1901 Hearst Ave

Berkeley, CA 94704

510-981-7269

Berkeley Paratransit Services provides additional transportation support for seniors and people with disabilities. Berkeley Paratransit Services (BPS) assists persons with disabilities and those 70 years of age or over by providing four programs that enhance their access to different transportation services. The Berkeley Paratransit Services office is located at the North Berkeley Senior Center.

**Emeryville Senior Center Taxi Voucher Program**

4321 Salem Street  
Emeryville, Ca 94608  
510-596-3730

The Emeryville Senior Center provides taxi rides and operates special day trips for eligible residents. The Center also provides subsidized paratransit tickets for income eligible residents. Members will be reimbursed for 90% of their taxi rides every three (3) months, up to \$80.00 in actual taxi fares purchased (e.g. a recipient will receive up to a \$72.00 reimbursement check for up to \$80.00 worth of taxi rides every three months).

**City of Fremont Paratransit**

3300 Capitol Ave, Building B  
Fremont, CA 94537  
510-574-2053

The City of Fremont Paratransit program provides door-to-door transportation for Fremont residents over the age of 80, Newark residents over the age of 70 and Fremont/Newark residents with disabilities or health conditions who are unable to ride public transit.

**San Mateo County****Get Up & Go Transportation Service**

800 Foster City Boulevard  
Foster City, CA 94404  
650-378-2750

This service is provided through the Peninsula Jewish Community Center for older adults no longer driving. It is available on Mondays, Tuesdays, and Fridays, for medical, shopping, and personal appointments in San Mateo County. Buses and drivers are provided by Peninsula Jewish Community Center. This service is available to the general older adult population- no religious affiliation or PJCC membership required.

**Friends in Service to Humanity (FISH)**

1 Davis Drive  
Belmont, CA 94002  
650-570-6002

FISH is volunteer transportation assistance for medical appointments. Rides are given for medical, dental, or physical therapy appointments. Passengers must have no other way to get to their appointment and be unable to ride public transportation. The passengers must also be ambulatory as they are driven in private vehicles by the volunteer.

## **San Mateo County Aging & Adult Services**

225 37h Ave  
San Mateo, CA 94403  
650-573-3527

The San Mateo County Aging & Adult Services Department transports clients in County-owned and operated vehicles. The Dept. also provides taxi vouchers and bus passes for health services.

## **SamTrans Paratransit**

1-800-660-4287

Paratransit is for persons with disabilities who cannot independently use regular SamTrans bus service some of the time or all of the time. The San Mateo County Transit District provides paratransit using Redi-Wheels on the bayside of the county and RediCoast on the coastside. Trips must be prearranged.

## **Santa Clara County**

### **Outreach Paratransit**

926 Rock Ave, Suite 10  
San Jose, CA 95131  
Information: 408-436-2865  
Reservations: 408-436-4860

OUTREACH paratransit is based on a reservation system with clients making reservations for trips 1 day to 3 days in advance. Service is provided with sedans or accessible vans. OUTREACH contracts transportation service out to multiple service providers. Riders must apply through OUTREACH to obtain eligibility for paratransit services.

### **CARE Trans**

408-954-8812  
caretrans1917@att.net  
CARE Trans provides wheelchair-accessible, non-emergency medical transportation to residents in the South Bay Area (particularly San Jose). They are an approved Medi-Cal provider and also accept private pay.

### **One-Stop MedEx**

408-907-5629  
One-Stop MedEx strives to provide safe, dependable and affordable non-emergent transport services for nursing homes, Hospitals, Individuals and workers' compensation claimants throughout Northern California. Providing ambulatory, wheelchair and stretcher services, One-Stop MedEx is a all-inclusive resource for Patient Care Coordinators, Social Workers, Adjusters, Discharge Planners and Case Managers.

Home Health care is a wide range of health care services that can be given in your home for an illness or injury. Home health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility (SNF). The goal of home health care is to treat an illness or injury. Home health care helps you get better, regain your independence, and become as self-sufficient as possible.

- If you get your Medicare benefits through a Medicare health plan, check with your plan to find out how it gives your Medicare-covered home health benefits.
- If you have a Medicare Supplement Insurance (Medigap) policy or other health insurance coverage, tell your doctor or other health care provider so your bills get paid correctly.
- If your doctor or referring health care provider decides you need home health care, they should give you a list of agencies that serve your area, but must tell you whether their organization has a financial interest in any agency listed.

*“One person caring for another represents life’s greatest value.”*  
~Rohn



## **Marin County**

### **Loving Care to You**

7 Mt Lassen Drive, Suite D-116  
San Rafael, CA 94903  
415-499-5100

### **Sutter Visting Nurse Association**

100 Rowland Way, Suite 215  
Novato, CA 94945  
415-209-7700  
[suttercareathome@sutterhealth.org](mailto:suttercareathome@sutterhealth.org)

Home health care makes it possible for patients to receive quality, highly personalized care in the comfort of home. Our visiting nurses, physical, speech and occupational therapists, medical social workers, dietitians, and other health care professionals work closely with physicians to deliver exceptional, comprehensive home care.

### **Kaiser Foundation Hospital Home Health-Novato**

7200 Redwood Boulevard, Suite 200  
Novato, CA 94945  
415-893-4132

Home care allows your elderly parent to stay in their home and receive medical care for a health condition or assistance with daily tasks.

### **Our Lady of Peace**

100 Medical Plaza Circle, Suite 112  
Novato, CA 94948  
415-899-1050

## **San Francisco County**

### **Truemed, Inc.**

400 Oyster Point boulevard, Suite 201  
South San Francisco, CA 94080  
1-650-588-8331

At TrueMed, our highly skilled team of registered nurses, therapists and home health aides are dedicated to making your home care as thorough and convenient as possible. Our nursing professionals can provide exceptional clinical care in any setting. Every skilled member is fully licensed, bonded and insured.

**Sutter Visiting Nurse Association and Hospice**

1625 Van Ness Ave, 4th Floor  
San Francisco, CA 94109  
415-600-0400

Home health care makes it possible for patients to receive quality, highly personalized care in the comfort of home. Our visiting nurses, physical, speech and occupational therapists, medical social workers, dietitians, and other health care professionals work closely with physicians to deliver exceptional, comprehensive home care

**North California Home Health Care**

22 Battery Street, Suite 425  
San Francisco, CA 94111  
415-434-2273  
[homecare@nchhc.com](mailto:homecare@nchhc.com)

Proudly serving San Francisco and the surrounding Bay Area, North Cal Home Health Care provides innovative, high-quality, home health care services to homebound individuals, in need of skilled nursing, rehabilitative, and supportive therapies, in the comfort of their own homes.

**Self-help Home Care & Hospice**

407 Sansome Street, Suite 300  
San Francisco, CA 94111  
415-982-9171

The mission of our HomeCare program is to provide quality home health services, information and education to the community, to assist the patients and their family in optimizing their quality of life, and to advocate for the mono and bilingual patient, and their families, to access health care services. Self-Help for the Elderly's HomeCare service is a state-licensed, Medicare-certified home health agency specializing in meeting the unique home health needs of the culturally diverse population in San Francisco and Northern San Mateo County.

**Crossroads Home Health Care & Hospice**

1109 Vincente Street, Suite 103  
San Francisco, CA 94116  
415-682-2111  
[asad@crhospice.com](mailto:asad@crhospice.com)

## **Health Link Home Health Agency**

723 Taraval Street, Suite B

San Francisco, CA 94116

415-664-5500

Health Link's priority is sustaining and enhancing the patients' quality of life. Our goal is to provide you with the care, education, and support needed to maintain independence in your own home. Health Link coordinates with the patients physician to determine a program that would be suitable with a team that consists of skilled nurses, physical and occupation therapists, and certified home health aides.

## **Bay Area Care Team**

2505 Taraval Street

San Francisco, CA 94116

415-753-0275

Fax: 415-753-0262

Providing care for a sick individual can be a challenging experience for both the patient and their loved ones. Medical care in the home setting can also be a part of those challenges. The Bay Area Care Team's experienced staff is well versed in effective treatment, management, and communication of a patient's needs to their physicians and their family members. This personalized approach makes receiving home health care services easier. Our approach helps improve quality of life for the patient and their loved ones.

## **InCare Home Health Services**

2675 Geary Boulevard #500

San Francisco, CA 94118

415-673-8989

[Office@incaresf.com](mailto:Office@incaresf.com)

Offers comprehensive disease and pain management programs, along with all other personal home care. Offers a multidisciplinary team of licensed and experienced experts who are available 24 hours a day. Offers services in Russian.

## **Health at Home**

375 Laguna Honda Boulevard, Unit F5

San Francisco, CA 94116

415-759-4700

### **UCSF Home Health Care**

3330 Geary Boulevard, First Floor  
San Francisco, CA 94118  
415-353-3100  
Fax: 415-353-3125

UCSF Home Health Care provides care in your home and teaches you and your family how you can become as independent as possible in caring for yourself. Our services include nursing care and rehabilitative therapy for acute and chronic illnesses, post-operative care, home infusion therapy, wound care, pain management, care during and after pregnancy, newborn care and care for children.

### **Kaiser Foundation Hospital Home Health-San Francisco**

4131 Geary Boulevard  
San Francisco, CA 94118  
415-833-2770

The mission of the Home Health department is to provide a transition from acute illness to independence at home by providing licensed nursing, rehabilitation and social services to Health Plan members within the KP service area.

## **Contra Costa County**

### **John Muir Home Health Services**

2298 Pike Court  
Concord, CA 94520  
925-674-2560

If you are homebound and have a skilled need, your doctor can order our services for you. They include skilled nursing; physical, occupational, and speech therapy; medical social work; nutrition counseling; and Certified Home Health Aide services. We work closely with you, your family and your doctor to provide the best care possible.

### **Horizon Home Health Care**

85 Moraga Way, Suite 200  
Orinda, CA 94563  
925-258-9101  
Fax: 925-258-9501

Horizon Home Health Care provides a wide range of services to patients in the comfort of their own homes. Services offered include skilled nursing care, home health aides, rehabilitation therapies and social workers.

## **Sutter Visiting Nurse Association And Hospice**

1900 Bates Ave, Suite A  
Concord, California 94520  
510-450-8500

Home health care makes it possible for patients to receive quality, highly personalized care in the comfort of home. Our visiting nurses, physical, speech and occupational therapists, medical social workers, dietitians, and other health care professionals work closely with physicians to deliver exceptional, comprehensive home care.

## **Professional Healthcare at Home**

395 Taylor Boulevard, Suite 118  
Pleasant Hill, CA 94523 925-246-6000  
Fax: 925-246-6004

If you are recovering from illness, injury or surgery, our highly skilled multidisciplinary team of caregivers will create a safe, supportive, and professional environment in your home. Services offered include skilled nursing care, home health aides, rehabilitation therapies and social workers.

## **AccentCare**

3170 Crow Canyon Place, Suite 270  
San Ramon, CA 94583 800-734-1604  
Toll Free: 925-659-0009

Skilled care is provided by licensed professionals to patients who are suffering from chronic conditions, such as heart failure or diabetes, are recovering from a recent hospital stay, or have experienced a recent change in their conditions. Our skilled caregivers are available 24 hours a day, 7 days a week. Skilled care includes skilled nursing, as well as rehabilitative therapies.

## **Alliance Home Health Care**

12657 Alcosta Boulevard  
Suite 155 San Ramon, CA 94583  
925-275-9300  
Fax: 925-275-9304

Alliance Home Health Care is a Medicare-certified home health care agency, providing skilled nursing and therapy services at patients' homes. Services offered include skilled nursing care, home health aides, rehabilitation therapies and social workers.

### Addus HealthCare

255 Ygnacio Valley Road  
Walnut Creek, CA 94596

Home health services are provided by Nurses, Physical, Occupational and Speech Therapists, as well as Dietitians, Medical Social Workers, and Home Health Aides, and can help avoid unnecessary hospitalizations, hasten hospital discharges, and enable an individual to remain at home during acute illnesses.

### JMJ Home Health Service

1210 Central Boulevard  
Brentwood, CA 94513  
925-634-1100  
Fax: 925-634-1232

Services offered include skilled nursing care, home health aides, rehabilitation therapies and social workers.

## Alameda County

### Golden Angels Home Health Care

43136 Christy Street, Suite 112  
Fremont, CA 94538  
510-683-4600  
Fax: 510-683-8521

ProHealth Homecare's Home Health program includes a wide range of healthcare, rehabilitation and clinical services to speed up healing and support recovery in with the clients home.

### Nursing Resources

39111 Paseo Padre Parkway, Suite 319  
Fremont, CA 94538  
510-745-7878  
Toll Free: 800-990-6877

Nursing Resources is a leading home health care agency with services ranging from nursing care and rehabilitative therapy to assistance with activities of daily life.

### Serv Home Health Inc.

11501 Dublin Boulevard,  
Suite 200 Dublin, CA 94568  
925-558-2715

## **American Home Health Care**

39350 Civic Center Drive, Suite 220  
Fremont, CA 94538  
510-574-0390  
Fax: 510-574-0962

American Home Health Care offers the highest quality care specializing in skilled nursing and rehabilitation as well as providing a certified home health aide, and social worker.

## **Warm Spring Home Health**

54 Whitney Place  
Fremont, CA 94539  
510-490-6988  
[patientcare@warmspringshealth.com](mailto:patientcare@warmspringshealth.com)

Warm Spring Home Health's service includes a wide range of healthcare, rehabilitation and clinical services to speed up healing and support recovery within the client's home.

## **Noble Hospice & Home Care, Inc.**

865 Corporate Way  
Fremont, CA 94539  
510-683-9100  
Fax: 510-683-9102

Noble Hospice & Home Health Care Inc provides professional skilled services at home, as ordered and directed by the patient's doctor. We provide hands on care, rehabilitation service and teach the patient and caregivers what they need to know about how to manage care at home. A nurse is available 24 hours a day for telephone consultation or visits if needed.

## **St. Claires Home Health**

27171 Calaroga Ave, Suite 12  
Hayward, CA 94545  
510-887-4400  
[info@stclaireshomehealth.com](mailto:info@stclaireshomehealth.com)

Home Health Care is a way to provide an individual with follow-up care after hospitalization, a change in medical condition, or post-rehabilitation. Services offered include skilled nursing care, home health aides, rehabilitation therapies and social workers.

**Amedisys Home Health Care**

24301 Southland Drive, Suite 411

Hayward, CA 94545

510-732-0730

Toll Free: 800-430-0095

Whether you are recovering from surgery or illness, or living with an on-going condition like diabetes or heart problems, at Amedisys Home Health Care in Burlingame, we are focused on helping you recover, live as independently as possible and manage your disease. Our nurses, therapists and aides can deliver the care you need where you need it most: at home.

**Amity Home Health Care, Inc.**

27171 Calaroga Ave, Suite 100

Hayward, CA 94545

510-785-9088

Fax: 510-783-1368

Amity Home Health Care's services include a wide range of healthcare, rehabilitation and clinical services to speed up healing and support recovery within the clients home.

**Meridian Home Health**

3900 Newpark Mall Road, Suite 209

Newark, CA 94560

510-793-9255

[info@MeridianCareHomeHealth.com](mailto:info@MeridianCareHomeHealth.com)

Meridian Home Health's services include a wide range of healthcare, rehabilitation and clinical services to speed up healing and support recovery within the clients home.

**Vision Home Health Care**

5600 Mowry School Road, Suite 250

Newark, CA 94560

510-795-1632

Toll Free: 1-877-858-1632

Vision Home Health Care offers the highest quality care specializing in skilled nursing and rehabilitation as well as providing a certified home health aide, and social worker.

**LifeGuard Home Health**

5976 W Las Positas Boulevard

Pleasanton, CA 94588

925-271-0221

Toll Free: 888-221-2321

Our mission is to nurse the sick, the aged, and the injured back to optimum health from the safety and comfort of their own home. Services offered include skilled nursing care, home health aides, rehabilitation therapies and social workers.

**Sunshine Home Health Care**

4637 Chabot Drive, Suite 240

Pleasanton, CA 94588

924-469-1000

Fax: 925-469-1001

Home Health Care is a way to provide an individual with follow-up care after hospitalization, a change in medical condition, or post-rehabilitation. Services offered include skilled nursing care, home health aides, rehabilitation therapies and social workers.

**Asian Network Pacific Home Care**

212 9th Street, Suite 205

Oakland, CA 94607

510-268-1118

Fax: 510-268-9905

Asian Network Pacific Home Care ranks in the top 1% in California with the lowest re-hospitalization rate ([www.medicare.gov](http://www.medicare.gov)) and utilizes evidence based practices in care delivery. The dedicated team includes nurses, physical, occupational, and speech therapists, medical social workers, aides, dietitians, and wound care specialists.

**Asian American Home Care**

704 Broadway, Suite 202

Oakland, CA 94607

510-835-3268

Fax: 510-835-8310

The dedicated team includes nurses, physical therapists, occupational therapists, speech therapists, medical social workers, and Home Health Care Aids.

**Blize Health Care**

828 San Pablo Ave, Suite 105  
Albany, CA 94706  
800-343-2549  
[care@blizecare.com](mailto:care@blizecare.com)

Blize Healthcare makes many of the skilled healthcare service you would receive in a hospital or nursing home available in the comfort and security of your own home.

**Alert Home Health Care, Inc.**

11501 Dublin Boulevard, Suite 200  
Dublin, CA 94568  
925-453-8262  
Fax: 925-403-0708

Alert Home Health Care is a leading home health care agency with services ranging from nursing care and rehabilitative therapy to assistance with activities of daily life.

## **San Mateo County**

**Nursing & Rehab At Home**

1301 Shoreway Road, Suite 190  
Belmont, CA 94002  
650-286-4272  
Fax: 650-440-4433

Nursing & Rehab At home is a Medicare-certified, State licensed agency and a member of the California Association for Health Services at Home (CAHSAH) and the National Association of Home Care and Hospice (NAHC). This facility offers comprehensive physical and occupation therapy, skilled nursing care, nutritional services, medical social work services and home health aides.

**Amedisys Home Health Care**

1710 Gilbreth Road, Suite 301  
Burlingame, CA 94010  
650-652-9128  
Toll Free:800-380-3886

Whether you are recovering from surgery or illness, or living with an on-going condition like diabetes or heart problems, at Amedisys Home Health Care in Burlingame, we are focused on helping you recover, live as independently as possible and manage your disease. Our nurses, therapists and aides can deliver the care you need where you need it most: at home.

**New Haven Home Health & Hospice, Inc.**

333 Gellert Boulevard, #249

Daly City, CA 94015

650-301-1660

info@newhavenhealthcare.com

New Haven Home Health & Hospice Inc. will provide a service or combination of services prescribed by and under the direction of your physician. Our professional staff will work with your doctor to establish and implement a plan of care suited to your particular needs and situation. Your plan may cover any or all of the following services: Skilled Nursing Services, Rehabilitation Services, Medical Social Services and Personal Care Services.

**Anx Home Healthcare**

455 Hickey Boulevard, Suite 415

Daly City, CA 94015

650-991-5177

info@anxlife.com

We offer intermittent physician-ordered skilled nursing and other health care services for patients who are homebound due to illness or injury. Before we make any recommendations, we first conduct an in-depth interview and needs assessment with the referring physician and patient in order to determine the best course of action and develop a customized plan of care. Anx Home Healthcare provides skilled nursing, physical & occupation therapy, home health aides, a dietitians and social worker.

**Home Care by The Sea**

625 Miramontes Street, Suite 203

Half Moon Bay, CA 94019

650-560-9844

**Mission Hospice and Homecare**

1670 South Amphlette Boulevard, Suite 300

San Mateo, CA 94402

650-554-1000

Fax: 650-554-1001

The Advanced Care Program (home care) provides skilled nursing care and medical social work services for people who are homebound with a life-limiting illness. You may also require the services of an occupational therapist, physical therapist or speech therapist to help you transition from the hospital to a home environment. Home health professionals may teach you or your caregivers how to care for wounds and manage medication. The goal is to maximize your physical, mental and social well being within the context of your illness.

### Sutter Visiting Nurse Association and Hospice

700 S Claremont Street  
San Mateo, CA 94402  
650-685-2800

Home health care makes it possible for patients to receive quality, highly personalized care in the comfort of home. Our visiting nurses, physical, speech and occupational therapists, medical social workers, dietitians, and other health care professionals work closely with physicians to deliver exceptional, comprehensive home care.

### AccentCare

1065 E. Hillsdale Boulevard, Suite 100  
Foster City, CA 94404  
650-358-9848  
Toll Free: 800-924-1110

Skilled care is provided by licensed professionals to patients who are suffering from chronic conditions, such as heart failure or diabetes, are recovering from a recent hospital stay, or have experienced a recent change in their conditions. Our skilled caregivers are available 24 hours a day, 7 days a week. Skilled care includes skilled nursing, as well as rehabilitative therapies.

## Santa Clara County

### ProHealth Homecare, Inc.

2700 Zanker Road, Suite 180  
San Jose, CA 95134  
408-451-9055  
Toll Free: 877-667-8770

ProHealth Homecare's Home Health program includes a wide range of healthcare, rehabilitation and clinical services to speed up healing and support recovery within the clients home.

### United Home Health

309 Piercy Road  
San Jose, CA 95138  
408-293-6379  
[inquiries@UnitedHH.com](mailto:inquiries@UnitedHH.com)

Home healthcare services can range from at-home nursing care or rehabilitation following a hospital stay, to ongoing assistance with daily living activities such as shopping, meal preparation or bathing. Services also include a social worker, registered dietician, and a variety of therapies.

## **Pathways Home Health & Hospice**

585 North Mary Ave

Sunnyvale, CA 94085

408-730-5900

[info@pathwayshealth.org](mailto:info@pathwayshealth.org)

Pathways provides professional skilled services at home, as ordered and directed by the patient's doctor. We provide hands-on care, and teach the patient and caregivers what they need to know about how to manage care at home. A nurse is available 24 hours a day for telephone consultation or visits if needed.

## **CareSouth Homecare Professionals**

901 Campisi Way, Suite 205

Campbell, CA 95008

408-871-9860

## **Care at Home, Inc.**

300 Orchard City Drive, Suite 108

Campbell, CA 95008

408-379-3990

[info@careathomehealth.com](mailto:info@careathomehealth.com)

Care at Home has a variety of programs designed to smooth the rapid transition from a hospital or skilled nursing facility to home. Care at Home offers programs for both adults and children, so that those with chronic pain or medical conditions can enjoy the comfort of their homes.

## **Amedisys Home Health Care**

1700 S, Winchester Boulevard, Suite 102

Campbell, CA 95008

408-370-3927

Toll Free:866-834-8434

Whether you are recovering from surgery or illness, or living with an on-going condition like diabetes or heart problems, at Amedisys Home Health Care in Burlingame, we are focused on helping you recover, live as independently as possible and manage your disease. Our nurses, therapists and aides can deliver the care you need where you need it most: at home.

## **National Home Health Services**

2880 Zanker Road, Suite 101

San Jose, CA 95134

408-786-1035

**St. Joseph Home Health**

1525 McCarthy Boulevard, Suite 208  
Milpitas, CA 95035  
408-244-5488  
Fax: 408-512-5190

We recognize your unique physical, emotional, and spiritual needs while receiving health care in your home. We deliver state-of-the-art home health services with identified centers of excellence through our wide range of clinical and therapy services supported by our continuing education, clinical education and other programs for our professionals and the public.

**Baycal Home Health Care Services**

1605 S. Main Street, Suite 105  
Milpitas, CA 95035  
408-414-0019  
Fax: 888-205-4818

BayCal Home Health Care is a Medicare certified community-based home health agency. We offer skilled services including nursing care, physical, occupational, speech, and social services. We started out with a mission to care for our own parents who would like to be tended in the best possible place-our own home, within reach of family and friends.

**Home Health Alliance**

1 North Main Street, Suite 1  
Milpitas, CA 95035  
408-262-7102  
Fax: 408-263-1998

Our agency is composed of qualified skilled nurses and allied professionals who have the ability to provide home health care services that are based on standards established collaboratively with the active involvement of our patients, their families and healthcare professionals involved in the patient's care. Services include skilled nursing, physical and occupational therapy, a registered dietitian, home health aide and social services.

**Managed Care at Home**

4510 Peralta Boulevard, Suite 21  
Fremont, CA 94536  
866-522-4207  
Fax: 510-739-1942

All services are supervised and coordinated by a Registered Nurse. Depending on the diagnosis, a Physical Therapist may also coordinate care. By creating a personalized Plan of Care, we ensure a comfortable, complete and speedy recovery for our patients.

**Interim HealthCare**

1762 Technology Drive, Suite 203  
San Jose, CA 95110  
408-286-6888

Whether your loved one needs senior care or hospice support in their own home, at the home of a family member, in a senior living community or assisted living facility, you can count on Interim HealthCare of San Jose to deliver unmatched care, designed to meet the specific needs of each client.

**Gentiva Health Services**

4030 Moorpark Ave  
San Jose, CA 95117  
408-261-2081

Our home healthcare services can help you rehabilitate from medical events like stroke or surgery. We can also help you manage chronic conditions such as diabetes, heart disease, COPD or arthritis. Simply put, home healthcare from Gentiva helps you recover, remain at home, and live your life to its fullest.

**St. James Home Health, Inc.**

3221 Steven Creek Boulevard, Suite 203  
San Jose, CA 95117  
408-249-2475  
[info@stjameshomehealth.com](mailto:info@stjameshomehealth.com)

**Premier Home Health Provider, Inc.**

1095 Bird Ave, Suite 4  
San Jose, CA 95125  
408-899-0332

**Confort Hand Healthcare, Inc.**

792 Meridian Way  
San Jose, CA 95126  
408-441-0522  
Fax: 408-441-0551

Services include skilled nursing, physical and occupational therapy, a registered dietitian, home health aide and social services. With our employees as culturally diverse as the community we serve, we truly understand and respect the individuality of each patient and client. Our diverse staff is fluent in English, Spanish, Vietnamese, Korean, Hindi, Tagalog, Mandarin and Cantonese.

### **FocusHealth**

1245 S. Winchester Boulevard, Suite 203  
San Jose, CA 95128  
408-725-1840  
Fax:408-725-8840

Focus Health has a dedicated team of professionals working toward your recovery. Our team members are Nurses, Physical Therapists, Occupational Therapists, Speech Therapists, and Medical Social Workers. Together, under the leadership of your physician, the team will do everything possible to make your recovery a minimal hardship.

### **VN Home Health Care**

2528 Qume Drive, Suite 7  
San Jose, CA 95131  
408-998-0550

VN Home Health Care is a Medicare and Medi-Cal provider of home based services. Our team members include: Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Medical Social Work and Home Health Aides. Our qualified staff will coordinate with your doctor to provide care designed to meet your individual needs.

### **Healthy Living at Home**

1879 Lundy Ave, Suite 186  
San Jose, CA 95131  
877-513-7363

[info@healthylivingservices.org](mailto:info@healthylivingservices.org)

Our mission is to provide exceptional clinical care and services to the aging population in their residential settings with the intent of not just getting them well, but assisting them to a healthier state of being. Healthy Living at Home offers a variety of rehabilitation services, as well as skilled nursing, dietary consultants, and home health aides.

### **Emeritus Home Health Agency**

1590 Oakland Road, Suite B114  
San Jose, CA 95131  
498-437-3045

[info@emeritushh.com](mailto:info@emeritushh.com)

Emeritus home health provides skilled and therapeutic services, supportive information on community resources and assistance with activities of daily living to where the patient resides.

**ProHealth Homecare, Inc.**

2700 Zanker Road, Suite 180

San Jose, CA 95134

408-451-9055

Toll Free: 877-667-8770

ProHealth Homecare's Home Health program includes a wide range of healthcare, rehabilitation and clinical services to speed up healing and support recovery in with the clients home.

**United Home Health**

309 Piercy Road

San Jose, CA 95138

408-293-6379

[inquiries@UnitedHH.com](mailto:inquiries@UnitedHH.com)

Home healthcare services can range from at-home nursing care or rehabilitation following a hospital stay, to ongoing assistance with daily living activities such as shopping, meal preparation or bathing. Services also include a social worker, registered dietician, and a variety of therapies.

**Pacific Home Health Care**

175 N. Jackson Ave, Suite 103-A

San Jose, CA 95116

408-258-5803

Fax: 408-258-5830

Skilled nursing care facilities, commonly referred to as nursing homes, are licensed healthcare facilities that are inspected and regulated by a state's Department of Health Services. They offer long- and short-term care for individuals who need rehabilitation services or who suffer from serious or persistent health issues, such as Alzheimer's disease, that are too complicated to be tended to at home or at an assisted living facility.

- Choosing between skilled nursing care and assisted living (see description under Housing/Residential Living) can be difficult. A skilled nursing care facility may be needed if your family member requires:
  - Round-the-clock nursing care, particularly if the senior might stray if left unsupervised
  - Assistance with meals, personal hygiene, medications and portability
  - More help than the family or present caregiver can provide or the senior can no longer live alone
  - Medicare Part A (Hospital Insurance) covers skilled nursing care in a skilled nursing facility (SNF) under certain conditions for a limited time.

*“No one has ever become poor by giving” ~Anne Frank*

## **Marin County**

### **Marin Convalescent and Rehabilitation Hospital**

30 Hacienda Drive

Tiburon, CA 94920

415-435-4554

Fax: 415-435-6964

Private hospital offering 24-hour nursing care for both short and long term care in a friendly, home-like setting. Residents receive routine and/or specialized medical care, personal care, safety & fall prevention material and daily activities.

### **Country Villa-Novato**

1565 Hill Road

Novato, CA 94947

415-897-6161

### **Country Villa- San Rafael**

81 Professional Center Parkway

San Rafael, CA 94903

415-479-9700

### **Fifth Avenue Health Care Center**

1601 Fifth Ave

San Rafael, CA 94901

415-456-7170

Fifth Avenue Healthcare Center provides extended-stay nursing care to seniors with varying levels of disabilities in San Rafael, CA.

### **The Rafael**

234 North San Pedro Road

San Rafael, CA 94903

415-479-3450

Fax: 415-472-3723

Offers rehabilitation services, short and long term care, as well as dietary programs, recreation and personal services. Staff specializes in providing aid for residents with dementia, chronic depression, and many conditions requiring behavioral interventions and management

**Northgate Care Center**

40 Professional Center Parkway  
San Rafael, CA 94903  
415-479-120  
sradmin@foresightms.com

A 52-bed Medicare and Medi-Cal certified facility which offers a team of healthcare professionals including physicians, therapist, nurses, nutritional services and activity coordinators. This facility offers short term rehabilitation services, or long term nursing care.

**Pine Ridge Care Center**

45 Professional Center Parkway  
San Rafael, CA 94903  
415-479-3610

**Kindred Nursing and Transitional Care-South Marin**

1220 South Eliseo Drive  
Greenbrae, CA 94904  
415-461-9700

General inquiries: 1-800-545-0749

Offers a program specially geared towards those experience memory decline, or other memory, behavior and medical complications in association with dementia and Alzheimer's.

**Kindred Nursing and Transitional Care-Smith Ranch**

1550 Silveira Parkway  
San Rafael, CA 94903  
415-499-1000

General inquiries: 1-800-545-0749

Offers a program specially geared towards those experience memory decline, or other memory, behavior and medical complications in association with dementia and Alzheimer's.

**The Tamalpais**

501 Via Casitas  
Greenbrae, CA 94904  
415-461-2300

Our Life Care plan promotes an active, independent lifestyle while providing access to quality medical care, including on-site physicians, emergency response, assisted living, and skilled nursing. The Tamalpais is Marin County's only accredited Life Care community.

**Villa Marin**

100 Thorndale Drive

San Rafael, CA 94903

1-888-926-2030

Front Desk: 415-499-8711

Enjoy your current lifestyle while having the support and security of a community designed for your leisure. Physicians hold regular office hours in our health center's clinic, and are always on call. Credentialled nurses are on duty 24hrs a day. A 28-bed assisted-living unit and 31-bed skilled nursing facility are available to you in the health center for temporary or extended care.

**Aldersly Skilled Nursing Facility**

326 Mission Ave

San Rafael, CA 94901

415-453-9271

Toll Free: 800-777-3646

Should a greater level of care become necessary, the Aldersly's campus' Health and Rehabilitation Center facilitates a safe and seamless transition. Around the clock, 24/7 oversight is provided by Licensed Nurses who are supported by Certified Nurses' Aides.

**The Redwoods**

40 Camino Alto

Mill Valley, CA 94941

415-383-2741

Fax: 415-383-0115

The Redwoods Health Care Center offers private and semi-private rooms, with 24-hour nursing care. Services also include rehabilitation therapies, individualized activity plans, and a variety of living amenities.

**Novato Healthcare Center**

1565 Hill Road

Novato, CA

415-897-6161

We seek to maximize the quality of life for our long-term care population and offer them specialized restorative services. Our goal is to maintain or improve each resident's highest functional ability. Services include 24 hour nursing care, physicians service, medication administration and rehabilitation services.

### San Francisco County

#### The Sequoias San Francisco

1600 Broadway, Suite 150  
Oakland, CA 94612  
415-351-7956

The Sequoias - San Francisco offers skilled nursing services in our on-site Health Center. Services are designed to support or assist seniors in need of 24-hour nursing care to becoming as independent as possible. We offer community activities that cater to a wide variety of preferences and compassionate staff who strive to provide the spiritual, mental, physical, and emotional health of each resident.

#### Central Gardens

1355 Ellis Street  
San Francisco, CA 94115  
415-567-2967

Central Gardens provides rehabilitation services 5-7 days per week on premises which can reduce the length of even a short-term stay. Our full-time rehabilitation therapists work together with our medical director and our dedicated nursing staff to enhance the quality of the resident's life by reshaping lost abilities and teaching new skills. Central Gardens' activity staff offers leisure and social activities and events seven days per week.

#### Hayes Convalescent Hospital

1250 Hayes Street  
San Francisco, CA 94117  
tel 415-931-8806

Our nursing department provides excellent care combined with dignity for our residents. Professionally staffed around the clock, we give your loved one comfort and specialized care. We seek to maximize the quality of life for our long-term care population and offer them specialized restorative services. Our goal is to maintain or improve each resident's highest functional ability.

#### Vintage Golden Gate

1601 19th Ave  
San Francisco, CA 94122  
415-503-9457

Independent living with a helping hand describes our Assisted Living Program. Your health, comfort and dignity are the cornerstones of our care. We'll work with your personal physician to develop a plan that's right for you.

## **San Francisco Towers**

1661 Pine Street  
San Francisco, CA 94109  
415-776-0500

Our skilled nursing center provides a complete therapeutic program designed to regain and maintain optimal health. Here our professional nurses and therapists provide 24-hour supportive care and rehabilitative services supervised by our Medical Director. Wound care, hospice care, and intravenous therapy, in addition to our rehabilitation program, are areas of focus, with emphasis on those services designed to help you achieve your maximum potential.

## **Victorian Long-Term Healthcare Center**

2121 Pine Street  
San Francisco, CA 94115  
415-922-5085

Long-term care is when a person requires assistance with his or her physical or emotional needs over an extended period of time. The need might be due to a terminal condition, disability, illness, injury or the challenges of old age. The need for long-term care may only last for a few weeks or months, or it may go on for years as is customary in a traditional nursing home. We provide the services and supplies that your family member needs while he or she is a resident at our center. This help may be required for many of the activities or needs of daily living.

## **San Francisco Health Care**

1477 Grove Street  
San Francisco, CA 94117  
415-563-0565

San Francisco Health Care (previously known as Grove Street Extended Care And Living Center) is a Skilled Nursing Facility with 168 Medicare and Medicaid certified beds located east of Golden Gate Park in San Francisco. Our diverse and multilingual (i.e. Cantonese, Mandarin, Tagalog, Spanish etc.) team of staff is here to care for those who require comprehensive nursing care and rehabilitation services.

## **St. Anne's Home**

300 Lake Street  
San Francisco , CA 94118  
415-751-6510

The Little Sisters of the Poor and St. Anne's Home have been a part of the San Francisco community since 1901. Presently, it is the only private facility in San Francisco that gives preference to persons of limited financial means.

### Vintage Coventry

1550 Sutter Street  
San Francisco, CA 94109  
415-729-3289

Independent living with a helping hand describes our Assisted Living Program. Your health, comfort and dignity are the cornerstones of our care. We'll work with your personal physician to develop a plan that's right for you.

### San Francisco Nursing Center

5767 Mission Street  
San Francisco, CA 94112  
415-584-3294  
[sfadmin@foresightms.com](mailto:sfadmin@foresightms.com)

San Francisco Nursing Center is a value-driven organization which emphasizes quality services. It is our mission to provide excellence in clinical care and services. Our approach to systematic quality and continuous quality improvement has been widely recognized on both State and National levels. Our visionary approach to management supports the operation of this facility, providing services that meet a wide variety of needs for our residents. With this vision we are able to prepare for tomorrow's healthcare environment today.

### St. Mary's Medical Center San Francisco

50 Stanyan Street, 5th Floor  
415-750-5655  
San Francisco, CA 94117

Patients come to St. Mary's Skilled Nursing Facility when their physical condition is stable and the intense nursing care provided on the acute inpatient units is no longer needed. However, further treatment and recovery time is necessary before patients can be safely discharged. Our staff of nurses, physical therapists and others will help to meet those needs.

## Contra Costa County

### Creekside Healthcare Center

1900 Church Lane  
San Pablo, California 94806  
510-235-5514 phone

Mariner HealthCare facilities offer comprehensive skilled nursing care 24 hours a day, 7 days a week. A skilled nursing facility that offers post surgical short and long term care, intravenous therapy, pain management, wound care, enteral therapy, and psychological services.

## **Lone Tree Convalescent Hospital**

4001 Lone Tree Way

Antioch, CA 94509

925-754-0470

Our highly skilled nurses provide the best quality care. Their skills are only half the picture. Each nurse is a gentle and caring person, with genuine concern for each patient. Offers full in-house rehabilitation programs, long and short term rehab, 24 hour RN services, social activities, and much more.

## **Antioch Convalescent Hospital**

1210 A Street

Antioch, CA 94509

925-757-8787

Our highly skilled nurses provide the best quality care. Their skills are only half the picture. Each nurse is a gentle and caring person, with genuine concern for each patient. Offers full in-house rehabilitation programs, long and short term rehab, 24 hour RN services, social activities, and much more.

## **Diamond Ridge HealthCare Center**

2351 Loveridge Road

Pittsburg, CA 94565

925-427-4444

We are one of the largest providers of short-term and long-term health care services in the United States . Services are provided through skilled nursing facilities that offer services including physical therapies, occupational therapy, wound care, and respite care.

## **Stonebrook Healthcare Center**

4367 Concord Blvd.

Concord, CA. 94521-1100

925-689-7457

Our skilled nursing and rehabilitative care is usually provided on a short term basis for residents with an acute medical condition All care and services provided for these residents are under the direct supervision of their physician. Our skilled nursing services may include intravenous therapy, wound care, enteral feeding, injections, diabetic care, and pain management.

### **Windsor Manor Rehabilitation Center**

3806 Clayton Road

Concord , CA 94521

925-689-2266

Each Windsor skilled nursing center provides the highest level of medical and nursing care, outside the hospital setting. In an atmosphere that is appreciated by both residents and their families, physicians and other highly-skilled professionals monitor each patient. Around the clock, nurses and their aides provide care. This care includes assistance with getting in and out of bed, feeding, bathing and dressing. Additionally, on-site rehabilitation, professionals such as occupational and physical therapists, deliver a diverse array of services.

### **San Miguel Villa**

1050 San Miguel Road

Concord, CA 94518

925-825-4280

San Miguel Villa one of the finest skilled nursing facilities in Concord, California. San Miguel is home to the largest Alzheimer's unit in Contra Costa County. We provide rehabilitation services and around the clock skilled care in a comfortable and friendly environment.

### **Grace Healthcare of Pleasant Hill**

1625 Oak Park Blvd.

Pleasant Hill, CA 94523

925-935-5222

[pleadmi@gracehc.com](mailto:pleadmi@gracehc.com)

Grace Healthcare of Pleasant Hill skilled nursing services generally are designed to follow a hospital stay, either on a short or long term basis. Professional nursing care by a dedicated team focuses on the special needs and concerns of each resident. We provide consistent, compassionate nursing care that truly makes our center a nursing *home* through a variety of innovative, comprehensive and interdisciplinary programs and involving our physical, occupational and speech therapists.

### **Shields Richmond Nursing Center**

1919 Cutting Blvd.

Richmond, CA 94804

510-233-8513

Shields Nursing Centers are proud to offer a wound care physician and psychologist, in addition to our medical director and excellent staff. We take great pride in our patient care. Our treatment programs assist residents in preserving their independence, dignity and quality of life.

### **Tampico Terrace Care Center**

130 Tampico  
Walnut Creek, CA 94598  
925-933-7970

Offers 24 hour nursing care to all patients through an individual program that is developed by the resident's medical doctor. A wide variety of nursing services including post-surgical care, therapies and social activities are offered.

### **Orinda Convalescent Hospital**

11 Altarinda Road  
Orinda, CA 94563  
925-254-6500

Our facility provides a wide variety of highly qualified service for our residents. We focus on individual care, while improving or maintaining the well-being of each resident to an exceptional degree. Orinda offers a wide range of therapy services, along with high quality dietary services, and social interactions.

## **Alameda County**

### **Chaparral House**

1309 Allston Way  
Berkeley, CA 94702  
510-848-8774

Today, Chaparral is the only independent non-profit, skilled nursing eldercare community in the city. Our basic services include individualized nursing and daily living care for each of our residents. Beyond this, we offer an innovative activities program, a community-oriented and resident-centered philosophy, and an ever expanding local volunteer base.

### **Park Central Care & Rehabilitation Center**

2100 Parkside Dr  
Fremont, CA 94536  
510-797-5300

Offers 24-hour nursing, pain management, a psychologist, as well as a variety of rehabilitation services.

### Silver Oak Manor

788 Holmes Street  
Livermore, CA 94550  
925-447-2280

Silver Oak Manor offers quality 24 hour skilled nursing and rehabilitation services in a warm, comfortable, and supportive atmosphere. we provide physical, occupational and speech therapies, and specialized diets supervised daily by the staff provide individualized care for residents. Activities are organized by professionals and supporting staff who are resolved to meet the physical, mental, social, and emotional needs of the patients to the greatest extent possible. Medicare/Medi-Cal certified.

### Kindred Nursing and Healthcare - Livermore

76 Fenton Street  
Livermore, CA 94550-4144  
925-443-1800

From intensive short term rehabilitation therapy to longer-term restorative care, our Nursing and Rehabilitation Centers provide a full range of nursing care and social services to treat and support each of our patients and residents. The team includes the patient or resident's attending physician, medical specialists, therapists, registered and licensed nurses, social workers, registered dietitians, activity directors and nursing assistants.

### Pleasanton Nursing and Rehabilitation Center

300 Neal Street  
Pleasanton , CA 94566  
925-462-2400

In addition to 24-hour skilled nursing services, we provide a comprehensive rehabilitation program including physical, occupational and speech therapy. We have helped many patients achieve outstanding results with our experienced staff providing care to people recovering from conditions including cardiac, orthopedic, neurological, and other illnesses.

### Gateway Care & Rehabilitation Center

26660 Patrick Ave  
Hayward,CA 94541  
510-782-1845

We provide compassionate 24-hour skilled nursing care and rehabilitation services in a clean, comfortable, and home-like friendly environment. Services included in each residents individualized care plan are pain management, nutrition programs, wound treatment, and much more.

## Skilled Nursing Facilities

99

### **Windsor Park Care Center**

2400 Parkside Drive

Fremont, CA 94536

510-793-7222

Each Windsor skilled nursing center provides the highest level of medical and nursing care, outside the hospital setting. In an atmosphere that is appreciated by both residents and their families, physicians and other highly-skilled professionals monitor each patient. Around-the-clock, nurses and their aides provide care. This care includes assistance with getting in and out of bed, feeding, bathing and dressing. Additionally, on-site rehabilitation, professionals such as occupational and physical therapists, deliver a diverse array of services.

### **St. John Kronstadt Care Center**

4432 James Avenue

Castro Valley, CA 94546

510-889-7000

admin@StJohnKronstadt.com

St. John Kronstadt Care Center is a 49-bed Medicare and Medi-Cal certified facility which offers a team of healthcare professionals including Physicians, Physical, Occupational and Speech Therapist, Licensed Nurses and Certified Nursing Assistants, Social Services, Dietitians and Nutritional Services, and Activity Director.

## **San Mateo County**

### **Atherton Healthcare**

1275 Crane Street

Menlo Park, CA 94025

650-325-8600

We are proud to offer qualified, experienced nursing care to our residents whether your stay is short term or long term. We have registered nurses, licensed practical (vocational) nurses, as well as certified nurse assistants to ensure that all your skilled nursing needs are met.

### **Nazareth Vista**

900 Sixth Avenue

Belmont, CA 94002

650-591-2008

Nazareth Vista has a Nurse on site 7 days a week, care staff sufficient to address all resident needs, a Professional Chef offering weekly-changing fresh entrees and desserts, and medical services at your door, on-site Physician, on-site Dentist, on-site Podiatrist.

### **Brookside Skilled Nursing Hospital**

2620 Flores St  
San Mateo, CA 94403  
650-349-2161

Residents are treated as honored individuals in a comfortable, home-like environment . Residents have choices in meals, sleep schedule, bathing preferences and many other personal care options. Whether you need short-term rehabilitation or you are looking for a home for long term care, we have services to address both. There is no 'institutional' experience here.

### **Carlmont Gardens**

2140 Carlmont Drive  
Belmont, CA 94002  
650-591-9601

We are specially equipped to offer high-quality care where and when it is needed. We can provide physical, occupational and speech therapy in an environment that's perfect for both custodial and long-term care.

### **Pacifica Nursing and Rehab Center**

385 Esplanade Ave  
Pacifica, CA 94044  
650-993-5576

Our professional team is here to assist you or your family member through a variety of services that are offered here. Our on-site Medical Director coordinates and improves medical services. The Director of Nursing oversees all aspects of health care within the facility. Offers a variety of therapies, nutritional programs, pain management techniques, and much more.

### **San Mateo Convalescent Hospital**

453 N San Mateo Dr  
San Mateo, CA 94401  
650-342-6255  
[Info@SanMateoConvalescent.com](mailto:Info@SanMateoConvalescent.com)

San Mateo Convalescent offers a unique feeling of family bringing together quality skilled nursing and care services around-the-clock in an environment filled with respect, warmth and dignity. Whether you are seeking short-term or long-term skilled care, respite or hospice services you will receive that same genuine, personal and loving care of our dedicated staff.

## **St. Francis Pavilion Nursing and Rehabilitation Care**

99 Escuela Dr  
Daly City, CA 94015  
650-994-3200

We offer intensive stroke, cardiac and orthopedic rehabilitation. In addition to 24-hour skilled nursing care, we provide a comprehensive program of therapy services including physical, occupational and speech therapy. We provide intensive stroke, cardiac, and orthopedic rehabilitation, and have achieved impressive outcomes as a result of our state-of-the-art programs and equipment.

## **Linda Mar Care Center**

751 San Pedro Terrace Road  
Pacifica, CA 94044  
650-359-4800

We provide 24-hour skilled care and rehabilitation services in a comfortable and friendly environment.

## **St. Francis Heights Nursing and Rehabilitation Care**

35 Escuela Drive  
Daly City, CA 94015  
650-994-3200

Thank you for considering utilizing skilled nursing services at St. Francis Heights for your path to recovery. It is the goal of our highly skilled staff to maximize your recovery potential and get you back to your lifestyle as quickly as possible. We offer intensive stroke, cardiac and orthopedic rehabilitation, and have achieved impressive outcomes as a result of our state-of-the-art programs and equipment.

## **The Sequoias**

501 Portola Rd  
Portola Valley, CA 94028  
650-851-1501

The Sequoias at Portola Valley offers skilled nursing services in our on-site Health Center. Services are designed to support or assist seniors in need of 24-hour nursing care in becoming as independent as possible. We offer community activities that cater to a wide variety of preferences and a compassionate staff who are interested in the spiritual, mental, physical, and emotional health of each resident.

### Santa Clara County

#### **Vi at Palo Alto**

620 Sand Hill Road  
Palo Alto , CA 94304  
877-776-3972

At Vi, skilled nursing care is located onsite in our community. When you are a care center resident, you'll stay near friends and family, whether you need short-term care while recovering from surgery or illness or need ongoing long-term nursing care. The skilled nursing care program provides assistance with daily living activities, case management, meal services, medical treatments, and much more.

#### **Lincoln Glen Manor& Nursing Facility**

2671 Plummer Avenue  
San Jose, CA 95125  
408-265-3222

Consisting of 59 beds, Lincoln Glen Nursing Facility is staffed 24 hours a day, seven days a week by a licensed and certified nursing staff. Resident care is provided by licensed nurses supervising three care stations each assigned a staff of certified nursing assistants. Lincoln Glen Nursing Facility is fully staffed with professional activity and dietary staff, qualified therapists, a social service professional and all necessary support staff.

#### **LifeHOUSE San Jose Skilled Nursing**

180 N. Jackson Ave.  
San Jose, CA 95116  
408-259-8700

As soon as you enter a LifeHOUSE Community, our professional staff members play a pivotal role in aiding families in navigating the resident/patient experience. This team includes, but is not limited to, experienced nurses, rehabilitation specialists, social and activities directors, as well as financial experts to guide you through the reimbursement process.

#### **Vista Manor Nursing and Rehabilitation Center**

120 Jose Figueres Avenue  
San Jose, CA 95116  
408-272-1400

In addition to 24-hour skilled nursing care, we provide a comprehensive program of therapy services including physical, occupational, and speech therapy. We provide intensive stroke and orthopedic rehabilitation and have achieved impressive outcomes as a result of our state-of-the-art programs and equipment.

## **The Terraces of Los Gatos**

800 Blossom Hill Road

Los Gatos, CA 95032

408-357-1115

The Village health center at The Terraces of Los Gatos provides short-term and long-term skilled nursing care. Our team of professional doctors, nurses and aides ensures that residents are comfortable and cared for 24 hours a day. The Village offers a full range of therapies, including physical, occupational, speech, respiratory and IV. Outpatient therapy is available to residents who need rehabilitation due to an illness, injury, stroke or surgery. The Village houses a fully equipped rehabilitation center with exercise equipment and a whirlpool.

## **Lytton Gardens Skilled Nursing Facility**

437 Webster Street

Palo Alto, CA 94301

650-617-7350

Our 145-bed facility offers units for higher medical acuity care, dementia care and long-term nursing in private or double occupancy rooms. Our program includes a range of services and amenities to address patients' advanced medical, social and personal care needs.

## **Hillview Convalescent Hospital**

530 W Dunne Avenue

Morgan Hill, CA 95037

408-779-3633

Live your life to the fullest with superior residential care from our nursing home in Morgan Hill, California. Hillview Convalescent Hospital provides amenities and services that truly enhance the quality of life for our valued residents. Our dedicated staff of experts is always on hand to assist residents with any of their needs. Services include assistance with daily activities, nutrition plans, and medication administration.

## **Mission de la Casa**

2501 Alvin Ave

San Jose, CA 95121

408-238-9751

Our skilled nursing care includes assistance with daily activities like dressing and bathing. Care may also include medical services such as medication administration, diabetes monitoring and tracking vital signs. Our center has staff that include a medical director, consulting physician specialists such as psychiatric consultants, podiatrists, dentists and optometrists, nurses, and certified nursing assistants who are committed to meeting our residents' needs. This facility also offers an Alzheimer Secure Unit.

Home care, (also referred to as domiciliary care, social care, or in-home care), is supportive care provided in the home. Care may be provided by licensed healthcare professionals who provide medical care needs or by professional caregivers who provide daily care to help to ensure the activities of daily living (ADL's) are met. In home medical care is often and more accurately referred to as home health care or formal care (see Home Health definition). Homecare providers deliver a wide variety of health care and supportive services. These can range from professional nursing and home health aide services to physical, occupational, respiratory, and speech therapies. Providers may be for-profit, non-profit, or hospital based.

### **What should I consider when evaluating home care providers?**

- How long the agency has been in the business of home care
- Whether the agency is licensed, insured and bonded
- If the agency contract with independent workers or if everyone is an employee
- If the agency's home health aides are certified
- How the company screens employees and whether it performs background checks

*"You give but little when you give of your possessions. It is when you give of yourself that you truly give." ~Kahlil Gibran*

## **Marin County**

### **Seniors at Home**

600 Fifth Ave  
San Rafael, CA 94901  
415-507-0564  
[info@SeniorsAtHome.org](mailto:info@SeniorsAtHome.org)  
Offers caregivers who specialize in non-medical care, such as personal care, homemaking and companionship.

### **Heart of Humanity**

1400 Grant Street, Suite 203  
Novato, CA 94945  
800-432-5156  
Fax: 415-898-0446  
Caregiver services include tasks such as bathing, toileting, dressing, errands, transportation, medication reminders, light housekeeping and meal preparation.

### **Special Needs Care at Home**

1100 Mar West, Suite C  
Tiburon, CA 94920  
415-435-1262  
[info@sncsllc.com](mailto:info@sncsllc.com)  
Non-medical services such as companionship, conversation, errands, light housekeeping, personal care and meal planning are offered.

### **In Home Supportive Service-Public Authority of Marin (IHSS)**

10 N. San Pedro Road  
San Rafael, CA 94903  
415-499-1024  
General Questions: 415-473-2874

A public agency established in 2002 by the Board of Supervisors. Offers services for low-income older adults and persons with disabilities who qualify for in-home support services in order to remain independent and safe in their own homes. In-home caregivers assist with daily activities as well as personal services.

### **Marin County Department of Health and Human Services-Project Independence**

10 N. San Pedro Road

San Rafael, CA 94903

415-473-2836

415-457-4636

A program of trained volunteers who, under the supervision of a public health nurse case manager, serve as caring partners to build a bridge of advocacy and support for persons who are transitioning from hospital discharge to independence at home.

### **West Marin Senior Services**

11435 State Route One, P.O. Box 791

Point Reyes Station, CA 94956

415-663-8148

cynthia@wmss.org

Offers a variety of in-home care and assistance programs. Dedicated, caring volunteers develop ongoing relationships with seniors by visiting, calling, sharing a hobby, preparing meals, helping with correspondence, gardening, providing transportation to medical appointments or enjoying a trip outdoors.

### **Professional Healthcare at Home**

185 N. Redwood Drive, Suite 150

San Rafael, CA 94903

415-492-8400

415-499-1406

Offers skilled home care services help patients recover from illness, injury, or surgery in the comfort of their own homes.

### **Visiting Angels**

77 Mark Drive, Suite 5

San Rafael, CA 94903

415-499-1200

With Visiting Angels San Rafael as your home care services provider, you can live safely and confidently in your own home. You can count on Visiting Angels San Rafael for a wide variety of home care services including companion care, private duty care, dementia care, Alzheimer's care, respite care, and more.

## **San Francisco County**

### **In-Home Support Services**

415-335-6700

Provides social work assessments to determine home care service needs of older adults and individuals with disabilities who choose to remain safely in their homes.

### **Aunt Ann's Home Care**

2722 Gough Street

San Francisco, CA 94123

415-974-3530

Offers compassionate caregivers who are available 24 hours a day. Offers services that range from brief person care visits and companionship to multiple caregiver shifts per week, or a full time, live-in caregiver.

### **Compassionate Community Care**

1426 Fillmore Street, Suite 207

San Francisco, CA 94115

415-921-5038

[ccc@compassionatehomecare.org](mailto:ccc@compassionatehomecare.org)

Provides residents with privacy, dignity and independence, along with personal care and assistance to clients. Provides services to clients dealing with medical conditions, disability, dementia or Alzheimer's.

### **American Carequest Home Care**

1426 Filmore Street, Suite 210

San Francisco, CA 94115

415-885-9100

[info@AmericanCareQuest.com](mailto:info@AmericanCareQuest.com)

Provides personal care services to patients which allow them to stay independent in the security of their own home.

### **Professional Healthcare at Home**

355 Gellert Boulevard, Suite 110

Daly City, CA 94014

650-985-5660

650-992-8559

Offers skilled home care services help patients recover from illness, injury, or surgery in the comfort of their own homes. Also serves San Francisco county.

**Institute on Aging's Older Adults Care Management (OACM)**

3575 Geary Boulevard  
San Francisco, CA 94118  
415-750-4111  
650-424-1411

A licensed home health agency providing the highest quality of home care, personal care assistance, care management, and consultation. Offers counseling to contract a care plan suited to your needs, and individual matching of skilled and reliable home care aides.

**Care Indeed-San Francisco**

567 Sutter Street, 3rd Floor  
San Francisco, CA 94102  
415-404-7373  
[info@careindeed.com](mailto:info@careindeed.com)

Provides non-medical home care services to clients with various health care needs and circumstances. The staff consists of certified nurse assistants, home health aides, and experienced caregivers, all who pass extensive background checks and maintain CPR certification.

**Incare Home Health Services**

2675 Geary Boulevard, #500  
San Francisco, CA 94118  
415-673-8989  
[Office@incaresf.com](mailto:Office@incaresf.com)

Offers comprehensive disease and pain management programs, along with all other personal home care. Offers a multidisciplinary team of licensed and experienced experts who are available 24 hours a day. Offers services in Russian.

**Providence Care**

456 Geary Boulevard  
San Francisco, CA  
415-359-9700  
[info@providencecare.com](mailto:info@providencecare.com)

Creates an enriching home environment that supports the physical, emotional, mental and spiritual well being of your loved one. A Health & Wellness Coordinator will meet with your family free of charge to understand your needs and will create a free custom care plan that is regularly modified as needs evolve. Services are offered in a variety of languages.

## **UCSF Home Health Care**

415-353-3100

Fax: 415-353-3125

Provides care in home and teaches you and your family how you can become as independent as possible in caring for yourself. Services include nursing care, rehabilitative therapy for acute and chronic illnesses, post-operative care, home infusion therapy, wound care, pain management, care during and after pregnancy, as well as newborn and child care.

## **Advocate Home Care**

2860 Laguna Street

San Francisco, CA 94123

415-926-5483

admin@advocatehomecare.net

A non-medical caregiving agency serving the greater San Francisco Bay Area. The agency matches caregivers to meet the patient's particular needs and help seniors manage safely at home. Services Include: Bathing & Personal Grooming, Light Housekeeping, Errands and shopping, Medication reminders, Companionship and activities, Alzheimer's Care, Hospice Care, and Transportation.

## **Home Instead Senior Care**

1 Daniel Burnham Court

San Francisco, CA 94109

415-441-6490

Fax: 415-441-6455

Offers a variety of personal, home and companionship services. Whether a few hours a day or long-term care 24 hours a day, a caregiver can assist you. All caregivers are thoroughly screened, trained, insured and bonded, matched to your preferences, professional and reliable.

## **Irish Help at Home**

2021 Taraval Street, Suite 2

San Francisco, CA 94116

415-750-0520

Fax: 415-759-8924

Provides high quality in home personal care to enable clients to remain independent in their own homes. Specialized programs and routines are designed for the individual client, tailored to their needs. They work side by side with insurance companies and provide all needed documentation.

**Tender Rose Home Care**

346 Taracal Street  
San Francisco, CA 94116  
415-340-3990  
Fax: 415-682-4971

Provides 24 hour comprehensive in home non-medical care. This program specializes in Alzheimer's and dementia care.

**Home Sweet Home Care**

825 Van Ness Ave, Suite 500  
San Francisco, CA 94109  
415-286-2774

Toll Free: 1-800-286-2774

Offers rigorously screened caregivers who are available 24 hours a day, to assist clients with person hygiene, light housework, meal preparation, medication reminders, exercise assistance, errands and help with the activities of daily living, allowing them to live at home worry-free.

**Eldercare Services**

1808 Tice Valley Boulevard  
Walnut Creek, CA 94595  
415-469-8300

Toll Free: 866-760-1808

Provides professionally trained and certified caregivers to assist clients with all in-home personal needs.

**Self-Help Home Care**

407 Sansome Street  
San Francisco, CA 94111  
415-677-7628  
[info@selfhelpelderly.org](mailto:info@selfhelpelderly.org)

A multi-disciplinary team of healthcare professionals provide care in the privacy and comfort of the patient's home under the direction of a physician. Our team members are bilingual and bicultural in Chinese, eliminating any language or cultural barriers.

## Contra Costa County

### **AccentCare**

1470 Civic Court Suite 340

Concord, CA 94520

925-685-9555

Our personal care attendants can provide services that help with day-to-day living activities in patients' homes or in senior living communities. We train our caregivers to provide care that is customized to meet individual client needs, and to deliver that care with the professionalism and compassion every client deserves.

### **JMJ Home Health Services**

1210 Central Boulevard, Suite 121

Brentwood CA 94513

925-634-1100

[jmj@jmjhomehealth.com](mailto:jmj@jmjhomehealth.com)

Offers Home Health Aids who provide services in personal care, help with daily living activities, grooming, hygiene and the use of ambulatory aids.

### **Addus HealthCare Services**

1800 Sutter Street, Suite 360

Concord , CA 94520

888-912-5211

Home and Community Based Services are personal care and other services provided by our paraprofessional staff, allowing our consumers to live safely and independently in the comfort of their own homes. These services, funded through government and other sources, provide consumers on-going assistance with activities of daily living, which may include bathing, dressing, grooming, meal preparation, housekeeping, and errands.

### **CVHCare**

2410 Camino Ramon, Suite 331

San Ramon, CA 94583

510-690-1930

Our Home Health Aides (CHHA) are state-certified paraprofessional member of the home care team and work under the supervision of a Nurse or Therapist to help with basic daily activities like getting in and out of bed, dressing, bathing, grooming, oral hygiene, skin care, foot care, feeding/eating, assistance with ambulation/transfer, changing position in bed, light housekeeping.

### Alliance Home Health Care

12657 Alcosta Boulevard, Suite 155

San Ramon, CA 94583

925-275-9300

info@alliancehhc.com

Offers Home health aides who Assist with personal care, including bathing and grooming activities, under a care plan established by a licensed clinician and under the supervision of an R.N.

### Comfort Assisting Inc.

112 La Casa Via, Suite 160

Walnut Creek, CA 94598.

888-990-6080

Our certified Home Health Aide, as a part of our health team, will make it possible for people to remain at home rather than use residential, long-term or institutional-based nursing care. Home Health Aide renders services in the client's own home. Our certified home health caregivers will assist skilled nurses and provide independent help with activities of daily living and household tasks as directed by our nursing staff and per patients' family requests.

### Care Indeed - Orinda

61 Moraga Way

Orinda, CA 94563

925-317-3080

Care Indeed offers Hourly Home Care which is ideal for seniors who only need care and/or companionship for a few hours a day. We have companions and caregivers who can regularly visit the senior at home during daytime and end their shift once a family member arrives home from work.

## Alameda County

### Arcadia Home Care & Staffing

1255 Park Ave, Suite C

Emeryville, CA 94608

510-597-1071

Non-Medical home care provides assistance with daily living activities that require no medical intervention. The typical Non-Medical home care client is anyone who, due to physical disability, advanced age, or mental deficiency, requires supervision and supportive services. Receiving care and companionship allows them to remain safely in the comfort of their own home.

## **Home Aide Home Care, Inc.**

1544 B Street, Suite 7

Hayward CA, 94541

510-247-1200

We are a non-medical service that focuses on personal care. With our hourly caregiver service we can assist with things like bathing, dressing, toileting, housekeeping, and meal preparation. After an assessment with our case managers we will help you design a plan of care that works best for your individual situation. As always we are here for you 24 hours 7 days a week to make any changes and to help with any issues that may arise.

## **SYNERGY HomeCare Fremont**

39159 Paseo Padre Parkway, Suite 222

Fremont, CA 94538

510-962-4999

ca17@synergyhomecare.com

Offers non-medical caring services that focus on allowing the client to maintain an independent life. Caregiver services include dressing, bathing, feeding, light housework, transportation, meals and much more.

## **Acti-Kare Responsive In-Home Care Services Fremont**

32999 Lake Wawasee Street

Fremont, CA 94555

510-394-3223

Our clients' families are fully involved in the selection of the caregiver, and an individual plan is developed based on our meetings with you and your family. Services provided include a range of home services, personal care options, and companionship.

## **Right at Home**

2155 Las Positas Court Suite W

Livermore, CA 94551

925-303-4857

Right at Home provides in-home caregiving services for thousands of families across the nation. We offer companionship and help with everyday tasks that have become challenging for an aging person. This may include things like meal preparation, laundry, housekeeping, hygiene and grooming. We also offer services for those with special care situations caused by numerous medical conditions such as Alzheimer's disease and other dementias.

### **Home Instead Senior Care**

70 Washington Street, Suite 305

Oakland, CA 94607

510-746-8212

Offers a variety of personal, home and companionship services. Whether a few hours a day or long-term care 24 hours a day, a Caregiver can assist you. All caregivers are thoroughly screened, trained, insured and bonded, matched to your preferences, professional and reliable.

### **Comfort Keepers**

2600 Kitty Hawk Road, Suite 107

Livermore, CA 94551

925-961-9728

We customize care plans that provide the right mix of services to preserve your loved ones' independence, maintain in-home safety, and enhance quality of life. Services offered include companion care services to help with light housekeeping, meal preparation, errands, incidental transportation, grocery shopping and recreational activities, as well as, personal care for bathing, grooming, hygiene, transferring, toileting, and other needs.

### **Best Home Care, Inc**

26250 Industrial Boulevard, #102

Hayward, CA 94545

510-584-9447

Our caregivers are caring and highly qualified professionals that provide non-medical services such as, meal preparation, medication reminders, assist with light exercise, personal care assistance, errands and appointments, Monitor conditions of the home and individual, and provide friendly companionship and conversation.

### **Divine Home Care**

400 Estudillo Ave, Suite 100

San Leandro, CA 94577

510-746-8610

Divine Home care provides customized options for your homecare needs ranging from hourly care visits to 24/7 care coverage. Our caregivers undergo an intensive in-depth screening process that allows us to provide the highest level of quality care.Offers Home Health Aids who provide services in personal care, help with daily living activities, grooming, hygiene and the use of ambulatory aids.

## **San Mateo County**

### **Professional Healthcare at Home**

355 Gellert Boulevard, Suite 110  
Daly City, CA 94014 650-985-5660  
650-992-8559

Offers skilled home care services help patients recover from illness, injury, or surgery in the comfort of their own homes. Also serves San Francisco county.

### **AccentCare**

2171 Junipero Serra Boulevard, Suite 388  
Daly City, CA 94014  
650-301-4040

Our personal care attendants can provide services that help with day-to-day living activities in patients' homes or in senior living communities. We train our caregivers to provide care that is customized to meet individual client needs, and to deliver that care with the professionalism and compassion every client deserves.

### **New Haven Home Health & Hospice, Inc.**

333 Gellert Boulevard, Suite 249  
Daly City, CA 94015  
650-301-1660  
[info@newhavenhealthcare.com](mailto:info@newhavenhealthcare.com)

Personal care services include certified home health aides whose job is to provide personal care services ordered in the plan of care. Certified home health aide services may include, bathing, oral hygiene, skincare, prevention of skin breakdown, dressing, and toileting, Preparing nutritious meals, Assist in feeding as necessary.

### **BrightStar Care**

1700 South Amphlett Boulevard, Suite 200  
San Mateo, CA  
650-685-5448

Personal hygiene care and toileting, personal safety home evaluations, medication reminders and more. Compassionate care for all of your personal care needs including dressing and grooming, feeding, personal hygiene and much more.

### Nursing & Rehab At Home

1301 Shoreway Road, Suite 190  
Belmont, CA 94002  
650-286-4272

This agency offers Home Health Aides who Help bathing, toileting, and dressing, as well as, help getting in and out of bed, and walking.

### From the Heart Home Care

1840 Gateway Drive  
San Mateo, CA  
650-212-0663

Provides trained caregivers who offer a variety of services including, personal care, grooming & hygiene, light housekeeping, meal planning, companionship and much more.

### Home Helpers

1900 S. Norfolk Street, Suite 350,  
San Mateo, CA 94403

Provides Professional In Home Caregivers Allowing Seniors, Recuperating Patients, and Those Facing Lifelong Challenges to Remain Independent and Safe at Home. Services offered include home helpers, companion services and personal care.

## Santa Clara County

### Thera Home Care

650 El Camino Real, Suite C  
Redwood City , CA 94063  
650-466-7921  
[Info@TheraHomecare.com](mailto:Info@TheraHomecare.com)

Provides home health aides for the Activities of daily living including bathing, dressing, and meal preparation but may also extend to assistance with transportation, paying bills, making appointments, and simply being there to provide companionship and emotional support.

### Senior Options Homecare LLC

300 South 1st Street, Suite 312  
San Jose, CA 95113  
408-606-8955

With Senior Options Homecare personal care assistance services, a Certified Nurse Assistant comes to the home to provide hands-on assistance with activities of daily living, including dressing, grooming, bathing, walking, light housekeeping and meal preparation.

## **Maxim Healthcare Services**

1101 S Winchester Boulevard, Suite F-163

San Jose, CA 95128

408-346-4844

Maxim's experienced Companions will give you or your loved one the necessary assistance needed at home to maintain a safe and independent lifestyle. Providing medication reminders, entertaining activities, and light housekeeping are just some of the non-medical services that our Companions perform.

## **Family Matters In-Home Care**

125 E. Sunnyside Ave Suite 200

Campbell , CA 95008

866-956-4303

[info@familymattershc.com](mailto:info@familymattershc.com)

Activities of daily living include bathing, dressing, and meal preparation but may also extend to assistance with transportation, paying bills, making appointments, and simply being there to provide companionship and emotional support. Home care services are available 24 hours a day, seven days a week.

## **Home Instead Senior Care**

595 Millich Drive, #100

Campbell, CA 95008

877-885-3050

Home Instead Senior Non-medical home care focuses on helping seniors with the daily activities they need to engage in to remain safe and healthy. Many seniors need help to get their day started with assistance for showering, preparing breakfast and taking their medications.

## **AccentCare**

1210 S Bascom Ave, Suite 101

San Jose, CA 95128

408-376-0811

Our personal care attendants can provide services that help with day-to- day living activities in patients' homes or in senior living communities. We train our caregivers to provide care that is customized to meet individual client needs, and to deliver that care with the professionalism and compassion every client deserves.

**Interim HealthCare Personal Care & Support Services**

1762 Technology Drive, Suite 203

San Jose , CA 95110

408-286-6888

Senior Care Services in San Jose include help with bathing, dressing, meal preparation and grocery shopping, medication reminders, companionship and much more. With help from the home aides, seniors are allowed to stay in their own homes with the independence and dignity that they deserve.

**StarLight CareGivers, Inc.**

744 San Antonio Road, Suite 27

Palo Alto , CA 94303

650-542-7467

Offers a variety of personal and companion care options. These home health aides help with bathing, hygiene, walking, medication reminders, meal preparation, light housekeeping, and transportation.

**Visiting Angels**

940 Saratoga Avenue Suite 215

San Jose CA 95129

408-241-5100

With Visiting Angels as your home care pro services provider, you will enjoy personalized service built around your needs. Visiting Angels can off the patient a combination of hygiene assistance, meal preparation, light housekeeping, errands, companionship, and much more.

**Acti-Kare Responsive In-Home Care Services Fremont**

32999 Lake Wawasee Street

Fremont , CA 94555

510-394-3223

Our clients' families are fully involved in the selection of the caregiver, and an individual plan is developed based on our meetings with you and your family. Services provided include a range of home services, personal care options, and companionship. Serving Alameda and Santa Clara counties.

Homeless shelters provide temporary residence for those that can no longer afford to pay rent themselves. This could apply to an individual or a family and no matter what their situation, they are always welcome at a homeless shelter. Shelters may also offer other assistance programs such as substance abuse treatment, soup kitchens, job and skills training and support groups.

*“There is no exercise better for the heart than reaching down and lifting people up.” ~ John Holmes*



## Marin County

### **Homeward Bound of Marin- The Next Key Center**

1385 N. Hamilton Parkway

Novato, CA 94949

415-382-3363

Homeward Bound is Marin County's chief provider of shelter and residential services for homeless families and individuals, serving approximately 1,200 people per year in 14 inter-related residential programs.

### **Family Center**

430 Mission Ave.

San Rafael, CA 94901

415-457-2115

Provides short-term, emergency shelter for 9 families at a shared home in San Rafael. Residents may stay at the Family Center (previously known as Family Resource Center) for up to six months.

### **New Beginnings Center**

1399 N. Hamilton Parkway

Novato, CA 94949

415-382-3363

80-bed shelter for single homeless adults in the Hamilton area of Novato. Residents may stay up to six months at NBC, with 16 beds set aside for homeless veterans in a partnership with the U.S. Department of Veterans Affairs. Veterans have the option of extending their stay at NBC for up to two years.

### **Center For Domestic Peace**

734 A Street

San Rafael, CA 94901

415-456-2464

A woman experiencing domestic violence is often in serious danger. Center for Domestic Peace provides a safe, confidential refuge for battered women and their children. Shelter staff help women evaluate their options and make future plans. Shelter residents also receive medical assistance, food and clothing, support groups, children's services, parenting groups, housing assistance, child care, and transportation.

**Mill Street Center**

190 Mill St.  
San Rafael, CA 94901  
415-457-9651

Offers night-to-night emergency shelter for homeless individuals. It serves both men and women in separate dormitory-style rooms.

**Gilead House**

P.O. Box 2031  
Novato, CA 94948-2031  
415-895-5575

The Gilead House mission is to bring hope to families in need by providing transitional housing and life skills that lead toward a stable life and permanent housing. Must be a single mother with legal custody of dependent child(ren) (age 17 and under).

**St. Vince De Paul Society of Marin**

820 B Street  
San Rafael, CA 94901  
415-454-3303

The REST program is beginning another season! Thanks to REST, up to 40 men and 20 women per night will have a safe night of sleep in a local congregation.

## **San Francisco County**

**Hamilton Family Emergency Center**

260 Golden Gate Ave  
San Francisco, CA94102  
415-292-5228

The only 24-hour family emergency shelter in San Francisco – provides newly homeless families access to overnight or 60-day shelter beds, a full continuum of safety net support services, three nutritious meals a day, crisis intervention counseling, and on-site medical services.

**Hamilton Family Residences**

260 Golden Gate Ave  
San Francisco, CA94102  
415-292-5228

The largest family homeless shelter in *San Francisco* – offers up to six months of shelter while providing comprehensive support services that include employment and life-skills training, credit repair, housing search and placement, individual and group therapy, and financial assistance.

**Ark of Refuge Inc.-Restoration House**

1025 Howard Street  
San Francisco, CA 94103  
415-285-2302  
Fax:415-285-2303

Shared housing for 6 HIV+/AIDS African-American women and women of color recovering from substance abuse, preferably 3-7 days clean and sober. Residents attend day treatment through Walden House or the Iris Center. Program fees vary according to income. Transitional housing for up to 18 months. While program is focused on women of color, it is open to all races, ethnicities, and nationalities.

**Asian Women's Shelter**

3543 18th Street, Suite 19 (Shelter Address Confidential)  
San Francisco, CA 94110

415-751-7110  
Crisis Line: 877-751-0880

Comprehensive shelter program for battered women and their children.  
Special focus on serving non-English speaking Asian population.

**Baker Places, Inc.**

600 Townsend Street, Suite 200E  
San Francisco, CA 94103  
Intake: 415-864-1515  
Fax: 415-869-6623

Residential Programs Operates many residential programs which provide a highly structured, supportive therapeutic community in which residents can work through emotional difficulties and learn or re-learn practical living skills. Accepts adults with psychiatric history, dually diagnosed clients (psychiatric and drug/alcohol addiction), and people with HIV/AIDS.

**Black Coalition on AIDS**

601 Cesar Chavez Street  
San Francisco, CA 94124  
415-615-9945  
Fax:415-615-9943

A community-based, 11 bed, HIV/AIDS transitional housing program which provides a sober and safe environment for homeless African Americans with AIDS/HIV. Provides case management for clients seeking permanent housing. Also offers support groups and individual support concerning issues of HIV/AIDS and substance abuse.

**Brennan House-Riley Center of St. Vincent de Paul Society**

3543 18th Street, Suite 4

San Francisco, CA 94110

415-552-2943

Crisis Line: 415-255-0165

A transitional housing facility for women or women and their children who have left a battering situation. Women must have been in any type of shelter for at least 4 weeks, demonstrating an ability and willingness to participate in group living. Individuals and families may stay in transitional housing from 3 months to one year.

**Catholic Charities- Saint Joseph's Family Center**

899 Guerrero Street

San Francisco, CA 94110

415-550-4478

Fax: 415-550-4479

Provides homeless families and homeless pregnant women with 24 hour shelter, three meals a day, and an array of support services designed to help them address the issues of homelessness and work towards a position of economic self-sufficiency and stable housing.

**Central City Hospitality House**

290 Turk Street

San Francisco, CA 94102

415-749-2100

Fax: 415-749-2136

The Community Arts Program provides homeless persons and disadvantaged persons at risk of becoming homeless the materials and space necessary to create, house, exhibit, and sell their artwork. It also conducts creative writing, and other specialized workshops. All services are free and accessible to the disabled.

**City Team Ministries Recovery Program**

164 6th Street

San Francisco, CA 94103

415-861-8688

Fax: 415-861-8687

The recovery program provides foot care, meals, shelter, showers and clothing to homeless persons. It also has a one-year residential drug recovery program for men. City Ministries asks that men seeking help show up clean and sober between 9:00 am and 10:00 am Monday through Friday to apply.

**Clara House**

111 Page Street  
San Francisco, CA 94102  
415-863-0681  
Fax: 415-863-0684

Provides transitional housing for 13 homeless families. Comprehensive services include: licensed childcare, after school program serving youth in grades 1-12, education and employment counseling and planning, and many other social services.

**Community Awareness & Treatment Services- A Woman's Place**

1171 Mission Street  
San Francisco, CA 94103  
451-241-1184  
Fax: 451-241-1176

A Woman's Place (AWP) is the only gender-specific emergency shelter and transitional housing of its kind in San Francisco, providing a safe haven for homeless women and victims of crimes (domestic violence, rape, sexual assault) with a comprehensive range of flexible services, including health care, mental health counseling, case management services, and money management.

**Compass Family Services**

995 Market Street, 5th Floor  
San Francisco, 94103  
415-644-0507  
Fax: 415-644-0514

Provides emergency housing and support services for approximately 300 families annually. Families stay up to 90 days in private rooms with bath and with access to communal cooking facilities. A variety of counseling and social services are available.

**Dolores Shelter Program**

938 Valencia Street  
San Francisco, CA 94110  
415-282-6209  
Fax: 415-282-2826

Provides neighborhood-based shelter, housing, advocacy, and support for people seeking dignity, health and hope. Shelters target Latino men, most of whom are working but cannot afford San Francisco rents. Dolores Housing provides emergency housing, daily hot meals, on-site medical care, English classes, and support services. Guests can no longer stay up to 6 months.

**Richard Cohen Residence**

938 Valencia Street  
San Francisco, CA 94110  
415-282-6209  
Fax: 415-282-2826

Richard M. Cohen Residence is a 10-bed, 24-hour care, state licensed assisted living residence for homeless men and women with disabling HIV or AIDS. Services include 24-hour staffing, meals, assistance with medication, visiting nurse and attendant care support, case management, financial management, transportation, activities, and access to substance abuse and mental health services.

**Episcopal Community Services- Next Door**

1001 Polk Street  
San Francisco, CA 94109  
415-292-2180  
Fax: 415-292-2178

A transitional shelter focused on case management for homeless individuals 18 or older. Residents must be capable of self-care. Provides a total of 162 beds for women and 162 beds for men with 24 hour shelter access. Beds are available for 1 night or 90 days

**Episcopal Community Services- Sanctuary**

201 8th Street  
San Francisco, CA 94103  
415-863-3893  
Fax: 415-478-3729

Provides emergency shelter for men and women capable of self care, ages 18 and older. Individuals must be referred by a resource center or through one's CAAP/PAES/GA worker. Operates a mail/message service where current residents can receive mail, benefit checks and telephone messages from other agencies and prospective employers. 2 meals daily. No medical services on site at this time.

**Friendship House Association for American Indians**

56 Julian Ave  
San Francisco, CA 94103  
415-865-0934

Alcohol and drug recovery program and transitional housing primarily for Native American men and women with individual, group and family counseling, alcohol education, Native American culture, and Twelve Steps. Operates two residential facilities, one in San Francisco with a 80-bed capacity for men and women, and one in Oakland for women with their children.

**Huckleberry Youth Program- Huckleberry House and Counseling Program**

1292 Page Street  
San Francisco, CA 94117  
415-621-2929  
Fax:415-621-4758

Temporary shelter for runaway youth. Free food, clothing, crisis counseling, medical care, AIDS/HIV prevention, and representatives from AA. 6 beds. Call for appointment if possible. Shelter may be granted after each case is assessed and an attempt is made to reach a guardian. If there is suspected abuse the authorities will be notified. Free bus ride home.

## Contra Costa County

**Concord Shelter**

2047 Arnold Industrial Way #C  
Concord, CA 94520  
800-799-6599

Provides emergency shelter for single men, single women and single pregnant women, 18+. One on one case management, special needs room for adults with disability that are medically cleared before in-take, two meals a day, free laundromat, and shower.

**Brookside Shelter**

847 C Brookside Drive  
Richmond, CA 94801  
800-799-6599

Provides emergency shelter for single men, single women and single pregnant women, 18+. Services include group counseling, and one on one case management, special needs room for adults with disability that are medically cleared before in-take, two meals a day, free laundromat, and shower.

**Calli House: Homeless Shelter for Youth - CCHS**

845-B Brookside Drive  
Richmond, CA 94801  
800-610-9400

Calli House youth shelter is designed to address the immediate shelter needs of runaway and homeless youth ages 14-21 in Contra Costa. Available 24 hours per day, there are 6 beds for youth under 17 years of age and twelve beds for youth ages 18-21.

**Bay Area Rescue Mission**

200 MacDonald Avenue @ 2nd Street  
Richmond, CA 94801  
510-215-4868

The Rescue Mission helps meet the basic needs of hurting and homeless men, women, and children in the Bay Area with food and a clean, safe place to sleep.

**GRIP Family Housing Program**

185 22nd Street  
Richmond, CA 94801  
510-233-2141

Our Family Housing Program provides emergency shelter and transitional housing for families with children (75 year-round beds).

**Love-a-Child Missions**

2279 Willow Pass Road  
Bay Point, California, 94565  
925-458-5663

Since 1984, Love-A-Child has been serving needy women and children of Contra Costa County by providing emergency shelter, food, clothing, and offering hope through substance recovery programs, job training, educational support, and many other programs.

**Shepard's Gate**

605 Sycamore Ave  
Brentwood, CA 94513  
888-216-4776

Provide long-term, comprehensive care to some of California's most vulnerable people: women and children experiencing homelessness due to poverty, addiction, domestic violence, and other threats.

## **Alameda County**

**Shepard's Gate**

1660 Portola Ave  
Livermore, CA 94551  
925-443-4283

Provide long-term, comprehensive care to some of California's most vulnerable people: women and children experiencing homelessness due to poverty, addiction, domestic violence, and other threats.

**24-Hour Oakland Parent Teacher Children's Center**

4700 International Boulevard  
Oakland, CA 94601  
510-532-0574

Shelter for families. 7 bed shelter for women with children, age 12 and under (first priority), pregnant women (second priority), and women (if space is available). Length of stay is 28 days. Offers parenting classes and workshops. Residents must be clean and sober for 90 days and willing to volunteer within the agency.

**Dream Catcher Youth Shelter and Support Center**

422 Jefferson Street  
Alameda, CA 94607  
510-522-8363

Shelter and Support Services for homeless, runaway and at-risk youth ages 13-18. Provides lunch & supper, laundry, case management/crisis counseling, health education workshops, health clinic, HIV & STD testing & counseling, contraceptives, academic tutoring and more.

**San Leandro Shelter**

1395 Bancroft Avenue  
San Leandro, CA 94577  
866-292-9688

The San Leandro Shelter offers 24-hour staffing and client services for 30 women and children. Along with food and shelter, staff provides case management, resources, referrals, advocacy, and household items for residents moving beyond shelter.

**Safe Alternatives To Violent Environments**

1900 Mowry Ave. Suite 204  
Fremont, CA 94538  
510-574-2250

SAVE's 30-bed shelter offers a safe place for women and children fleeing abuse. Residents can stay up to 90 days. Basic needs such as food, shelter, and clothing are provided. We also provide services and support to help our residents through their time of crisis.

### **Images on the Rise**

7700 Edgewater Drive, Building B, Suite 333

Oakland, CA 94621

510-224-4647

On The Rise has been serving the homeless people of the community since 1992. We provide housing for men, women and women with children. Job training in housing management, construction, real estate and sales and marketing.

### **A Safe Place - Shelter For Women - Domestic Violence Shelter**

PO Box 23006

Oakland, CA 94607

510-536-7233

Emergency Shelter is the agency's primary program. A Safe Place provides a confidential shelter program for victims of domestic violence and located in a confidential location. Residents stay a maximum 90 days. Emergency shelter is provided via a residential shelter motel program. The emergency shelter program ensures that each client receives a safe home environment in which to heal. All basic essentials such as food, clothing, and toiletries are given to each individual throughout their residential stay.

### **Sojourner House**

3663 Pacific Ave

Livermore, CA 94550

800-884-8119

The Haven's 16-bed Sojourner House provides temporary shelter for homeless families in a safe, supportive environment. With separate bedrooms for family units, a stocked kitchen, three full baths, and laundry facilities, Sojourner House is the only homeless shelter in the Tri-Valley Area that accepts two-parent families, single fathers with children, and families with teenage boys. The shelter's on-site staff is available 24 hours a day, seven days a week.

### **Operation Dignity**

160 Franklin Street, Suite 103

Oakland, CA 94612

510-287-8465

Operation Dignity operates 136 transitional housing units with extensive services for homeless male and female veterans and their families as well as homeless individuals with mental health challenges. Residents benefit from housing up to 18 months, combined with comprehensive supportive services.

## San Mateo County

### First Step for Families

325 Villa Terrace  
San Mateo, CA 94401  
Phone: 650-340-8814

InnVision Shelter Network serves families at six shelters throughout Silicon Valley and the Peninsula, helping them transition to permanent housing and self-sufficiency. We provide opportunities that build brighter futures for the next generation. Services include case management, assistance with permanent housing and job search, children's services, and much more.

### Redwood Family House

110 Locust Street  
Redwood City, CA 94061  
650-364-8264

InnVision Shelter Network serves families at six shelters throughout Silicon Valley and the Peninsula, helping them transition to permanent housing and self-sufficiency. We provide opportunities that build brighter futures for the next generation. Services include case management, assistance with permanent housing and job search, children's services, and much more.

### Safe Harbor Shelter

295 N. Access Road,  
South San Francisco CA 94080  
Phone: 650-873-4921

Safe Harbor Shelter is a 90 bed emergency homeless shelter located in South San Francisco. Homeless individuals 18 years and older and from San Mateo County are permitted to enter the shelter on a first-come, first-served basis.

### Mental Health Association of San Mateo County

2686 Spring Street  
Redwood City, CA 94063  
650-368-3345

Spring Street Shelter is a 15-bed facility for emergency and short-term housing for mentally disabled clients who require immediate shelter but do not require care and supervision. Acceptance is on a night-by-night basis and maximum stay is 45 days. Staff will collaborate with other private and public services to assist clients to find permanent housing and other needed services. Referrals are accepted from county mental health agencies, the Probation Department and core service centers.

## Santa Clara County

### **Casa de Clara San Jose Catholic Worker**

318 N. 6th St.  
San Jose, CA 95112  
408-297-8330

We are a small faith-based shelter serving primarily single women. We can also accept up to three women who have one child only. Girls must be 12 & under, boys must be 4 & under. We do not accept any two adult families (mother/daughter, sisters, etc.) Women must not have physical or mental challenges that would make it difficult for them to do household chores or climb stairs. The shelter is very homelike, peaceful, and comfortable. Guests are required to spend 40 hrs per week working, looking for work, completing training or participating in therapy/treatment. We are a drug, alcohol, and smoke-free environment. Length of stay is determined in bi-weekly meetings in which effort and success are evaluated. Shelter provides shared rooms, free laundry, and 3 meals daily.

### **City Team Ministry Rescue Mission**

1297 North 13th Street  
San Jose, CA 95112  
408-288-2185

In San Jose, Cityteam is providing hot meals, safe shelter, showers, and clean clothing to this city's homeless population.

### **Cecil White Center**

358 N. Montgomery Suite B  
San Jose, CA 95110  
408-271-5160

The Emergency Shelter program allow homeless men (and men who are at risk of being homeless) to stay for up to sixty days. During this time they will work closely with a case manager to find employment and obtain self-sufficiency.

### **La Isla Pacifica Women's Shelter**

8475 Forest St.  
Gilroy, CA 95036  
408-683-4118

La Isla Pacifica Women's Shelter provides temporary housing without charge for women and children fleeing abusive situations. Clients have the privilege of staying for up to 45 days.

**San Jose Family Center**

1590 Las Plumas Ave  
San Jose, CA 95133  
408-926-8885

The only shelter in Santa Clara County that exclusively serves single and two-parent families. The Shelter provides up to 35 families with a private room and support services for up to 90 days, in a clean and safe environment. Case Managers provide supportive counseling, referrals for housing, employment services, budgeting services, health care services, workshops, parenting classes, and ESL education.

**Heritage Home**

435 North Third Street  
San Jose, CA 95112  
408-294-1238

A place of unconditional love, respect and guidelines for life. It's a place for up to 21 women who are trying to make changes in their lives, to live while preparing to have and care for their babies. Services include prenatal classes, addiction classes, tutoring, GED instruction and much more.

**Asian Women's Home**

240 Moorpark Ave. Ste. 300  
San Jose, CA 95128  
408-975-2739

We offer vital life-saving services to individuals and families affected by domestic violence, those who might have nowhere else to go due to cultural and linguistic barriers. We provide quality care to meet the unique needs of the clients we serve, including emergency shelter, legal and social services advocacy, and a 24-hour hotline.

Palliative care is specialized medical care for people with serious illnesses. It is focused on providing patients with relief from the symptoms, pain, and stress of a serious illness — whatever the diagnosis. The goal is to improve quality of life for both the patient and the family. Palliative care is provided by a team of doctors, nurses, and other specialists who work together with a patient's other doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.

- Palliative care can be available in a number of places. These include hospitals, outpatient clinics, long-term-care facilities, hospices or home.
- Most insurance plans cover all or part of the palliative care treatment you receive, just as with other hospital and medical services. This is also true of Medicare and Medicaid. If costs concern you, a social worker or financial consultant from the palliative care team can help you with payment options.
- Palliative care can be available in a number of places. These include hospitals, outpatient clinics, long-term-care facilities, hospices or home.

*“Hardships often prepare ordinary people for an extraordinary destiny”~C.S. Lewis*

## **Marin County**

### **Hospice by the Bay**

17 East Sir Francisi Drake Boulevard

Larkspur, CA 94939

415-927-2273

General inquiries: 888-720-2111

In collaboration with hospital partners, the team offers pain and symptom management for patients with chronic or life-limiting illness and support for their families and caregivers. Services are available at Marin General Hospital, Novato Community Hospital, Novato Healthcare Center, and Sonoma Valley Hospital.

### **Kindred Nursing and Transitional Care-South Marin**

1220 South Eliseo Drive

Greenbrae, CA 94904

415-461-9700

General inquiries: 1-800-545-0749

Offers a program specially geared towards those experience memory decline, or other memory, behavior and medical complications in association with dementia and Alzheimer's.

### **Kindred Nursing and Transitional Care-Smith Ranch**

1550 Silveira Parkway

San Rafael, CA 94903

415-499-1000

General inquiries: 1-800-545-0749

Offers a program specially geared towards those experience memory decline, or other memory, behavior and medical complications in association with dementia and Alzheimer's.

### **Hired Hands Homecare**

10 Commercial Boulevard, Suite 102

Novato, CA 94949

415-884-4343

General inquiries: 866-940-4343

Physical, spiritual and practical support are provided based on our client's wishes and the family's needs, whether that is hourly or around the clock.

## San Francisco County

### Crossroads Hospice & Palliative Care

1109 Vicente Street  
San Francisco, CA 94116  
415-682-2111

Provides services you expect like bathing, feeding and administering medication, along with ones you may not expect like legal documentation and professional services. Crossroads has lower-than-average patient-to-staff ratios, we have the ability to see patients virtually every day.

### University Mount Ladies Home

350 University Street  
San Francisco, CA 94134  
415-239-6696  
[info@ladieshome.org](mailto:info@ladieshome.org)

Provides services to allow residents to achieve the best possible quality of life when dealing with a life-threatening illness. Mindful caregivers are available 24 hours a day for assistance, as well as provide activities that are individualized to promote the resident's comfort and allow full enjoyment of life.

### Laguna Honda Hospital and Rehabilitation Center

375 Laguna Honda Boulevard  
San Francisco, CA 94116  
415-759-2300

In the welcoming environment of Laguna Honda's palliative care and hospice program we provide palliative services to patients with chronic and progressive illnesses and hospice services to patients at the end of life. Palliative and hospice therapies treat physical symptoms, such as pain, along with the emotional distress and spiritual suffering that often accompany serious or progressive illness.

### Seniors at Home

Miriam Schultz Grunfeld Building  
2150 Post Street  
San Francisco, CA 94115  
415-449-3777  
[info@SeniorAtHome.org](mailto:info@SeniorAtHome.org)

Offers interdisciplinary palliative care team who will work with you, your family, and your healthcare team to develop a plan that addresses your medical, psychosocial, and spiritual needs. A coordinated team of professionals and volunteers are available 24 hours a day to assist the client.

### **San Francisco VA Medical Center- Geriatrics and Extended Care**

4150 Clement Street  
San Francisco, CA 94121  
415-221-4810 ext. 3224

Palliative Care aims to improve the quality of life and reduce suffering for patients and their families facing a life-threatening illness. The Palliative Care team of doctors, nurses, chaplains, psychologists, pharmacists and social workers provide care in conjunction with all other appropriate forms of medical treatment. Palliative care can be consulted in the hospital, nursing home, or in clinic visits for veterans living at home.

### **Contra Costa County**

#### **John Muir Medical Center**

2540 East Street  
Concord, CA 94520  
925-682-8200

At John Muir Health, Palliative Care is a consulting service for patients who are in the hospital. Our team includes doctors, nurses, social workers, case managers, and spiritual care specialists. Our goal is to assist you and your loved ones to identify your treatment choices and goals for medical care.

#### **Sutter Delta Medical Center**

3901 Lone Tree Way  
Antioch, CA 94509  
925-779-7200

Our Palliative care services can help reduce pain or treatment side effects. Palliative care may help you and your loved ones better understand your illness, talk more openly about your feelings, or decide what treatment you want or do not want.

#### **Kaiser Foundation Hospital Richmond Medical Center**

901 Nevin Ave  
Richmond, CA 94801  
510-307-2917

Our team is designed to work with other health care providers to support the patient and provide relief from symptoms such as pain, fatigue and stress. Our focus is to optimize quality of life for both the patient and their family. We focus on all levels of care, including physical, social, intellectual, emotional and spiritual needs and to facilitate patient autonomy, access to information and choice.

**Contra Costa Regional Medical Center**  
2500 Alhambra Avenue  
Martinez, CA 94553  
925-370-5000

## Alameda County

**Right at Home**  
3137 Castro Valley Boulevard, Suite 201  
Castro Valley, CA 94546  
510-690-9612

Right at Home can give you a respite from the daily tasks that seem to build. From light housekeeping to meal preparation, Right at Home caregivers can provide support during trying times.

**George Mark Children's House**  
2121 George Mark Lane  
San Leandro, CA 94578  
510-346-4624

George Mark Children's House supports families by facilitating medical communication, decision-making, providing access to resources and addressing emotional needs.

**Alameda County Medical Center**  
1411 East 31st Street  
Oakland, CA 94602  
510-437-4800

ACMC, located in the most culturally diverse city in the US, is a unique health care facility with a dual mission of providing a comprehensive spectrum of care to an indigent population and maintaining excellence in training physicians and nurses. Thus the opportunities for providing and teaching palliative care in our Medical Center are as rich as the challenges are enormous.

**Rite At Home**  
3137 Castro Valley Boulevard, Suite 201  
Castro Valley, CA 94546  
510-690-9612

Whether you are simply trying to relieve someone's pain during a serious illness or whether you're trying to provide end-of-life care, it can produce a lot of stress for everyone involved in caregiving.

**Oakland Medical Center**

3701 Broadway, Suite 300

Oakland, CA 94611

510-752-1834

Our team is designed to work with other health care providers to support the patient and provide relief from symptoms such as pain, fatigue and stress. Our focus is to optimize quality of life for both the patient and their family. We focus on all levels of care, including physical, social, intellectual, emotional and spiritual needs and to facilitate patient autonomy, access to information and choice.

**Richmond Medical Center Pediatrics**

3701 Broadway, Suite 300

Oakland, CA 94611

510-752-CARE (2273)

Our team is designed to work with other health care providers to support the patient and provide relief from symptoms such as pain, fatigue and stress. Our focus is to optimize quality of life for both the patient and their family. We focus on all levels of care, including physical, social, intellectual, emotional and spiritual needs and to facilitate patient autonomy, access to information and choice.

**Alta Bates Summit Medical Center**

2450 Ashby Avenue

Berkeley, CA 94705

510-204-4444

Our Palliative Medicine strives to improve the quality of our patients' lives, while at the same time trying to increase the understanding of the spectrum of illness and elicit patients' preferences and goals for their care.

**ValleyCare Medical Center**

5555 West Las Positas Blvd

Pleasanton, CA 94588

925-847-3000

The goal of ValleyCare's Palliative Care Program is to provide the best quality of life for patients with advanced diseases and to focus on the relief of suffering while preserving a patient's dignity.

## San Mateo County

### Kaiser Foundation Hospital

1150 Veterans Boulevard  
Redwood City, CA 94063  
650-299-2000

Kaiser Permanente's Hospice Program is a Medicare-certified program providing end of life, palliative care services to Kaiser Permanente members and their families. The purpose of palliative care is to assist in the care and comfort (physical, emotional, spiritual) of patients with terminal illness.

### El Camino Hospital

2500 Grant Road  
Mountain View, CA 94040  
650-988-7624 Ext. 7624

El Camino Hospital's palliative care service is an interdisciplinary team of care providers, including physicians, pain specialists, nurses, social workers, and spiritual care providers. Working closely with patients and their families, the team helps support patient goals and wishes and enhance quality of life through the integration of physical, psychological, social, cultural and spiritual aspects of care.

### San Mateo Medical Center

222 W 39th Ave  
San Mateo, CA 94403  
650-573-2381

At San Mateo Medical Center, our palliative care program provides interdisciplinary, culturally sensitive care to our patients with serious illnesses. We provide high-quality, client focused medical, psychosocial, and spiritual care and support for our patients and their family members to alleviate pain and discomfort at the end of life.

### Stanford Hospital and Clinics

300 Pasteur Drive  
Palo Alto, CA 94304  
650-723-3736

Welcome to Stanford Palliative Care, a dynamic and innovative team dedicated to providing you the best possible quality of life when confronted with a serious illness. Our team includes board certified doctors in palliative medicine, advance practice nurses, and social workers. We work with you and your family to address symptoms, such as pain, and provide assistance with difficult and complex treatment choices.

### **Mills Peninsula Health Services/ Sutter Health**

1501 Trousdale Drive  
Burlingame, CA 94010  
650-696-4509

Our clinicians provide culturally sensitive and compassionate palliative care to help relieve suffering and improve quality of life. Our goal is to prevent or treat symptoms as early as possible to relieve both physical and emotional suffering.

### **Sequoia Hospital-Pathways**

170 Alameda De Las Pulgas  
Redwood City, CA 94062  
650-369-5811

Dealing with surgery, a chronic disease, or a life-threatening illness, can be overwhelming. Pathways provides exceptional care at home, giving patients the support they need to achieve their healthcare goals

### **California Pacific Palliative Care Program/Sutter Health**

415-600-4576

Palliative Care at CPMC works toward enhancing the quality of life for people living with advanced illness. At CPMC Palliation means relief of symptoms, easing pain and offering support.

### **VA Palo Alto**

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

Palliative care can be provided right along with other medical care directed at cure or life prolongation. At VA Palo Alto Health Care System, specialized palliative care is available through inpatient consultation teams at Palo Alto, Menlo Park, and Livermore divisions.

An outpatient palliative care clinic is available at Palo Alto division

### **Lucile Packard Children's Hospital**

725 Welch Road  
Palo Alto, CA 94304  
650-497-8000

The Palliative Care team at Lucile Packard Children's Hospital Stanford is committed to helping patients achieve the best quality of life possible. We understand that "quality of life" means different things to different people, so we work with parents individually, and tailor care to the unique needs of each family.

## VITAS

39899 Balentine Drive, Suite 161  
Newark, CA 94560  
800-938-4827

A complement to the medical treatments your doctor is already providing, palliative care helps manage pain, alleviates symptoms to improve quality of life and offers emotional and spiritual support as you deal with difficult medical issues.

## Seasons Hospice and Palliative Care of Northern California

866-244-2197

Counties Served > Santa Clara, San Mateo

Our Palliative Care program provides clinical symptom management for people living with an advanced illness and emotional support for their families and caregivers.

## Santa Clara County

### Pathways Home Health

585 North Mary Ave  
Sunnyvale, CA 94085  
408-730-5900  
[info@pathwayshealth.org](mailto:info@pathwayshealth.org)

At Pathways we respect the individuality of our patients and families, and we know that their approaches to serious illness may vary. The care team recognizes the difficult transition patients and families must make as cure becomes less likely, and the focus of care begins shifting to comfort.

### The Palliative Care Center Silicon Valley

455 O'Connor Drive, Suite 300,  
San Jose, California, 95124  
408-277-7777  
[info@pccsv.org](mailto:info@pccsv.org)

The Palliative Care Center Silicon Valley™ is the first independent, community-based, licensed outpatient palliative care center of its kind in California. The center is a division of Hospice of the Valley, a leading non-profit provider of palliative care, hospice care, community grief support and education.

### Good Samaritan Hospital

2425 Samaritan Drive  
San Jose, CA 95124  
Direct: (408) 559-2366

**Seasons Hospice and Palliative Care of Northern California**

866-244-2197

Counties Served > Santa Clara, San Mateo

Our Palliative Care program provides clinical symptom management for people living with an advanced illness and emotional support for their families and caregivers.

**Right at Home**

3140 De La Cruz Boulevard Suite 107

408-496-0833

Santa Clara, CA 95054

Whether you are simply trying to relieve someone's pain during a serious illness or whether you're trying to provide end-of-life care, it can produce a lot of stress for everyone involved in caregiving.

**Santa Clara Medical Center**

751 S Bascom Ave

San Jose, CA 95128

408-885-5000

Palliative care helps seriously ill patients get the best possible quality of life. Through a team approach, the Palliative Care Program looks for ways to give patients relief from the symptoms, pain and stress of a serious illness - whatever the diagnosis.

**O'Connor Hospital**

2105 Forest Avenue

San Jose, CA 95128

408-947-4723

Dealing with a serious illness can be a lonely and difficult experience, especially when patients and their families face complex medical decisions. O'Connor's Palliative Care team supports the physical, emotional and spiritual needs of people facing a serious illness, while assuring comfort, dignity and quality of life. Palliative care is provided simultaneously with all other medical treatments.

**Kaiser Foundation Hospital**

900 Kiely Boulevard

Santa Clara, CA 95051

408-236-6400

Kaiser Permanente's Hospice Program is a Medicare-certified program providing end of life, palliative care services to Kaiser Permanente members and their families. The purpose of palliative care is to assist in the care and comfort (physical, emotional, spiritual) of patients with terminal illness.

Hospice care is designed to provide comfort and support to patients and their families when a life-limiting illness no longer responds to cure-oriented treatments. Hospice staff and volunteers offer a specialized knowledge of medical care, including pain management. The goal of hospice care is to improve the quality of a patient's last days by offering comfort and dignity. Hospice deals with the emotional, social and spiritual impact of the disease on the patient and the patient's family and friends. Hospice also offers a variety of bereavement and counseling services to families before and after a patient's death.

- If you are uncertain about whether hospice is right for you, ask the hospice if they would perform an evaluation of the patient and let you know if hospice would be an appropriate referral now... or at some later date.
- Hospice is an important Medicare benefit that provides palliative care for terminally ill patients who may have only months to live. People who receive hospice are also no longer receiving curative treatment for their underlying disease.
- To determine if the hospice is legitimate, Medicare-certified or licensed by the State, contact the State Hospice Association. (To locate your state's association, do an Internet search or contact Hospice Foundation of America at 800-854-3402.

*“Kindness comes in many forms, but always from the heart”*  
~Unknown

## **Marin County**

### **Hospice by the Bay**

17 East Sir Francis Drake Boulevard

Larkspur, CA 94939

415-927-2273

General inquires: 888-720-2111

Team members makes visits to wherever the patient lives, with nurses on-call 24 hours a day, seven days a week, to answer questions or make an emergency visit. Offers medical care, counseling, personal care, and grief support.

### **Heartland Hospice Services**

1050 Northgate Drive, #300

San Rafael, CA 94903

415-472-2637

Fax: 415-479-8609

Visits made directly to where the patients call home. Medication management, equipment, pain management, spiritual support, and patient education are services offered.

### **Hired Hands Homecare**

10 Commercial Boulevard, Suite 102

Novato, CA 94949

415-884-4343

General inquires: 866-940-4343

Physical, spiritual and practical support are provided based on our client's wishes and the family's needs, whether that is hourly or around the clock.

### **Brightstar Healthcare-Mill Valley**

150 Shoreline Hwy

Mill Valley, CA 94941

415-332-3300

Provides comprehensive professional hospice care in home to patients and families in need.

### **Living/Dying Project**

P.O. Box 357

Fairfax, CA 94978

415-456-3915

[info@livingdying.org](mailto:info@livingdying.org)

Offers several different programs centered around spiritual support for caregivers and those with life-threatening illnesses.

## Sutter Visiting Nurse Association

100 Rowland Way

Novato, CA 94945

Home Care: 415-209-7760

General inquiries: 415-209-7700

Personal hospice care that focuses on the physical, emotional, social, and spiritual needs of the patient and their family support network.

## Professional Healthcare at Home

185 N. Redwood Drive, Suite 150

San Rafael, CA 94903

415-492-8400

415-499-1406

Offers a team that includes skilled nurses, physicians, social workers, spiritual care coordinators, certified nursing assistants, volunteers and more. Your team will work to effectively manage your symptoms that are physical, emotional, spiritual and social in nature. The team will assist in completing any unfinished business or end-of-life tasks that are important for you. Offers 13 months of support after death occurs.

## San Francisco County

### Advocate Home Care

2860 Laguna Street

San Francisco, CA 94123

415-926-5483

[admin@advocatehomecare.net](mailto:admin@advocatehomecare.net)

The agency matches caregivers to meet the patient's particular needs and help seniors manage safely at home. Services Include: bathing & personal grooming, light housekeeping, errands and shopping, medication reminders, companionship and activities, Alzheimer's care, hospice care, and transportation.

### Seniors at Home

Miriam Schultz Grunfeld Building

2150 Post Street

San Francisco, CA 94115 415-449-3777

[info@SeniorAtHome.org](mailto:info@SeniorAtHome.org)

A coordinated team of professionals and volunteers are available 24 hours a day to assist the client. Offers spiritual and emotional support, as well as coordination with hospice services when chosen by the client.

**Crossroads Hospice & Palliative Care**

1109 Vicente Street  
San Francisco, CA 94116  
415-682-2111

Provides services you expect like bathing, feeding and administering medication, along with ones you may not expect like legal documentation and professional services. Crossroads has lower-than-average patient-to-staff ratios, we have the ability to see patients virtually every day.

**Self-Help Home Care**

407 Sansome Street  
San Francisco, CA 94111  
415-677-7628  
[info@selfhelpelderly.org](mailto:info@selfhelpelderly.org)

Hospice program that helps patients accept their prognosis and live comfortably in the privacy of their homes and in harmony with their families. For many patients, Hospice enriches their lives and enables them to live their last days to the fullest and pass peacefully with comfort and dignity. Our health care team members are bilingual and bicultural in Chinese, eliminating any language or cultural barriers.

**Laguna Honda Hospital and Rehabilitation Center**

375 Laguna Honda Boulevard  
San Francisco, CA 94116  
415-759-2300

In the welcoming environment of Laguna Honda's palliative care and hospice program we provide palliative services to patients with chronic and progressive illnesses and hospice services to patients at the end of life. Palliative and hospice therapies treat physical symptoms, such as pain, along with the emotional distress and spiritual suffering that often accompanies serious or progressive illness.

**American CareQuest, Inc.**

1426 Fillmore Street, Suite 210  
San Francisco, CA 94115  
415-885-9100  
[info@AmericanCareQuest.com](mailto:info@AmericanCareQuest.com)

Offers hospice care services that concentrate on controlling the symptoms of the disease. Your doctor will guide the provision of Hospice Services through a Plan of Care which Registered Nurses will administer and coordinate with other medical personnel involved in your conditions.

**San Francisco VA Medical Center- Geriatrics and Extended Care**

4150 Clement Street  
San Francisco, CA 94121  
415-221-4810 ext. 3224

The Geriatrics and Extended Care (GEC) Service at the San Francisco VA Medical Center offers a variety of outstanding clinical services for eligible older or functionally dependent Veterans as well as training in a variety of fields. Hospice is a mode of Palliative Care for Veterans with a life expectancy of less than six months and treatment goals focused on comfort rather than cure.

**Zen Hospice**

273 Page Street  
San Francisco, CA 94102  
415-863-2910  
[info@zenhospice.org](mailto:info@zenhospice.org)

Our mission is to help change the experience of dying. We create a space for living that offers the opportunity for individuals, their loved ones and care givers to find comfort, connection, and healing in this shared human experience. Through our pioneering model of care, we inspire each other to live fully.

**University Mound Ladies Home**

350 University Street  
San Francisco, CA 94134  
415-239-6696  
[info@ladieshome.org](mailto:info@ladieshome.org)

Working in collaboration with Medicare-certified hospice agencies, the Ladies Home provides eight hospice beds for women and men with end-of-life needs.

**St.Vincent's Home Health and Hospice of the Pacific**

1659 Divisadero Street  
San Francisco, CA 94115  
415-292-9700  
[rbassette@homehealthandhospice.com](mailto:rbassette@homehealthandhospice.com)

Hospice (end-of-life) care is provided by a team of caring professionals working with your primary care provider. Most hospice care is provided in your home (wherever that may be) but can also be provided as needed in a hospital or skilled nursing facility. Nurses, aides, therapists, counselors, social workers and physicians make up your multidisciplinary team of compassionate caregivers. The hospice nurses are available to you 24/7.

**American CareQuest, Inc.**

1426 Fillmore Street, Suite 210

San Francisco, CA 94115

415-885-9100

[info@AmericanCareQuest.com](mailto:info@AmericanCareQuest.com)

Offers hospice care services that concentrate on controlling the symptoms of the disease. Your doctor will guide the provision of Hospice Services through a Plan of Care which Registered Nurses will administer and coordinate with other medical personnel involved in your conditions.

**San Francisco VA Medical Center- Geriatrics and Extended Care**

4150 Clement Street

San Francisco, CA 94121

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**University Mound Ladies Home**

350 University Street

San Francisco, CA 94134

415-239-6696

[info@ladieshome.org](mailto:info@ladieshome.org)

Working in collaboration with Medicare-certified hospice agencies, the Ladies Home provides eight hospice beds for women and men with end-of-life needs.

## **Hospice by the Bay**

1902 Van Ness Ave, Second Floor

San Francisco, CA 94109

415-626-5900

General inquiries: 888-720-2111

Team members makes visits to wherever the patient lives, with nurses on-call 24 hours a day, seven days a week, to answer questions or make an emergency visit. Offers medical care, counseling, personal care, and grief support.

## **Coming Home Hospice**

115 Diamond Street

San Francisco, CA 94114

415-861-1110

[nascar@sutterhealth.org](mailto:nascar@sutterhealth.org)

Coming Home Hospice (CHH) is a residential hospice program providing care and support for clients and their families facing terminal illness. When care at home is no longer an option, Coming Home Hospice can provide a safe, loving and warm place to reside during the final period of life.

Caregivers provide 24-hour nursing and personal care in a home-like atmosphere giving families the freedom from worry about care and safety issues so they can focus on their loved one.

## **St.Vincent's Home Health and Hospice of the Pacific**

1659 Divisadero Street

San Francisco, CA 94115

415-292-9700

[rbassette@homehealthandhospice.com](mailto:rbassette@homehealthandhospice.com)

Hospice (end-of-life) care is provided by a team of caring professionals working with your primary care provider. Most hospice care is provided in your home (wherever that may be) but can also be provided as needed in a hospital or skilled nursing facility. Nurses, aides, therapists, counselors, social workers and physicians make up your multidisciplinary team of compassionate caregivers. The hospice nurses are available to you 24/7.

## **Sutter VNA & Hospice**

1 South Van Ness Ave, 8th Floor

San Francisco, CA 94103

800-557-9777

Comprehensive home health care in the client's home, in congregate setting, at Coming Home Hospice, and in nursing homes. Also offers bereavement support groups.

### **Self-Help Hospice**

407 Sansome Street  
San Francisco, CA 94111  
415-677-7628  
Fax: 415-677-7600

The mission of our Hospice program is to provide quality hospice services, information and education to the community, to assist the patients and their family in optimizing their quality of life, and to advocate for the mono and bilingual patient, and their families, to access health care services. Self-Help for the Elderly's Hospice program provides services specially designed for patients with terminal illnesses and is the only non-profit agency specializing in meeting the unique needs of the culturally diverse population in San Francisco.

## **Contra Costa County**

### **St Jude Hospice - Pasadena**

675 S Arroyo Pkwy  
Pasadena, CA 91105  
626-229-9855

The mission of Saint Jude Hospice is to bring compassionate care into the homes of those suffering from a life-limiting or terminal illness. Hospice services are available for those who have decided, with the consent of their family physician, -- to receive comfort care rather than seek a cure for their illness. No one will be turned away from our hospice services because of an inability to pay. Services most of the bay area.

### **VITAS Innovative Hospice Care of East Bay Oakland**

365 Lennon Lane, Suite 140  
Walnut Creek, CA 94598  
866-957-3422

VITAS Innovative Hospice Care®, the nation's leading hospice provider, delivers comprehensive care for patients facing life-limiting illness. Services include Intensive Comfort CareSM for acute symptom management; after-hours Telecare with immediate access to clinicians; specialized offerings for veterans and AL/LTC residents; educational in-services, grief/loss programs; outcome measurements and more.

## **Sutter VNA and Hospice**

1900 Bates Ave, Suite A  
Concord, CA 94520  
510-618-5200

Sutter VNA and Hospice is a hospice care provider serving Concord, CA and the surrounding area. Sutter VNA and Hospice offers care and emotional, social, and spiritual support for patients and their families in end-of-life scenarios.

## **Hospice of the East Bay**

3470 Buskirk Avenue  
Pleasant Hill, CA 94523  
925-887-5678

Hospice of the East Bay provides compassionate end-of-life care to terminally ill patients, while offering emotional, spiritual, and grief support for the entire family. As a not-for-profit organization, we accept all medically qualified patients, regardless of their insurance status or ability to pay. We also offer free bereavement services to the entire community. Since 1977, we have served over 20,000 patients and their families.

## **Heartland Home Health Care and Hospice**

901 Sunvalley Boulevard  
Concord, CA 94520  
866-231-5695

Heartland Home Health Care and Hospice is a hospice care provider serving Concord, CA and the surrounding area. Heartland Home Health Care and Hospice offers care and emotional, social, and spiritual support for patients and their families in end-of-life scenarios. Contact the provider for more details on services and rates.

## **AseraCare**

1001 Galaxy Way  
Concord, CA 94521  
800-928-8841

Our family-centered approach works to ensure that the needs and wishes of both our patients and their family members are met throughout the hospice experience. Professionals from AseraCare help manage the entire spectrum of challenges and needs related to a terminal diagnosis.

**Professional Healthcare at Home**

395 Taylor Boulevard, Suite 200

Pleasant Hill, CA 94523

925-771-8295

Fax: 925-689-2343

Today's hospice is a special type of care that is offered to people who have a life-limiting illness. The patient is met by a team that will include skilled nurses, physicians, social workers, spiritual care coordinators, certified nursing assistants, volunteers and more. Your team will work to effectively manage your symptoms that are physical, emotional, and spiritual.

**Alameda County****Rite at Home**

3137 Castro Valley Boulevard, Suite 201

Castro Valley, CA 94546

510-690-9612

Fax: 510-690-9652

Whether you are simply trying to relieve someone's pain during a serious illness or whether you're trying to provide end-of-life care, it can produce a lot of stress for everyone involved in caregiving. Right at Home can give you a respite from the daily tasks that seem to build. From light housekeeping to meal preparation.

**VITAS Innovative Hospice Care of San Francisco**

39899 Balentine Drive, Suite 616

Newark , CA 94560

866-957-3422

VITAS Innovative Hospice Care®, the nation's leading hospice provider, delivers comprehensive care for patients facing life-limiting illness. Services include Intensive Comfort CareSM for acute symptom management; after-hours Telecare with immediate access to clinicians; specialized offerings for veterans and AL/LTC residents; educational in-services, grief/loss programs; outcome measurements and more.

**Sutter VNA and Hospice**

1651 Alvarado St.

San Leandro , CA 94577

510-618-5200

Sutter VNA and Hospice is a hospice care provider serving San Leandro, CA and the surrounding area. Sutter VNA and Hospice offers care and emotional, social, and spiritual support for patients and their families in end-of-life scenarios. Contact the provider for more details on services and rates.

## Kaiser Hayward Hospice Program

30116 Elgenbrodt Way

Union City, CA 94587

510-675-5777

Kaiser Hayward Hospice Program is a hospice care provider serving Union City, CA and the surrounding area. Kaiser Hayward Hospice Program offers care and emotional, social, and spiritual support for patients and their families in end-of-life scenarios. Contact the provider for more details on services and rates.

## George Mark Children's House

2121 George Mark Lane

San Leandro , CA 94578

510-346-4624

George Mark Children's House is a hospice care provider serving San Leandro, CA and the surrounding area. George Mark Children's House offers care and emotional, social, and spiritual support for patients and their families in end-of-life scenarios. Contact the provider for more details on services and rates.

## Heartland Home Health Care & Hospice - San Leandro

2950 Merced Street

San Leandro, CA 94577

408-450-7850

Heartland Home Health Care & Hospice-San Leandro is a hospice care provider serving San Leandro, CA and the surrounding area. Heartland Home Health Care & Hospice-San Leandro offers care and emotional, social, and spiritual support for patients and their families in end-of-life scenarios. Contact the provider for more details on services and rates.

## St Jude Hospice - Pasadena

675 S Arroyo Pkwy

Pasadena, CA 91105

626-229-9855

The mission of Saint Jude Hospice is to bring compassionate care into the homes of those suffering from a life-limiting or terminal illness. Hospice services are available for those who have decided, with the consent of their family physician, -- to receive comfort care rather than seek a cure for their illness. No one will be turned away from our hospice services because of an inability to pay. Services most of the bay area.

### **Asian Network Hospice**

212 9th Street  
Oakland, CA 94607  
510-268-1118

Asian Network Hospice is a hospice care provider serving Oakland, CA and the surrounding area. Asian Network Hospice offers care and emotional, social, and spiritual support for patients and their families in end-of-life scenarios.

### **Hope Hospice Inc - Dublin**

6377 Clark Ave  
Dublin, CA 94568  
925-829-8770

At Hope Hospice we thrive on supporting individuals at the end of life with compassion, dignity and excellence. We customize care for each patient and their family. We offer a comprehensive circle of support and pay attention to all of an individual's needs - physical, mental, emotional and spiritual. Our professional staff have a wealth of experience, expertise, and specialized education. They create an environment that offers the patient comfort and dignity at the end of life.

## **San Mateo County**

### **Professional Healthcare at Home**

355 Gellert Boulevard, Suite 110  
Daly City, CA 94014  
650-985-5660  
650-992-8559

Offers a team that includes skilled nurses, physicians, social workers, spiritual care coordinators, certified nursing assistants, volunteers and more. Your team will work to effectively manage your symptoms that are physical, emotional, spiritual and social in nature. The team will assist in completing any unfinished business or end-of-life tasks that are important for you. Offers 13 months of support after death occurs.

### **Mission Hospice & Home Care**

1670 South Amphlett Boulevard, Suite 300  
San Mateo, CA 94402  
650-554-1000  
Fax: 650-554-1001

At Mission Hospice & Home Care, we provide physical, emotional, social and spiritual (all-inclusive) care for our patients and their families. Our emphasis is on quality of life once curative measures are no longer effective or desired. We are experts in pain control and symptom management.

## **VITAS Innovative Hospice Care**

1291 E. Hillsdale Boulevard, Suite 225  
Foster City, CA 94404  
866-946-7742

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. These services require a physician's order and the need for skilled care.

## **Self-Help For The Elderly Home Care and Hospice**

50 E. 5th Ave  
San Mateo, CA 94401  
650-342-0822

The mission of our Hospice program is to provide quality hospice services, information and education to the community, to assist the patients and their family in optimizing their quality of life, and to advocate for the mono and bilingual patient, and their families, to access health care services.

## **Pathways Home Health and Hospice**

585 N. Mary Ave  
Sunnyvale, CA 94085  
1-888-755-7855

When the focus of medical care changes from cure to comfort, those with a life expectancy of six months or less can turn to hospice for assistance. We're the people that help you live with a terminal illness. It is our job to alleviate symptoms and give emotional and spiritual support, and our goal is to help patients live as fully and comfortably as possible for the remainder of their lives.

## **New Haven Home Health Service, Inc.**

333 Gellert Boulevard, Suite 249  
Daly City, CA 94015  
650-301-1660

New Haven Home Health & Hospice Inc. will provide a service or combination of services prescribed by and under the direction of your physician. Our professional staff will work with your doctor to establish and implement a plan of care suited to your particular needs and situation.

## Santa Clara County

### **Optimal Health Services**

3375 Scoot Boulevard, Suite 410

Santa Clara, CA 95054

408-207-9222

Fax: 408-207-9227

Optimal works together with patients and their families to enhance their quality of life. By utilizing the most modern pain and symptom management techniques combined with a compassionate support system, hospice helps to reduce the overwhelming stress and anxiety that can come with caring for a loved one with a life limiting illness. Hospice care is provided wherever the patient lives, whether in a private residence, nursing home, or residential care facility.

### **Heartland Home Health Care and Hospice**

2005 De La Cruz Boulevard

Santa Clara, CA 95050

408-986-1801

Fax: 408-986-0354

At Heartland, we proudly provide hospice care wherever our patients call home: the house they've lived in for decades, a skilled nursing center, an assisted living facility or anywhere else they find the greatest comfort. Heartland's caregivers enrich our patients' lives and provide support by developing individualized care plans, setting goals, encouraging personal choices, working together in caregiving decisions and supporting meaningful experiences.

### **Hospice of The Valley**

5850 Union Ave

San Jose, CA 95124

408-559-5600

Hospice care is offered at home, wherever home is for you – be that a private residence, assisted living facility, nursing home or hospital. In addition to expert care and support, we offer complementary services, including music and integrative therapies such as art therapy, massage, Reiki, Healing Touch and aromatherapy, to bring comfort to you and your family.

### **Odyssey Hospice**

2055 Gateway Place, Suite 600  
San Jose, CA 95110  
800-305-9851

Hospice is based on the belief that through sensitive, appropriate care and the support of a caring community, terminally ill patients and their families can begin to prepare to face the inevitable challenges ahead. The nurse and an Odyssey affiliated physician, who specialize in understanding and treating pain, will develop a plan of care to ease the patient's discomforting symptoms.

### **Pathways Home Health**

585 North Mary Ave  
Sunnyvale, CA 94085  
408-730-5900  
[info@pathwayshealth.org](mailto:info@pathwayshealth.org)

At Pathways we respect the individuality of our patients and families, and we know that their approaches to serious illness may vary. The care team recognizes the difficult transition patients and families must make as cure becomes less likely, and the focus of care begins shifting to comfort measures.

Rehabilitation health care services help you keep, get back, or improve skills and functioning for daily living that you've lost or have been impaired because you were sick, hurt, or disabled. These services may include physical and occupational therapy, speech-language pathology, and psychiatric rehabilitations services in a variety of inpatient and/or outpatient settings.

- Most health insurance companies cover physical, occupational, and speech therapy services as a part of your benefits. There are various rules for each different policy so we recommend that you call the customer service number on the back of your insurance card to verify coverage.

*“It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself.”*

*~Ralph Waldo Emerson*



## **Marin County**

### **Asher Clinic**

2801 Larkspur Landing

Larkspur, CA 94939

415-461-8233

Fax: 415-461-6412

Offers one-on-one physical therapy and rehabilitation services. Also specializes in pediatrics and sports injuries.

### **Kentfield Rehabilitation & Specialty Hospital**

1125 Sir Francis Drake Boulevard

Kentfield, CA 94904

415-485-3541

[info@kentfieldrehab.com](mailto:info@kentfieldrehab.com)

Kentfield Outpatient Center offers comprehensive rehabilitation services in a multidisciplinary team approach. Kentfield individually tailors the programs to the needs of each patient to ensure the best possible results. Offers a full range of outpatient services including physical, occupational, speech, and full hand therapies. The center also contains a wound & burn clinic as well as an occupational medicine center.

### **Kindred Nursing and Transitional Care-Smith Ranch**

1550 Silveira Parkway

San Rafael, CA 94903

415-499-1000

General inquiries: 1-800-545-0749

Offers a program specially geared towards those experience memory decline, or other memory, behavior and medical complications in association with dementia and Alzheimer's.

### **Marin General Hospital-Occupational Therapy**

250 Bon Air Road, Fourth Floor

Greenbrae, CA 94904

415-925-7677

Hospital Operator: 415-925-7000

Offers Occupational Therapists who guide patients in performing daily activities, increasing function of joints and muscles to help regain independence, and preventing further disability. They also educate patients and family on how to maintain progress made in therapy.

**Marin General Hospital-Physical Therapy**

1350 South Eliseo Drive, Suite 250

Greenbrae, CA 94904

415-925-7299

Hospital Operator: 415-925-7000

Offers therapists who thoroughly evaluate and help patients improve or even fully restore their mobility, physical therapy often provides an alternative to surgery or pain medication. Each patient has an individually tailored program.

**Marin General Hospital-Speech and Language Therapy**

250 Bon Air Road, Second Floor

Greenbrae, CA 94904

415-925-7220

Hospital Operator: 415-925-7000

Offers treatment and evaluation for language delays in children aged 0-21 years old and also provide evaluation and treatment for issues including articulation, promoter development, language, and fluency. For adult patients, therapy for strokes, head trauma, progressive neurological diseases, and degenerative neurological conditions services are available.

**Marin Brain Injury Network (MBIN)**

1132 Magnolia Avenue

Larkspur, CA 94939

415-461-6771

Marin Brain Injury Network (MBIN) is a grassroots organization whose members include survivors of Acquired Brain Injury, their families and caregivers, professionals from the fields of medicine and social service, and other concerned individuals from throughout the community. MBIN provides a community reintegration program at The Larkspur Center in Larkspur, California, near the College of Marin. The program addresses the functional limitations and psychosocial barriers that survivors of acquired brain injury frequently experience. The program objectives are: 1. To help each participant increase his or her independence 2. To facilitate each participant's re-entry into the community. To achieve these objectives, the program provides education, training, and rehabilitation in cognitive, social, practical, and vocational skills.

## **California State Department Rehabilitation**

120 N. Redwood Drive

San Rafael, CA 94903

415-507-1483

Offers programs to assist people with disabilities in preparation for employment, and becoming active members of the community.

## **California Department of Rehabilitation**

75 Rowland Way, Suite 370

Novato, CA 94945

415-893-7702

Individualized employment plans are created with an assigned counselor to determine employment goal, based on history and needs for education/tuition, job training, job development & job coaching services. Resources can include clothing for work, transportation assistance, interpreter services, mobility services, assistive technology, occupational licenses, tools/equipment, supported employment.

## **San Francisco County**

### **California Pacific Outpatient Rehabilitation-California Campus**

3698 California Street, Second Floor

San Francisco, CA 94118

415-600-3395

Appointments: 415-600-2700

Offers comprehensive services to evaluate patients potentials to help patients reach their full physical potential. All patients are seen by a licensed therapist, not an aide. This location offers physical therapy.

### **California Pacific Outpatient Rehabilitation-Davies Campus**

Castro at Duboce Street

San Francisco, CA 94114

415-600-3395

Appointments: 415-600-2700

Offers comprehensive services to evaluate patients potentials to help patients reach their full physical potential. All patients are seen by a licensed therapist, not an aide. This location offers physical, occupational and speech therapy.

**California Pacific Outpatient Rehabilitation-Pacific Campus**

2630 Clay Street  
San Francisco, CA 94115  
415-600-3395

Appointments: 415-600-2700

Offers comprehensive services to evaluate patients potentials to help patients reach their full physical potential. All patients are seen by a licensed therapist, not an aide. This location offers physical therapy, with additional hours offered on Saturdays.

**San Francisco VA Medical Center - Geriatrics and Extended Care**

4150 Clement Street  
San Francisco, CA 94121  
415-221-4810 ext. 4246

Eligible Veterans who require short-term rehabilitative care for recovery from acute events (surgery, stroke, acute illness) may receive this therapy at the CLC. The program is staffed by Geriatricians, physical and occupational therapists, and other health care professionals at the CLC.

**Living Well**

800-805-7104

At Living Well Assisted Living At Home we combine a team of experts, the use of smart technology with exceptional customer service to deliver personalized, comprehensive rehabilitation care to seniors and adults with cognitive, behavioral, and movement problems.

**Jewish Home**

302 Silver Ave  
San Francisco, CA 94112  
415.334.2500

STARS, our short-term and rehabilitation services unit, offers stellar treatment for those seeking rehabilitation care of 100 days or less. An accelerated assessment process may secure immediate placement. Generally, payment for this type of care is covered under Medicare, Part A.

**St. Francis Memorial Hospital- Acute Care Rehabilitation**

900 Hyde Street  
San Francisco, CA 94109  
415-353-6270

Saint Francis Memorial Hospital's Acute Rehabilitation program is a Medicare certified facility and accredited by the Commission of Accreditation of Rehabilitation Facilities (CARF) as well as Stroke-Certified. The 20-bed facility is located on the 7th floor of the hospital.

### **San Francisco Recreation and Park Adaptive Recreation Program**

McLaren Lodge-Golden Gate Park  
501 Stanyan Street  
San Francisco, CA 94117  
415-831-2700

Project Insight is RPD's home for Adaptive Recreation. For over 30 years, Project Insight (PI) has provided a wide range of adaptive recreation programs for people who are deaf and hard of hearing, blind and visually impaired, and people who have other disabilities. In Fall 2010, Project Insight became the home for all adaptive recreation programs and activities. We are working with community partners and partner agencies to expand our offerings, to meet the diverse needs of our community.

### **Hearing and Speech Center**

The Wattis Building  
1234 Divisadero Street  
San Francisco, CA 94115  
<http://www.hearingspeech.org/main/>

The best step you can take in addressing difficulties in communication is to consult with an expert. Evaluations of your hearing, speech or educational challenges will help pinpoint the areas of trouble and create a plan to move forward. The following information can help you understand what to expect and how services can help.

## **Contra Costa County**

### **Contra Costa Regional Medical Center**

2500 Alhambra Avenue, F unit

Inpatient Rehabilitation Therapy is provided in the acute care units and the psychiatric unit at Contra Costa Regional Medical Center in Martinez. Therapists work with individuals and groups to assess needs, develop treatment strategies, provide education, and identify barriers, to enable patients to reach their highest functional level prior to discharge. Therapy Services can teach compensatory strategies, recommend equipment and provide therapy interventions and exercise programs.

### **West County Health Center**

13601 San Pablo Ave

San Pablo, CA 94806

510-231-9525

Contra Costa Health Services offers Occupational, Physical and Speech Therapy services for inpatients and outpatients. Occupational, Speech and Physical Therapy are all offered at West County Health Center.

### **Pittsburg Health Center**

2311 Loveridge Road

Pittsburg, CA 94565

925-431-2730/2731

Contra Costa Health Services offers Occupational, Physical and Speech Therapy services for inpatients and outpatients. Both Occupational and Physical Therapy are offered at Pittsburg Health Center.

### **Sutter Delta Medical Center**

3901 Lone Tree Way

Antioch, CA 94509

925-779-7200

The goal of our rehabilitation program is to deliver comprehensive services to individuals of all ages. Inpatient and outpatient services are provided and include thorough assessments, treatment planning, delivery and documentation of care, consultation, re-evaluation and discharge planning

### **John Muir Medical Center**

2540 East Street

Concord, CA 94520

925-682-8200

1601 Ygnacio Valley Rd.

Walnut Creek, CA 94598

925-939-3000

Our state-of-the-art Interventional Neuroradiology Suite features advanced imaging technology that allows physicians to view every blood vessel in the human brain with extraordinary clarity and to provide safer, faster, and more effective treatment. Neuropsychologists, rehabilitation therapists, and nurses then work closely with you in your recovery.

## **Alameda County**

### **Fairmont Hospital**

15400 Foothill Blvd.

San Leandro, CA. 94578

510-895-4527

The Rehabilitation Center's philosophy of rehabilitative care revolves around a highly effective interdisciplinary team concept. Working directly with the patients to evaluate and treat their individual needs is a team of specialists.

**Alameda County Medical Center**

1411 E. 31st Street

Oakland, CA 94602

510-437-5192

Offers treatment for HIV/AIDS, sexual assault and 24-hour trauma and emergency treatment. Acute Rehabilitation Service restores patients after traumatic injuries and illnesses such as strokes and head injuries. Skilled Nursing Facility provides long-term care to patients with ongoing, complex, medical needs. Psychiatric emergency services, crisis intervention, inpatient care, and substance abuse programs are also available.

**CCS Medical Therapy Program**

Alameda County Public Health Department

1000 Broadway, Suite 500

Oakland, CA 94607

510-267-8000

The Medical Therapy Program provides free physical and occupational therapy services for children with physical disabilities. The Medical Therapy Units are centers where physical and occupational therapy services are provided for children and young adults (under 21) with long-term physical disabilities. Contact the program for locations and information.

**Bonita House: Berkeley Creative Wellness Center**

1802 Fairview Street

Berkeley, CA 94703

510-923-2269

Operating two and a half days a week in the South Berkeley Community Church, CWC provides socialization, rehabilitation and counseling services to clients - who are called members in this clubhouse model program. These services are offered to prepare individuals to live outside of the public mental health system.

**Aphasia Center of California**

200 Grand Ave

Oakland, CA 94610

510-336-0112

Led by highly experienced speech-language pathologists who have dedicated their careers to the treatment of aphasia and other neurologic communication disorders. Programs range from book clubs and communication treatment groups to recreational classes. The center also provides assessment, education and training, and consultative services both on- and off-site.

## **San Mateo County**

### **Therapy in your Home**

408-358-0201

Occupational, physical and speech therapy provided in the home, skilled nursing facility or assisted living facility.

### **Mills-Peninsula Stroke Rehabilitation**

1501 Trousdale Drive

Burlingame, CA 94010

650-696-7681

An experienced clinical nurse specialist with advanced training in stroke care and geriatrics follows progress of every patient, including recommending next steps, care at home and excellent short-term and long-term rehabilitation services.

### **Mack E. Mickelson Arthritis & Rehabilitation Center**

100 S. San Mateo Drive

San Mateo, CA 94401

650-696-4319

The 24 x 82-foot, wheelchair-accessible pool is kept at a warm temperature that is suitable for therapeutic exercise and promotes healing and comfort.

Mills-Peninsula offers aquatic therapy as a key component of physical therapy and rehabilitation for adults and children. Because of the therapeutic benefits of exercising in warm water, our heated pool is often used to assist patients who cannot tolerate a land-based rehabilitation program due to the level of pain they are experiencing, strength limitations or balance and gait deficits. Warm water facilitates increased range of motion and the buoyancy of water reduces impact on painful joints.

### **Apex Physical Therapy**

1810 Gateway Drive, Suite 110

San Mateo, CA 94404

650-345-2739

Your treatment will include a combination of exercise and manual therapy, using the most current evidence-based interventions, as well as, education about your specific condition. Apex routinely communicates with your physician to keep him or her abreast of your progress.

### Select Physical Therapy

268 Redwood Shores Parkway  
Redwood Shores, CA 94065  
650-591-9581

454 Forest Ave  
Palo Alto, CA 94301  
650-331-3700

Our highly respected clinical team provides preventative and rehabilitative services that maximize functionality and promote well-being. We develop individualized treatment plans to help achieve each patient's specific goals. Our commitment to customer satisfaction is demonstrated by our high-quality clinical care, positive interaction with patients, complete and timely communication to physicians and case managers, patient education programs, convenient locations and prompt appointment availability.

### Physiotherapy Associates

866-786-8482

Our clinical staff believes you could use more than a provider to help you reach your goals. We believe you would benefit from a partner. That's why our qualified physical therapists work with you to provide one-on-one treatment, understand your unique situation, and create a customized treatment plan that allows you to achieve your personal objectives. Our successful outcomes are just one reason why people speak so highly of our clinic! At our clinic, you will enjoy a therapeutic experience focused on providing you with the highest level of clinical expertise and customized care. Our specialty is providing you with one-on-one treatment that is designed to help you get back to a healthy lifestyle. Contact for the location closest to you.

## Santa Clara County

### Services for Brain Injury

60 Daggett Drive  
San Jose, CA 95134  
408-434-2277

Provides people who have sustained a traumatic brain injury with re-education, advocacy, counseling, & job training: daily programs teaching self-care, academics, computer-aided learning, & socialization; speech therapy, occupational therapy, physical exercise and education.

### El Camino Hospital: Cardiovascular Pulmonary

2500 Grant Road  
Mountain View, CA 94040  
650-940-7130

Outpatient cardiac rehabilitation exercise classes for persons with recent cardiac intervention. Outpatient pulmonary rehabilitation and exercise classes for persons with chronic lung conditions.

**De Anza College: Cardiac Exercise & Educational Program**

21250 Stevens Creek Boulevard

Cupertino, CA 95014

408-864-8751

For individuals interested in improving and maintaining cardiovascular health in a medically supervised environment. Program is designed for individuals who have had a heart attack, bypass surgery, angioplasty, or who are at high risk for cardiovascular disease.

**Good Samaritan Hospital: Physical Therapy**

15891 Los Gatos-Almaden Road

Los Gatos, CA 95032

408-559-2377

Two locations to serve you. Call for addresses and class times. Bone builders - Out-patient exercise program for those who are osteoporotic or at risk for bone density loss. Fitness for Life - Out-patient exercise program for persons recovering from injury and/or illness to maintain gains from therapy and to prevent loss of function or re-injury. Seniors in Stride - Out-patient exercise program for healthy seniors to maintain cardiovascular fitness, flexibility, strength and balance.

**Good Samaritan Hospital: Rehabilitation Services**

2425 Samaritan Drive

San Jose, CA 95124

408-559-2314

Comprehensive in-patient and out-patient programs of physical, occupational, and speech therapies. Includes treatment of injuries, neurologic problems, swallowing problems, orthopedic conditions, amputees, and wounds. Three out-patient locations; call for addresses.

**Stanford Arthritis Center: Arthritis Self-Help**

650-723-7935

Teaches techniques to manage pain and fatigue, exercise, proper medication use, and how to communicate effectively with doctors. Six-week classes are held in various locations.

**Saint Louise Regional Hospital: Rehabilitation Services**

9400 No Name Uno

Gilroy, CA 95020

408-848-2000 ext.8644

Comprehensive programs of physical, occupational & speech therapies including treatment of acute & chronic back problems, neurological re-education and training, cognitive/perceptual retraining, dysphasia training, post-orthopedic surgery treatment, arthritis, and hand therapy.

### **O'Connor Hospital: Rehabilitation Services**

2105 Forest Ave  
San Jose, CA 95128  
408-947-2709

Evaluation and treatment of musculo-skeletal, neurological, cardiac and general medical conditions through physical, occupational, and speech therapies. Education and support services offered include, but are not limited to: Arthritis and Joint Replacement classes, Back Care education, Stroke Support Group.

### **El Camino Hospital Los Gatos: Physical Performance, Institute and Rehabilitation Center Services**

815 Pollard Road  
Los Gatos, CA 95032  
408-378-6131

Offers physical, occupational , and speech therapy to brain injured individuals and stroke victims. Also available are lymphedema, arthritis, joint care, osteoporosis treatment and education, and much more. Call for more information.

### **Furry Friends**

P.O. Box 5099  
San Jose, CA 95150  
408-280-6171

Pet assisted therapy services. Our mission is to consistently facilitate delivery of the love and affection of our volunteers and their pets. We enhance the lives and reopen the closed emotional doors of people with special needs.

Nutrition services are available in a variety of settings including congregate facilities such as senior centers; or by home-delivery to individuals who are homebound due to illness, disability, or geographic isolation. Services are targeted to those in greatest social and economic need with particular attention to low-income individuals. Nutrition Service Programs helps individuals to remain independent and in their communities.

- The major nutrition-related components of home and community-based long- term care are as follows: nutrition screening; nutrition assessment; individualized nutrition intervention planning and care management; referral to other appropriate providers of services related to nutritional status; intervention monitoring; and evaluation of nutritional intervention.
- Nutrition screening is a focused activity that is designed to identify persons who need a particular program or type of service such as home-delivered meals or food stamps.

*“Nutrition isn’t just about eating, it’s about learning to live”  
~Patricia Compton*



### **Marin County Meals on Wheels**

#### **Meals on Wheels of Marin County**

930 Tamalpais Ave

San Rafael, CA 94901

415-457-4636

General Inquiries: 415-456-9062

In Marin County, in collaboration with Whistlestop, chilled fresh meals are delivered up to three times each week to more than 250 housebound older adults in our community. Anyone who is 60 or older, lives in Marin, and is homebound and frail, is eligible for meal service. The Division of Aging and Adult services will provide an In-Home Assessment within the first 2 weeks of being on the program to determine the eligibility of a participant. Meals are available on a long-term basis or temporarily if you are recovering from surgery or an illness.

### **San Francisco County Meals on Wheels**

#### **Meal On Wheels of San Francisco**

1375 Fairfax Ave

San Francisco, CA

415-920-1111

info@mowsf.org

Meals on Wheels of San Francisco provides of variety of services to clients who qualify. MOW prepare and deliver two meals per day, seven days a week, city-wide, and offer low sodium, diabetic, and mechanically softened meals where needed. The professional drivers also perform daily safety checks and offer companionship with a friendly smile when they come to the door. MOW also finds Proper nutrition to be essential for the health, self-sufficiency, and well-being of older adults. We provide over 1,800 hours of nutrition counseling sessions to clients each year.

## **Contra Costa County Meals on Wheels**

### **Meals on Wheels of Contra Costa, Inc.**

P.O. Box 3195

Martinez, CA 94553

1-866-669-6697

Meals on Wheels clients must be 60 years of age or older, and unable to purchase or prepare nutritious meals for themselves, and have no one else available to do so. Meals are delivered by volunteers five days per week before noon, and frozen meals are available for weekends. Each meal exceeds one-third of the recommended dietary allowance for older adults, and is individually packaged hot or cold, depending on the menu item.

## **Alameda County Meals on Wheels**

### **Alameda County Meals on Wheels**

PO Box 14002

Oakland, CA 94614

510-777-9560

To assist frail, homebound seniors to maintain their independence by fundraising and providing financial support, community outreach and strategic assistance to Meals on Wheels programs in Alameda County that deliver nutritious meals and perform wellness checks. Any senior 60 years of age or older living in Alameda County who is unable to purchase or prepare meals for him or herself is eligible for Meals on Wheels.

### Marin County Foundations & Programs

#### **San Francisco Marin Food Bank**

415-456-9062 ext. 117

Dial the helpline: 211

This is a Federal program being offered in Marin for the first time. It is designed to serve those individuals who do not participate in the WIC food stamp program. If you live in Marin, are 60 years old and your income is less than \$1174/month (or you have a child younger than 6 years old and your family does not participate in WIC), you may be eligible. Food boxes include a variety of quality foods such as tuna, rice, cheese, pasta and peanut butter. Please bring original form of ID, proof of income, and proof of residency.

#### **Brown Bag Pantry**

415-456-9062 ext. 117

The Brown Bag Pantries are open to older adults(60+) who live in Marin County. Currently there are Brown Bag Pantries at 6 Senior Housing Facilities and at Margaret Todd Senior Center. After the holidays, the program is expanding to Whistlestop. The pantry is a supplemental food program that allows older adults to choose from a vast array of seasonal fruits and veggies; protein items, such as meat, eggs, or beans; grains — pasta, bread, or rice, and canned goods for those with limited mobility. Registration is required.

#### **Home Delivery Grocery Program**

415-456-9062 ext. 117

This program is available for homebound San Rafael older adults (60+) who need shopping assistance. Delivery is free. Older adults pay only for the groceries. Participants can use the program on weekly, monthly, or shorter basis, i.e. while recovering from an illness.

#### **Jackson Cafe**

415-456-9062 ext. 117

Meals are prepared by Fresh Starts culinary students and served by Whistlestop volunteers. Jackson Café is open to the public and offers a wonderful place to relax and enjoy lunch with friends. The meals are fresh, affordable, and delicious. The daily menu includes a hot main entrée, soup de jour and a variety of other favorite lunch dishes. Jackson Café is open to the public, Monday–Friday, 11:30am to 2:00pm. Prices for entrées for those 60 and better are around \$5 for a full meal (slightly higher for those under 60).

## **San Francisco County Foundations & Programs**

### **United Council of Human Services**

2111 Jennings Street  
San Francisco, CA 94124  
415-671-1100  
415-643-1700

Offers low income and the unemployed emergency food bag, general clothing and hosts a weekly food pantry. They also run a shelter clearing house, and a drop in center.

### **Providence Foundation of San Francisco**

4601 3rd Street  
San Francisco, CA 94124  
415-206-0263

This non-profit provides a variety of services and assistance programs for seniors, low income, children, youth, and homeless people throughout the city. Access to hot meals, shelter, after school tutoring, senior housing and more are available.

### **San Francisco Marin Food Bank Summer Snack Program**

900 Pennsylvania Ave  
San Francisco, CA 94107  
415-282-1900

Hunger doesn't take a summer vacation — but when school is out, many low-income children miss out on the free or reduced-price school meals they count on during the school year. That's why the Food Bank partners with the Department of Children, Youth and Their Families (DCYF) to provide nutritious snacks at youth centers all summer long. Kids can grab snacks such as fruits, vegetables, cheese or granola bars to help fuel their busy, active days.

### **The Women's Building-Immigrant Assistance Food Pantry Program**

3543 18th Street, #18  
San Francisco, CA 94110  
415-431-1180

The Food Pantry intends to address the needs of a multicultural community of immigrants by providing culturally sensitive services such as access to quality food, nutrition classes, wellness activities; as well as, opportunities for community participation. Also offers a free Cal Fresh Screening.

### Contra Costa County Foundations & Programs

#### **Senior Outreach Services Meal Delivery Program**

1300 Civic Drive  
Walnut Creek, CA 94596  
925-937-8607

We deliver meals to seniors (60 years or older) who are homebound, no longer driving, unable to prepare food themselves, and do not have caregiver that is paid to prepare meals. Meals are provided based on need, not on income.

#### **Self Help for the Elderly**

731 Sansome Street, Suite 100,  
San Francisco, CA 94111  
415-677-7600

The mission of Home Delivered Meals Program is to provide nutritious hot meals to homebound seniors who have no other means of obtaining safe healthy food and accommodates seniors that prefer Chinese style meals.

#### **Contra Costa Health Services-Senior Nutrition Program**

Contra Costa Public Health Division  
597 Center Avenue, Suite 200  
Martinez, California 94553  
925-646-9137

The Senior Nutrition Program provides nutritions daily meals countywide for adults age 60+ which meet 1/3 of the Recommended Daily Allowance (RDA), served in a social setting at 20 C.C.Cafe's in local communities throughout the county, or delivered to the residence of homebound adults.

#### **Food Bank of Contra Costa & Solano**

P.O. Box 6324,  
Concord, CA 94524  
925-676-7543

With your help, the Food Bank of Contra Costa and Solano is able to provide groceries to more than 3,000 seniors each month through the Senior Food Program. Seniors 55 and over receive nutritionally balanced bags of food so they may not have to make those tough decisions.

## **Alameda County Foundations & Programs**

### **East Bay Korean-American Senior Services Center**

1723 Telegraph Ave

Oakland, CA 94612

510-763-0736

The role of the East Bay Korean-American Senior Services Center, while similar to other senior centers, is unique in that it is bilingual by necessity.

The Center strives to serve Korean seniors, so that they can enjoy their lives as well as contribute to society. Offers a meal program that provides a nutritionally balanced hot Korean lunch Tuesday-Saturday.

### **Alameda County Area Agency on Aging**

6955 Foothill Boulevard, Suite 300

Oakland, CA 94605

1-800-510-2020

The AAA provides subcontracted services to persons aged 60 and older through grants from the Federal Administration on Aging, State of California, and the County of Alameda. Provides access to congregate meals, as well as home delivered meals.

### **Alameda County Community Food Bank**

7900 Edgewater Drive

Oakland, CA 94621

1-800-870-3663

The Emergency Food Helpline, our countywide referral program, will connect you to a source for a bag of groceries or a hot meal on the day you call.

### **Milpitas Food Pantry**

1440 S. Main Street

Milpitas, CA 95035

408-946-5564

We are a faith-based 501(c)(3) non-profit organization who rely on community support to distribute emergency food and offer food assistance to more than 3,500 low- and fixed-income people. The majority of our clients are families with children, followed by seniors. We also serve the homeless in our area.

### **San Mateo County Foundations & Programs**

#### **Second Harvest Food Bank**

650-610-0800 ext.416

Second Harvest Food Bank's Brown Bag Program provides weekly nutritious groceries to senior individuals (ages 60+) and disabled individuals (ages 55+) at distribution sites in Santa Clara County and San Mateo County.

#### **Shopping Assistance for Seniors who are Homebound (SASH)**

650-522-7494

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

#### **Senior Coastsiders**

925 Main Street

Half Moon Bay, CA

650-726-9056

The nutrition program is a cornerstone of Senior Coastsiders' services. Senior Coastsiders' meals programs provide seniors and adults with disabilities with a nutritionally balanced meal as well as the opportunity for socialization. We are fortunate to have a chef on staff who cooks the meals fresh every day. Offers meal delivery programs, a dining center, and free Saturday breakfast.

#### **Grace Covenant Church Food Box Program**

740 Del Monte Ave

South San Francisco, CA 94080

650-589-6797

Distributes bags of food to those in need on the first and third Saturday mornings of the month, 8-9:30am. Hosts a senior luncheon for persons 55 or over every third Tuesday of the month at 12 noon. A donation of \$3 is requested for the luncheon.

#### **Samaritan House**

4031 Pacific Boulevard

San Mateo, CA 94403

650-347-3648

Samaritan House is committed to providing essential resources and services to tens of thousands of low-income individuals and families. Our kitchen, pantry, and dining services fill a gap between the need for food and the ability of individuals to obtain the meals and groceries they need to thrive.

## Santa Clara County Foundations & Programs

### **Second Harvest Food Bank**

650-610-0800 ext.416

Second Harvest Food Bank's Brown Bag Program provides weekly nutritious groceries to senior individuals (ages 60+) and disabled individuals (ages 55+) at distribution sites in Santa Clara County and San Mateo County.

### **The Health Trust**

1400 Parkmoor Ave, Suite. 230

San Jose, CA 95126

Phone: 408-961-9870

The Health Trust Meals On Wheels program serves physically challenged, homebound individuals, whether they are elderly, are recuperating after a recent hospitalization, or have disabilities confining them to a wheelchair. Our trained drivers, most of whom are volunteers, deliver hot, nutritious meals five days a week along with frozen meals for preparation over the weekend. Our drivers also provide daily wellness checks, making sure that our clients are safe, alert and cared for.

### **Sourcewise**

408-350-3200

The Sourcewise Meals on Wheels program delivers nutritious meals, designed with the senior diet in mind, right to your door. This program provides much needed nutrition to seniors who are unable to obtain their own meals or do not have someone to do so for them on a consistent basis. Weekly deliveries include seven frozen lunch or dinner meals, plus seven breakfasts, and a bag of groceries that includes milk, fresh fruit, bread, and juice.

### **Catholic Charities of Santa Clara County**

Eastside Neighborhood Center

John XXIII Multi-Service Center

2150 Alum Rock Ave

195 E. San Fernando Street

San Jose, CA 95116

San Jose, CA 95112

The Senior Nutrition Program serves hot, nutritious meals to seniors (age 60+) five days a week in a social environment at two sites in Santa Clara County. The program promotes the role of nutrition in preventative health and long term care and nutrition education is provided to seniors participating in the Senior Nutrition Program to support this promotional effort.

Social services helps people who are experiencing difficulties in their daily lives to assess and understand the problems they face, and to find solutions. The intention is to help people live more successfully and independently, or if this is not possible, to be cared for in a setting that meets their needs.

- There are many different types of services that they perform and can range from helping domestic violence victims to financial assistance, as well as counseling services.

*“Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.” ~Buddha*



## Marin County

### Eldercare Services

700 Larkspur Landind Circle

Larkspur, CA 94939

1-866-760-1808

Eldercare Services works with adults of all ages and their families to ensure their family member lives safely in their home. From companionship to legal advocacy and medical oversight, Eldercare Services takes care of any task at hand to make the lives of Bay Area adults and their family members easier and worry free.

### Marin County Department of Health and Human Services Division of Aging and Adult Services: Long Term Care Ombudsman

10 N. San Pedro Rd., Suite 1013

San Rafael, CA 94903

415-473-7446

The Long-Term Care Ombudsman Program responds to complaints made by, or on the behalf of individuals residing in residential care or skilled nursing facilities. The Ombudsman monitors resident/patient care, investigates allegations of abuse or neglect, monitors regulatory compliance, and provides information to individuals and families regarding placement matters. There is no fee for this service.

### West Marin Service Center

100 6th Street

P.O. Box 331

Point Reyes Station, CA 94956

415-473-8231

Provides outpatient mental health services including individual, couple, group and family therapy for children and adults. Also offers a psychiatric medication clinic. Social services include In-Home Supportive Service, Child protective Services, Out-of-Home Placement, Adult Protective Services, Medi-Cal, Food Stamps, and CalWORKs. Offers information and referral and Minority Outreach and bilingual assistance. Provides individual and group drug and alcohol treatment, outreach and referral. Offers Public Health Nursing including Blood Pressure Clinics and Field Nursing Services.

### **Community Action Marin: Home Energy Assistance Program (HEAP) & Referrals**

403 Fourth Street  
San Rafael, CA 94901  
415-526-7550

Community Action Marin is the local administrator of the Federally-funded Home Energy Assistance Program (HEAP). Our Energy Program also acts as a conduit to other energy assistance and residential conservation programs.

### **West Marin Community Resource Center**

60 Fourth Street  
Pt. Reyes Station, CA 94956  
415-663-8361

Coordinates resources with community needs in West Marin. Emergency food pantry and senior brown bag program. USDA Food, Utilities Assistance.

### **Marin Center for Independent Living: Benefits Assistance/Counseling**

710 Fourth St.  
San Rafael, CA 94901  
415-459-6245

Social Security Benefits, Medi-Cal and Medicare are complex public benefit programs. Our staff will assist in the application process to acquire public benefits. We will also assist individuals on public benefits in the process of going back to work.

### **Senior Community Service Employment Program (SCSEP) through NCOA**

77 Geary Street, 5th Floor  
San Francisco, CA 94108  
415-982-7007

Created in 1965, SCSEP is the nation's oldest program to help low-income, unemployed individuals aged 55+ find work. SCSEP matches eligible older adults with part-time jobs for community service organizations. Participants build skills and self-confidence, while earning a modest income. For most, their SCSEP experience leads to permanent employment. SCSEP is funded by the U.S. Department of Labor. NCOA manages 27 SCSEP offices throughout the U.S.

**California Department of Rehabilitation**

75 Rowland Way, Suite 370

Novato, CA 94945

415-893-7702

Individualized employment plans are created with an assigned counselor to determine employment goal, based on history and needs for education/tuition, job training, job development & job coaching services. Resources can include clothing for work, transportation assistance, interpreter services, mobility services, assistive technology, occupational licenses, tools/equipment, supported employment.

**Law Offices of Clyde H. Charlton**

790 Mission Avenue

San Rafael, CA 94901

415-485-2200

The Law Offices of Clyde H. Charlton is a full service Elder Law and Estate Planning firm, dedicated to providing every client with compassionate service and personalized care.

**West Marin Multi-Services Center**

100 6th Street

Pt. Reyes Station, CA 94956

415-473-4456

The West Marin Human Services Center was established in 1972 in response to the needs of rural West Marin community. The Center uses an integrated model of providing culturally competent social services and offers a variety of programs to residents: Such as Economic Assistance, Adult Social Services, Child Protective Services, Mental Health Services, Public Health Nursing, In Home Supportive Services Information and Referral Services.

**California Registry**

17853 Santiago Blvd. Suite 107

Villa Park, CA 92861

800-777-7575

Provides information and referrals to seniors on housing options including assisted living, licensed home care workers and home care options throughout the state.

## Options & Solutions for Seniors

P.O. Box 1132  
Novato, CA 94948  
(415) 884-0567

Case management and financial services. A one-stop-shop for comprehensive, holistic planning health, finance, legal and/or social services.

## San Francisco County

### Tenderloin Housing Clinic

126 Hyde Street  
San Francisco, CA 94102  
415-771-9850  
Fax: 415-923-5899

This nonprofit provides landlord-tenant information, a modified payment program for rent, eviction prevention, job search services, counseling and case management and SRO housing.

### Lutheran Care For the Aging

1031 Franklin Street  
San Francisco, CA 94109  
415-441-1777

Provides information about programs, resources and services for seniors. The agency can also offer limited emergency financial assistance for paying rent and other housing needs and temporary rental subsidies for qualified seniors and elderly.

### The Salvation Army Gold State Division

832 Folsom Street  
San Francisco, CA 94106  
415-553-3500

General Inquiries: 1-800-SAL-ARMY

Offers assistance, including electric bill help, food, housing, and case management. The Salvation Army and their emergency assistance and Family Services departments in San Francisco are committed to helping the low income. Other programs include free meals, Christmas and holiday assistance, vouchers for medications and gasoline, and more.

**3rd Street Youth Center & Clinic**

1728 Bancroft Ave  
San Francisco, CA 94124  
415-822-1707  
Fax: 415-822-1723

Offers confidential counseling services on-site and at local schools. The staff is always supporting and understanding no matter what. Youth come in for help dealing with stress, grief or loss, relationships, school, anxiety or other personal issues.

**Compassionate Friends**

22 Samoset Street  
San Francisco, CA 94110  
415-457-3123

The Compassionate Friends (TCF) is a self-help peer support organization for bereaved parents and siblings. There are hundreds of chapters worldwide. Local chapters meet to share experiences and offer support to parents who are going through the grief process. A chapter meeting is a safe place to talk about the trauma following the death of a child. Many chapters have separate meetings for surviving siblings.

**Support for Families of Children with Disabilities**

1663 Mission Street, 7th Floor  
San Francisco, CA 94103  
415-282-7494

[info@supportforfamilies.org](mailto:info@supportforfamilies.org)

Support for Families of Children with Disabilities has offered information, education, and parent-to-parent support free of charge to families of children with any kind of disability or special health care need in San Francisco.

**Arc of San Francisco (Developmental Disabilities)**

1500 Howard Street  
San Francisco, CA 94103  
415-225-7200

[info@thearc.org](mailto:info@thearc.org)

The Arc San Francisco is a non-profit service and advocacy organization for adults with autism, Down syndrome, cerebral palsy, intellectual and developmental disabilities and their families living in San Francisco and San Mateo counties.

**Eviction Defense Collaborative**

995 Market Street  
San Francisco, CA 94103  
415-947-0797  
[admin@evictiondefense.org](mailto:admin@evictiondefense.org)

If you are facing eviction, this organization may be able to help. It provides free assistance with filing answers, motions and stay-of-evictions to elderly and low to moderate income tenants facing eviction. In addition, they may also be able to provide cash grant payments of past due rent thorough loans and grants.

**La Casa de las Madres**

1663 Mission Street, Suite 225  
San Francisco, CA 94103

Adult Crisis Line: 1-877-503-1850

Counseling and Supportive Services: 1-415-503-0500

La Casa de las Madres responds to calls for help from domestic violence victims, of all ages, 24 hours a day, 365 days a year. We give survivors the tools to transform their lives. We seek to prevent future violence by educating the community and by redefining public perceptions about domestic violence.

**The Women's Building**

3543 18th Street, #18  
San Francisco, CA 94110  
415-431-1180

The Women's Building is a women-led community space that advocates self-determination, gender equality and social justice. This service offers spanish interpretation.

**AIDS Housing Alliance Of San Francisco**

350 Golden Gate  
San Francisco, CA 94102  
415-552-3242

We prevent homelessness for people with HIV/AIDS by protecting the housing we already have, providing resources to secure new housing, and promoting public policy to increase opportunity for all. We refer clients to affordable housing, offers application assistance, and some financial aid for paying rent or deposits. A plan with goals is created and offers tenant's rights counseling, offers hotel vouchers for homeless clients and employment assistance. All services are for HIV and AIDS patients that meet income levels.

**TALK Line Family Support Center**

1757 Waller Street  
San Francisco, CA 94117  
415-441-5437  
[talkline@sfcapc.org](mailto:talkline@sfcapc.org)

TALK Line Family Support Center offers a safe, respectful and comfortable place where parents and caregivers are supported. Parents and caregivers residing in San Francisco are welcome to use our services regardless of whether a child is present.

**Parent's Place**

1710 Scott Street  
San Francisco, CA 94115  
415-359-2454  
[parentsplacesf@jfsc.org](mailto:parentsplacesf@jfsc.org)

From everyday issues to challenges requiring specialized assessment and intervention, Parents Place helps parents, caregivers, and educators support children at all ages. Our experts offer parenting workshops, parent coaching and consultation, child behavior and school support, clinical and special needs services, parent/child activity groups, and child and family therapy.

**San Francisco Ombudsman Program**

6221 Geary Boulevard, Second Floor  
San Francisco, CA 94121  
415-751-9788

The Ombudsman Program is required by federal and state laws to advocate for the rights of people living in San Francisco's skilled nursing facilities, residential care facilities for the elderly, and assisted living programs. The Ombudsman receives and responds to individual complaints and issues by, or on behalf of, these residents. These may include allegations of elder abuse. Ombudsman services are free and confidential.

## **Contra Costa County**

**The Information & Assistance (I&A) helpline**

925-229-8434  
A program of Contra Costa County's Employment and Human Services Department. Seniors, adults with disabilities, and caregivers may call I&A to speak with knowledgeable social workers to get information, referrals to other services, and assistance with solving problems.

### **The Regional Center of the East Bay (RCEB)**

Salvio Pacheco Square  
2151 Salvio Street, Suite 365  
Concord, CA 94520  
925-691-2300

A private, non-profit corporation providing services and supports to individuals with developmental disabilities under contract with the California Department of Developmental Services.

### **Ombudsman Services of Contra Costa**

4415 Cowell Road, Suite 100  
Concord, CA 94518  
Tel: 925-685-2070

Ombudsman Services serves the more than 9,000 residents of licensed long term care facilities throughout Contra Costa County.

### **Diablo Valley Foundation for the Aging**

1936 Tice Valley Boulevard  
Walnut Creek, CA 94595  
925-945-8040

Diablo Valley Foundation for the Aging is a not-for-profit corporation providing community service to seniors in Contra Costa County since 1975. The focus of our organization is to prevent inappropriate institutionalization of elders by providing the necessary support to maintain them in the community.

### **Contra Costa County Aging & Adult Services**

400 Ellinwood Way  
Pleasant Hill, CA 94523  
925-602-4172

We assist older adults and people with disabilities to maximize self-sufficiency, safety and independence. We provide case work services, Medi-Cal and Food Stamps benefits, and resource information that offer a choice of community services and care options. We serve with compassion and respect the dignity and self-determination of adults.

### **Contra Costa Crisis Center**

P.O. Box 3364  
Walnut Creek, CA 94598  
925-939-1916

The mission of the Contra Costa Crisis Center is to keep people alive and safe, help them through crises, and connect them with culturally relevant resources in the community.

**General Assistance Program**

West County	Central County
1305 Macdonald Ave	400 Ellinwood Way
Richmond, CA 94801	Pleasant Hill, CA 94523
510-412-1920	925-521-5001

General Assistance is a short-term, employment-focused program, for unemployed persons in preparing for and finding employment. General Assistance provides continued aid for incapacitated persons while applying for and securing a continuing source of support, such as Supplemental Security Income/State Supplemental Payment SSI/SSP.

**Rubicon Programs' Economic Empowerment**

101 Broadway  
Richmond, CA 94804  
510-412-1725

Rubicon Programs' Economic Empowerment division has distinguished itself over the past three decades as a premier provider of employment, housing and other support services to East Bay residents. The cornerstone of our integrated approach is to provide clients the tools and support they need to obtain career-oriented, living wage employment, including Job readiness workshops, One-on-one career coaching, Transitional employment, Job placement assistance and Job retention and career advancement support.

**Independent Living Services**

1850 Gateway Blvd, Suite. 120  
Concord, CA 94520  
925-363-7293

Through education empowerment and advocacy, ILR strives to fully incorporate those with disabilities into the community and eliminate institutional, social and attitudinal barriers that hinder progress. All services provided by Independent Living Resources are free of charge for persons with disabilities and seniors, their families and the agencies, which serve them.

## **Alameda County**

**Vocational Rehabilitation Program**

333 Hegenberger Road, Suite 600  
Oakland, CA 94621  
510-383-1600

A comprehensive vocational program, which works with client referrals received from both Mental Health and Drug and Alcohol Providers. Counselors work collaboratively with referral agencies, and case-manage a client within the vocational program to begin or return to part-time or full time employment. The intended outcome for all referred is competitive employment.

## **Interfaith Prevention Program**

27287 Patrick Ave  
Hayward, CA 94540  
510-785-8372

Provides education and information, alternative (clean and sober) activities, problems identification and referral, and other community-based strategies designed to prevent alcohol and other drug problems and promote healthy behaviors and environments.

## **Club Live**

3775 Beacon, 2nd floor  
Fremont, CA 94538  
510-792-4964

Club Live is designed for middle school-aged youth. This program focuses on developing and expanding social skills. Activities are organized to engage youth socially, to expand their ability to express themselves in social environments, and to help youth help themselves actively engage with peers. Club Live activities may include Christmas decorating contests, raffles, bingo nights, etc.

## **Project Eden, a program of Horizon Services, Inc.**

22646 2nd Street  
Hayward, CA 94541  
510-247-8200

Project Eden provides prevention, intervention and out-patient substance abuse treatment for youth and their families. These services include substance assessments and counseling, school based education and intervention, support/intervention services for Lesbian, Gay, Bi-Sexual, Transgender, and questioning youth (LGBTQ), family counseling and anger management, Medi-Cal Insurance accepted.

## **Pacific Center for Human Growth**

2712 Telegraph Ave  
Berkeley, CA 94705  
510-548-8283 ext 250

Pacific Center for Human Growth is a lesbian, gay, bisexual, and transgender community center working to build a vibrant, healthy, and connected LGBT community. We provide individual, couples, group, and family counseling for our diverse LGBT community. We also provide mental health counseling for HIV positive men and their partners. Services are provided for a sliding scale fee in addition to accepting Medi-Cal.

**La Familia Counseling Service**

26081 Mocine Ave  
Hayward, CA 94544  
510-881-5921

La Familia Counseling Service is a community based organization serving a broad range of human services with emphasis on advocacy, education and community mental health. While the central focus of the agency is the Latino family, services are open to all and are delivered by a dynamic and highly qualified, multi-racial and multi-lingual staff. La Familia is about empowerment and is an active and vital member of many collaborative efforts attempting to correct the exclusion of poor and disenfranchised individuals.

**Filipinos for Affirmative Action**

310 8th Street, Suite 306  
Oakland, CA 94607  
510-487-8552

31080 Union City Boulevard, Suite 104  
Union City, CA 94587  
510-487-8552

FAA uses a comprehensive approach to strengthening the Filipino community, using four main strategies: 1) civic engagement and advocacy; 2) leadership development; 3) capacity building of community organizations; and 4) direct services. Its programs implement these four strategies to achieve their objectives.

**Community Health for Asian Americans**

268 Grand Avenue  
Oakland, CA 94610  
510-835-2777

Community Health for Asian Americans (CHAA) is a non-profit organization committed to improving the quality of life for marginalized communities with special focus on Asian and Pacific Islander (API) communities in the Bay Area.

## **San Mateo County**

**North Peninsula Neighborhood Services Center**

600 Linden Ave  
South San Francisco, CA 94080  
650-583-3373

NPNSC has an Emergency Food Pantry that includes: fresh produce, eggs, rice, cereal, pasta and healthy snacks. NPNSC's pantry is supplied by Second Harvest Food Bank as well as generous donations from donors and Foundations. NPNSC helps families and individuals with rent, move-in costs, utility bill payments and emergency shelter.

### **Pacific Gas and Electric Company (PG&E): Customer Services**

275 Industrial Road  
San Carlos, CA 94070  
800-743-5000

Provides assistance to senior, low-income or disabled customers in paying utility bills. The various programs providing assistance are the Home Energy System Assistance Program (HEAP), Relief for Energy Assistance through Community Help (REACH) and California Alternative Rates for Energy (CARE). Other services include life-support equipment coding, third-party notification of shut-off of service for non-payment, braille markings for appliance controls and medical baseline quantities. Offers free home weatherization to low-income customers, and appliance efficiency programs. Also offers incentive programs for commercial, industrial and agricultural customers.

### **Salvation Army: Redwood City Corps**

1270 Marshall Street  
Redwood City, CA 94063  
650-368-4643

Provides food, clothing and shelter to individuals and families in times of crisis from the Redwood City Corps office and community centers throughout the county. Administers Project REACH (Relief for Energy Assistance through Community Help) funds to prevent energy shut-off through a one-time payment. Counseling and translation services (English/Spanish) are available either on a walk-in basis or by appointment.

### **Peninsula Family Service**

24 Second Ave  
San Mateo, CA 94401  
650-403-4300

Provides a variety of services to individuals and families including counseling and child care. Offers individual, group, family and child counseling by appointment in offices located in San Mateo and Redwood City. Offers support and counseling to individuals who have been abused as children and to families in which child abuse has occurred. Offers divorce mediation including custody mediation for divorcing parents, supervised family visitations and child exchanges. Offers child abuse treatment and prevention related services. Counseling is available in English and Spanish. The Ways to Work Family Loan Program makes small loans to families to aid them in remaining self-sufficient.

**El Concilio Emergency Social Services**

1419 Burlingame Ave, Suite N

Burlingame, CA 94010

650-373-1080

Provides information about services available to local residents and referral to services such as emergency food and shelter, youth services, employment assistance, senior programs and short-term and long-term counseling. Housing assistance, with payment of first or last month's rent or deposit, is available depending on funds. Translation assistance in English and Spanish is also available.

**Community Overcoming Relationship Abuse (CORA)**

800-300-1080

650-312-8515

CORA provides free and confidential services to victims and survivors of domestic/dating violence and abuse, including child and teen witnesses, in San Mateo County. Our services include a 24-hour hotline, support groups, legal services, emergency and transitional housing, and more, in English and Spanish.

**Jewish Family and Children's Services: Emigre Services**

200 Channing Ave

Palo Alto, CA 94301

650-688-3050

Jewish Family and Children's Services Emigre Services that provide a full array of specialized programs that support newcomers who have emigrated to the U.S. Resettlement, bilingual casework, financial assistance, information and referral, volunteer tutoring, legal immigration services and acculturation classes help emigres of all ages build successful new lives.

**Legal Aid Society: Senior Advocates**

800-381-8898

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

**Peninsula Conflict Resolution Center (PCRC)**

1660 So. Amphlett Boulevard, Suite 219

San Mateo, CA 94402

650-513-0330

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

### **San Mateo County Human Services Agency: Employment & Financial Assistance**

350 90th Street  
Daly City, CA 94015  
650-301-8720

The County of San Mateo Human Services Agency strives to promote self-sufficiency, increase family strength and stability, and improve community health. Together, our dedicated staff and community partners work tirelessly on behalf of our clients and working families to help them reach these goals.

### **San Mateo County Human Services Agency**

1487 Huntington Ave  
South San Francisco, CA 94080  
650-877-5608

The County of San Mateo Human Services Agency serves as a catalyst for the creation of a system of public and private efforts directed toward ensuring that all individuals and families become healthy, productive, contributing members of the San Mateo County community.

### **Parca**

800 Airport Boulevard, Suite 320  
Burlingame, CA 94010  
650-312-0730

Serves as an advocate to persons with developmental disabilities regardless of family income. An in-house advocate provides information and referral to educational, recreational, child care, medical and legal services, and facilitates interaction with agencies and professionals.

### **Ombudsman Services of San Mateo County**

711 Nevada Street  
Redwood City, CA 94061  
650-780-5707

We are advocates for the frail and vulnerable residents in the long term care facilities in San Mateo County. We investigate complaints made on behalf of the residents, and we work to bring resolution to those complaints.

## **Santa Clara County**

### **Grail Family Services**

2003 E. San Antonio Street  
San Jose, CA 95116  
408-347-7892

A family resource center that fosters learning and empowerment in a diverse, multicultural community with a focus on women and children.

**Community Services Agency of Mountain View and Los Altos**

204 Stierlin Road  
Mountain View, CA 94043  
650-968-0836

Community Services Agency provides vital social services to at-risk residents of Mountain View, Los Altos and Los Altos Hills. They understand that hardship knows no age limits, so their goal is to offer wraparound services for families and individuals of all ages. Clients may be young families in need of temporary shelter or an elderly person looking for companionship.

**Cupertino Community Services**

10104 Vista Drive  
Cupertino, CA 95014  
408-255-8033

Assists residents of Cupertino, Los Gatos, Saratoga, Monte Sereno, and parts of West San Jose with emergency needs such as food, rent, and PG&E assistance.

**Sunnyvale Community Services: Kifer Road**

725 Kifer Road  
Sunnyvale, CA 94086  
408-738-4321

Seeks to prevent homelessness and hunger for low-income families and to help seniors remain independent. Provides financial aid, food, and other support that prevents larger problems with more expensive solutions. Provides a variety of services to low-income residents of Sunnyvale, seniors and newly arrived immigrants. Provides emergency assistance, including food, rent assistance, utility payments, medical and other critical bills, and household budget counseling is available.

**Legal Services of Northern California: Senior Legal Hotline**

800-222-1753

Californians over 60 can call or email from the website for a free legal consultation by phone on any subject. Provides written information and self-help packets on many topics, may provide limited assistance in solving problems and advises on finding other sources of help for those who need more than the hotline can provide. Depending on call volume callers may reach an advocate immediately. If not, a receptionist will schedule a call-back appointment within two days. If the call is truly urgent the caller may say so and be connected right away.

### **Jewish Family Service of Silicon Valley**

14855 Oka Road, Suite 202

Los Gatos, CA 95132

408-556-0600

Provides social services, case management, support groups, senior outreach and wellness programs, refugee resettlement, job/career services, ESL classes, citizenship programs, social-cultural activities, and Holocaust Survivor Program.

### **Sacred Heart Community Service**

1381 South First Street

San Jose, CA 95110

408-278-2160

Sacred Heart Community Service, a non-denominational, non-profit organization, provides comprehensive integrated services on one site, free of charge, to all in need. Hunger, whether of body, mind, or spirit, knows no preferences. Provides emergency food and clothing, job seekers' assistance by zip code, rental assistance, computer education, ESL, education programs for adults and children including computer education, homework club, and summer day camp for children.

### **Nuestra Casa Family Resource Center**

1998 Alum Rock Ave

San Jose, CA 95116

408-729-2300

The Family Resource Centers are a community partnership devoted to strengthening families in a supportive, nurturing environment. The Centers are one-stop, conveniently located operations offering on-site support groups and counseling for problems of family violence, drug/alcohol abuse, parenting effectiveness, appropriate discipline, caring for medically fragile children and other issues that can cause family dysfunction.

### **Santa Clara County Long Term Ombudsman Program**

2625 Zanker Road

San Jose, CA 95134

408-325-5269

Crisis Line: 1-800-231-4024

Ombudsmen are advocates for people living in nursing and residential care homes. We speak up for frail, elderly, chronically ill, isolated, disabled, or otherwise at-risk long term care residents. The program promotes the rights and well-being of residents in long term care facilities in Santa Clara County and provides residents with a means by which their complaints can be heard and resolved.

Caregiving services may be provided by home care agencies or specialized caregiver service organizations. Caregiving may also be provided by a friend or family member. See the “Home Care” section in this guidebook for a listing of home care agencies in your county. Specialized caregiver services may include working with an adult-onset brain impairment such as Alzheimer's disease, stroke, Parkinson's, Multiple Sclerosis, ALS, Huntington's disease, Traumatic Brain Injury, AIDS, Dementia and brain tumors.

- The majority of people who provide care for an adult family member or friend are not paid. There is free or low cost help for unpaid caregivers through the Family Caregiver Support Program. Learn more about the services offered through the Family Caregiver Support Program.

*“There are four kinds of people in the world:*

*Those who have been caregivers;*

*Those who currently are caregivers.*

*Those who will be caregivers; and*

*Those who will need caregivers.”*

*~Rosalynn Carter*

## **Family Caregiver Alliance**

690 Market Street, Suite 600

San Francisco, CA 94194

415-434-3388

Fax: 415-434-3508

Assists families of adults affected by chronic or progressive brain impairment, including Alzheimer's, stroke, Parkinson's and Huntington's disease, ALS, brain injury and other conditions. Free and low cost educational programs, publications and respite assistance. Fact sheets on Grief and Loss and End of Life Decision-Making, among others. Online support group. Research and advocacy for long-term care services.

## **AgingCare.com**

888-418-4062

AgingCare.com is a free online community that connects people caring for elderly parents to other caregivers, personalized information, and local resources.

## **Alzheimer's Association**

Alzheimer's and Dementia Caregiver Support

24/7 Helpline: 1-800-272-3900

You are not alone. Whether you need information about early-stage caregiving, middle-stage caregiving, or late-stage caregiving, the Alzheimer's Association is here to help.

## **California Caregiver Resource Centers**

CRCinfo@caregiver.org

Each Caregiver Resource Center serves as a point of entry to services available to caregiving families in every county of California. Services are free or low cost and include support groups, care planning, education, training and counseling.

### Marin County

#### You and Your Aging Parent

Dr. George Sugarman Swift Bldg.  
600 Fifth Avenue  
San Rafael, CA 94901  
415-507-0564

Offers six-week group for adult children, partners, formal and informal caregivers coping with issues related to the aging process. Attendees will learn about such issues as juggling conflicting responsibilities and needs, finding and coordinating services, and long-distance care giving.

#### West Marin Senior Services

P.O. Box 791  
Point Reyes Station, CA 94956  
415-663-8148

Provides a range of in-home, assisted living, and community services that foster independence and participation in our community, including in-home respite for family caregivers and institutional respite at Stockstill House for a loved one.

#### Interfaith Counseling Center-Nancy Rhine

15 Austin Avenue  
San Anselmo, CA 94960  
415-378-6577

Nancy is a Licensed Marriage and Family Therapist and specialist in mental health and aging. She provides counseling and support for children of aging parents and older adult individuals, couples, and families on issues including coping with grief and loss, adjusting to life transitions, relationship repair, coping with chronic illness, anxiety, depression, avoiding caregiver burnout, etc. She consults on elder care management and senior-focused community resources. She provides sessions in her office in San Anselmo, in-home for homebound clients, and in-facility.

#### LightHouse of Marin

930 Tamalpais Avenue  
San Rafael, CA 94901  
415-258-8496

Provides vision rehabilitation training, support and resources to persons with vision loss and their caregivers.

**Alzheimer's Association of Marin**

4340 Redwood Highway, Suite D314

San Rafael, CA 94903

415-472-4340

24-Hour Helpline: 800-272-3900

Provides information and referral, support groups, care consultation, education and training for caregivers in Marin County.

**Senior Access: The Wilfred George Adult Day Center**

70 Skyview Terrace, Building B

San Rafael, CA 94903

415-491-2500

Adult day care programs (non-medical, activity-based), Alzheimer's program, caregiver support groups, and caregiver respite program.

**Huntington's Disease Society of America-Andrea Zanko, MS**

Westminster Presbyterian Church,

240 Tiburon Blvd.

Tiburon, CA 94920

415-476-9305

Huntington's Disease patients and caregivers. Meets 3rd Thursdays of every month from 7:20pm to 9:30pm

**Senior Access-Kerstin Bandner**

70 Skyview Terrace, Building B

San Rafael, CA 94903

415-491-2500 Ext 13

[kbandner@senioraccess.org](mailto:kbandner@senioraccess.org)

Works with any caregiver, but specializes mostly Alzheimer's and dementia. Meets 4th Fridays of the month from 11:00-12:30.

**Brain Injury Network of the Bay Area-Dr. Susan Moran**

1132 Magnolia Avenue

Larkspur, CA 94939

415-461-6771

[binba@binba.org](mailto:binba@binba.org)

Caregivers of Acquired Brain Injury Survivors. Meets 3rd Saturday of each month from 10:30am-12:00pm. Please call to verify, as some dates change.

## San Francisco County

### **Goldman Institute on Aging Alzheimer's Day Care**

3600 Geary Blvd  
San Francisco, CA  
415-750-5330

Alzheimer's Support Group that meets the 2nd Wednesdays of every month from 2:00 to 3:30 pm.

### **Homecare Workers Empowerment, Research & Organizing (HERO)-Remy Bautista**

1370 Mission St., 3rd floor  
San Francisco, CA 94103  
415-703-0188

[remy@planningforelders.org](mailto:remy@planningforelders.org)

We meet with health care workers and experienced caregivers to share their experience and training with new caregivers. Also offers services to Private Caregivers, Bilingual, and New Immigrants who want to learn basic Caregiving and Group Support. This group meets every Wednesday from 1:00 to 5:00 pm.

### **Alzheimer's Association-Karen Smillie, MFTI**

103 Hayes Street (Near Market St.)  
San Francisco, CA 94102  
415-626-7000

[heather.gray@alznorcal.org](mailto:heather.gray@alznorcal.org)

Alzheimer's Caregivers Support Group for Lesbian, Gay, Bisexual, and Transgender Caregivers. This group meets every 3rd Saturday of the month from 11:00 am to 12:30 pm.

### **NAMI San Francisco Support Groups**

315 Montgomery Street, 2nd Floor  
San Francisco, CA 94104  
415-474-7310 ext. 668

NAMI San Francisco Support groups provide knowledge and understanding along with an opportunity for group attendees to share experiences in a confidential setting. Groups are led by either trained professionals or NAMI members with extensive personal experience coping with mental illnesses and its impact on family.

### **San Francisco Brain Tumor Support Group-Mary Lovely**

UCSF Parnassus Campus, Rm. S170

San Francisco, CA 94143

415-990-4461

[mary.p.lovely@gmail.com](mailto:mary.p.lovely@gmail.com)

Brain Tumor Support Group for Caregivers and Patients. Meets the first Wednesday of every month from 7:00 to 8:30 pm.

### **Cancer Resource Center**

1600 Divisadero St., First Floor

San Francisco, CA 94115

415-885-3693

A cancer diagnosis not only affects the patient. It also can affect the caregiver. Caregiver fatigue, or even burnout, can be brought on by the physical and emotional demands of caring for a loved one with cancer. Support groups and information is offered.

## **Contra Costa County**

### **Eldercare Services-Nancy Chaknova**

1808 Tice Valley Blvd.

Walnut Creek, CA 94595

925-937-2018

[info@eldercareanswers.com](mailto:info@eldercareanswers.com)

Caring for an Aging Family Member

For family caregivers and well spouses who are dealing with the challenges of aging, dementia, Alzheimer's and/or other age related diseases. Meets the 2nd Thursday of each month from 6:00 pm to 7:30 pm.

### **Regional Cancer Center at Doctor's-Lauren Hyman,MSW ACSW**

2000 Vale Road

San Pablo CA 94806

510 970 5207

[Lhyman@dmc-sp.org](mailto:Lhyman@dmc-sp.org)

Weekly Caregiver Support Group providing emotional and practical assistance and support for family members and friends caring for loved ones with cancer and/or any chronic illness. Meets Every Thursday from 10 a.m to 11 a.m at the Cancer Center at DMC hospital Reeves conference room or cancer center library.

**Joanna Wise Bradman, LCSW**

902 Carmel Avenue, Suite 7

Albany, CA 94706

510-527-4064

[joannawiselcsw@yahoo.com](mailto:joannawiselcsw@yahoo.com)

This group is for Caregivers/Family Members of Frail Elders/Disabled Adults.

A Psychotherapy Group that focuses on interpersonal dynamics, Self-concept and self-esteem. Meets Wednesdays from 1:00 pm-2:20 pm.

**Amyloidosis Support Network**

PO BOX 1008

Alamo, CA 94596

925-939-0688

[dheath@astound.net](mailto:dheath@astound.net)

This group focuses on caregivers of patients with Amyloidosis, whether it is Primary, Secondary or Familial, with or without Multiple Myeloma. This group meets quarterly in Jan, Apr, July, Oct.

**John Muir Health**

(925) 947-3300

We offer a wide range of educational programs, assessment services, and resource information for older adults, their families and those caring for them.

## Alameda County

**NAMI Alameda County**

954 60th Street, Suite 10

Oakland, CA 94608

510-334-7721

The family support groups provide those who attend with the opportunity to ask questions, share their experiences and support each other as they struggle to help and to cope with a family member with a mental illness. Most of the groups are intended for families of an adult with mental illness. There is no charge to attend and information shared at meetings is kept confidential by participants. Contact the organization for a list of meetings and locations.

### **Lewy Body Dementia Association-Karen Jenkins**

1261 Laguna Street  
Livermore, CA 94550  
925-325-0544  
[kjenkins@rsac.com](mailto:kjenkins@rsac.com)

Lewy Body and other dementia caregiver support group. This group meets monthly. Please contact Karen Jenkins for dates and locations.

### **Family Support for Healthy Minds**

523 8th Street  
Oakland, CA 94607  
510-522-0924

Mandarin & Cantonese speaking families of patients who have long term psychiatric disabilities and substance use disorders. This group meets one Saturday each month from 10 a.m. to noon. Contact the Organization for dates.

### **Berkeley Bipolar Support Group**

Open to both families and to persons being treated for bipolar disorder. For more information call Janna Wertzat 510-653-2959 or Mayona Endahl at 510-420-0868.

### **Alameda County Area Agency on Aging**

6955 Foothill Boulevard, Suite 300  
Oakland, CA 94605  
510-577-1900

Area Agencies on Aging (AAAs) are local aging programs that provide information and services on a range of assistance for older adults and those who care for them. By contacting your local agency you get access to critical information including support groups, counseling, respite care, assistance programs and many other addition services in Alameda County.

## **San Mateo County**

### **Mills-Peninsula Health Services**

650-696-3660

If you help care for a senior, you know the daily challenges caregivers face in providing for a loved one. At the Senior Focus program, in Burlingame and San Mateo, we offer classes, counseling, support groups and resources to make your path a little smoother. Our Caregiver Resource Lending Library has a collection of books and DVDs available to borrow. In addition, our staff is available to help find services for your loved one, as well as services to support a caregiver.

**Brain Support Network-Robin Riddle**

2208 Bridgepointe Parkway

San Mateo, CA 94404

650-814-0848

This group is for caregivers of patients who suffer from Lewy Body Dementia, Progressive Supranuclear Palsy, Multiple System Atrophy, Corticobasal Degeneration, and Atypical Parkinsonism. This group meets About every 6 weeks on Sundays from 5-7pm. Contact Robin Riddle for meeting schedule.

**Amyotrophic Lateral Sclerosis Association**

800-782-4747

Provides patient and caregiver support groups, as well as information and referral for issues related to amyotrophic lateral sclerosis (ALS or Lou Gehrig's Disease). Operates a center for speech evaluations and an augmentative communication program. Assists patient and family services staff with psychosocial issues, patient service resources, respite care and insurance reimbursement for medical expenses.

**Edgewood Center for Children and Families: Kinship Support Network**

957 Industrial Road, Suite B

San Carlos, CA 94070

650-832-6910

Helps relatives or non-related adults who have assumed the role of raising other family members' children through support groups, respite programs and advocacy, and case management.

**Mateo Lodge**

420 Cassia Avenue

Redwood City, CA 94063

650-363-8125

Provides outreach support services by the bilingual staff of the Mobile Support team and Family Assertive Support Team – FAST. We come to you, ready to listen and help you identify the right resources and plan for recovery and healing. Our services are flexible, and will be based on the needs of each individual and family.

**Menlo Park Presbyterian Church: H.E.L.P. Christian Support Group**

Menlo Park Presbyterian Church

550 Glenwood Ave

Menlo Park, CA 94025

650-464-9033

For those coping with a mental illness or those in a supporting role. Meetings are scheduled weekly on Thursdays from 6:00 PM.

### Santa Clara County

#### **Almaden Valley Counseling Service: Geriatric Advisory Program**

6529 Crown Boulevard, Suite D

San Jose, CA 95120

408-997-0200

Serves older adults and their families facing aging issues and life transitions.

The service includes intake, assessment, research, care planning and possible solutions, along with support, referrals and documentation.

Identifies, clarifies, and addresses both local and long-distance care giving issues.

#### **Catholic Charities of Santa Clara County: Day Break III Respite and Caregiver Support Services**

First United Methodist Church

535 Old San Francisco Road

Sunnyvale, CA 94087

408-530-8734

Day Break III Respite and Caregiver Support Services is a community-based program sponsored by Catholic Charities of Santa Clara County that provides non-medical care to meet the needs of functionally impaired Chinese and Vietnamese older adults while enhancing the quality of life for both the participant and caregiver. Our mission is to help dependent seniors to age in place' and remain in their family homes for as long as possible. Catholic Charities serves people of all beliefs, cultures, ethnicities, and ages.

#### **El Camino Hospital Mountain View**

2500 Grant Road

Mountain View, CA 94040

650-940-7137

El Camino Hospital offers many support groups of particular interest to seniors and their family members. If you are caring for a spouse or an older family member, there is a caregiver support group that meets monthly on the Mountain View campus on the third Wednesday of the month, from 7:00 p.m. to 9:00 p.m for you. Contact the organization for more information.

#### **Senior New Ways**

463 College Ave

Palo Alto, CA 94306

650-468-5456

Programs (lectures, classes, workshops), resource referral, consultation and support to older persons and their adult children and caregivers. Promotes physical, mental, spiritual and social well-being of older adults.

**Live Oak Adult Day Services**

(408) 971-9363

Provides a day care program of recreational and social activities for frail, disabled seniors and respite for their caregivers. Offers caregivers support groups, community resources, and case management. Offers three different locations throughout Santa Clara County.

Substance Abuse Services are responsible for the coordination of alcohol and drug treatment and prevention efforts. See below for a range of drug and alcohol treatment services for residents, including outpatient, day treatment and residential treatment services.

Programs may offer inpatient or outpatient services including

- Acute Detoxification
- Inpatient Stabilization
- Intensive Outpatient
- Pain Medication abuse
- Relapse Restabilization

*“Our greatest glory is not in never failing but in rising up every time we fail.” ~Ralph Waldo Emerson*

### **Marin County**

#### **The Helen Vine Recovery Center**

301 Smith Ranch Road  
San Rafael, CA 94901  
415-492-0818

Provides recovery-oriented services to individuals with alcohol and drug addiction issues, as well as co-occurring psychiatric problems.

#### **Family Connections**

171 Carlos Drive  
San Rafael, CA 94903  
415-755-2319

Multidimensional family therapy for substance-abusing adolescents who are on Juvenile Probation. Therapists are certified to deliver individual and family therapy to the youth and their parents/guardians.

#### **Marin County DUI Program**

103 Shoreline Parkway, Suite 201  
San Rafael, CA 94901  
415-453-9980

Offers a variety of court and DMV mandated courses for violators, whether it be a first offense or subsequent offenses. Programs are offered in English and Spanish.

**Phoenix Academy**

160 N San Pedro Road

San Rafael, CA 94903

415-491-0581

kallen@marin.k12.ca.us

Phoenix Academy is designed to offer alternative educational services to students with, or at high risk for, chemical dependency problems.

**Marin Drug Recovery**

834 Mission Ave

San Rafael, CA 94901

415-454-1884

paul@marindrugrecovery.com

Offers a variety of different recovery plans which range from inpatient treatment to counseling and community programs.

**Center Point, Inc.**

809 B Street

San Rafael, CA 94901

415-454-7777

cpmail@cpinc.org

Center Point offers a full spectrum of residential and outpatient services including mental health treatment services, case management, individual and group therapy, specialized services for critical populations including women and veterans, family advocacy and reunification, parolee services, workforce development and housing resources and referrals.

**San Rafael Psychiatry and Chemical Dependency Services**

820 Las Gallinas Ave

San Rafael, CA 94903

415-444-3522

Offers advice and concealing to patients looking to end chemical dependency.

**Intercounty Fellowship of Alcoholics**

1821 Sacramento Street

San Francisco, CA 94109

Marin County Specific Number: 415-449-0400

help@aaf.org

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

### **Recovery Connections Center at Bay Area Community Resources**

3240 Kerner Boulevard

San Rafael, CA 94901

415-755-2345

rcc@bacr.org

Offers comprehensive recovery support services to those experiencing problems with alcohol, tobacco and other drugs as well as other addictive behaviors.

### **Marin Treatment Center**

1466 Lincoln Ave

San Rafael, CA 94901

415-457-3755

office@mtcinc.org

Provides flexible, individualized treatment for opioid dependent men and women in a safe environment.

## **San Francisco County**

### **St. Vincent De Paul Society: Ozanam Wellness Center**

1175 Howard Street, 2nd Floor

San Francisco, CA 94101

415-252-5305

Fax: 415-864-3163

The Ozanam Wellness Center consists of a daily program of stress reduction techniques, exercise, selections of personal and spiritual development as well as health topic sessions. Using a harm reduction model, the Ozanam Wellness Center focuses on lending continuing support to those who are struggling with substance abuse issues and for those who are faced with other diagnoses.

### **Intercounty Fellowship of Alcoholics**

1821 Sacramento Street

San Francisco, CA 94109

415-674-1821

help@aaf.org

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.

**Henry Ohlhoff Women's Program**

643 Los Palmos Drive  
San Francisco, CA 94127  
415-815-1775  
Fax: 415-841-1781

Residential treatment for drug-addicted women, with variable length of stay.  
Also provides life skills workshops, multifamily education, group, and is a social model program, 12-Step philosophy.

**Delancey Street Foundation**

600 Embarcadero  
San Francisco, CA 94107  
415-512-5104  
Fax: 415-512-5141

Delancey Street is the country's leading residential self-help organization for former substance abusers, ex-convicts, homeless and others who have hit bottom. The minimum stay at Delancey Street is 2 years while the average resident remains for almost 4 years – drug, alcohol and crime-free. During their time at Delancey Street, residents receive a high school equivalency degree (GED) and are trained in 3 different marketable skills. Beyond academic and vocational training, residents learn important values, and the social and interpersonal skills that allow them to live successfully in the mainstream of society.

**Haight Ashbury Free Clinics: Smith Ryan Detox**

1441 Chinook Court  
San Francisco, CA 94130  
415-398-4928  
Fax: 415-394-9081

Haight Ashbury Free Clinics Smith-Ryan House provides drug detox in a residential drug rehab program setting that may help you recover from drug addiction. Specializing in drug rehabilitation for dual diagnosis patients, Haight Ashbury Free Clinics Smith-Ryan House also provides generalized substance abuse treatment.

**Haight Ashbury Free Clinics: Drug Detox Program**

520 Clayton Street  
San Francisco, CA 94117  
415-565-1908  
Fax: 415-255-6706

Offers outpatient medical and social detox for chemical dependencies; education and training services; outreach, prevention, intervention, and medical and mental health services provided.

### **Contra Costa County**

#### **Discovery Counseling Center of San Ramon Valley, Inc. -Treatment and Prevention**

530 LaGonda Way, Suite A  
Danville, CA 94523  
925-837-0505  
925-837-0568

Provides alcohol abuse prevention, drug and alcohol information, referrals, workshops, and special programs in the school. Prevention services are free. Sliding Fee Scale. No-one will be denied services passed on inability to pay.

#### **Community Substance Abuse Services Administration Community Partnership Program**

597 Center Ave, Suite 320  
Martinez, CA 94553  
925-313-6311

The Community Partnership Program provides technical assistance, training, and resources to regional substance abuse alcohol and drug abuse prevention coalitions and grassroots organizations.

#### **Neighborhood House of North Richmond Fauerso Recovery Center**

208 23rd Street  
Richmond, CA 94801  
510-232-4803

Provides a 90-day recovery program for males 18-64 years of age with substance abuse problems. Services include individual and group counseling, peer self-help groups, drug and alcohol education recreation, referrals for vocational and educational training and skill upgrading opportunities.

#### **Bi-Bett Corporation East County Detox**

500 School Street  
Pittsburg, CA 94565  
925-458-1616

The DETOX PROGRAM offers a 3-7 day social model alcohol and drug detoxification program. Provides 24 Hour detoxification on for ambulatory men and women 18+ years of age with no serious mental or physical problems. Clients are encouraged to enroll in an ongoing alcohol/drug recovery program. Emphasis is on wellness and includes AA/NA meetings, rap groups, films, healthful food, rest exercise and a drug free environment.

### New Connections Treatment and Prevention Programs

3024 Willow Pass Rd.

Concord, CA 94801

925-363-5000

Community and school-based prevention and treatment services for youth who are at risk of or are using/abusing drugs and/or alcohol, and their families. Also provides an intensive outpatient counseling program for adults who are abusing or addicted to drugs and/or alcohol.

### R.E.A.C.H Project Treatment and Prevention

1915 "D" Street

Antioch, CA 94509

925-754-367

Provides counseling and prevention services for youth, families and adults with alcohol and drug abuse problems. Individual and family counseling, parent support groups, chemical dependency groups, communication skills, stress management for law enforcement, teachers, families, and classroom presentations.

### Ujima Family Recovery Services-The Rectory

1901 Church Lane

San Pablo, CA 94806

510-236-3134

Residential drug and alcohol services for pregnant and parenting women. Parenting program, and childcare services are offered. Services include assessment, treatment planning, addiction education, individual and group counseling, addictive family system education, pre-vocational skill building, specialized women's issues and health groups. Parenting education, child enrichment services and other perinatal related services.

### Ujima Family Recovery Services-Ujima East

369 E. Leland Rd.

Pittsburg, CA 94565

925-427-9100

An out-patient intensive alcohol/drug counseling program that provides individual, group and family counseling; pregnancy support; parenting education; childcare; life skills education; 12 – Step support; relapse prevention education; and family reunification support.

**Bi-Bett Corporation Diablo Valley Ranch**

11540 Marsh Creek Rd.

Clayton, CA 94517

925-672-5700

Provides a 90-day residential recovery and relapse prevention program for ambulatory and mentally competent adult men who are alcohol or drug dependent. Service includes individual counseling, group growth and education sessions, recreational activities, vocational services and assistance to residents in obtaining community support services.

**Bi-Bett Corporation East County Wollam House**

510 Wollam Avenue

Bay Point, CA 94565

925-458-1978

Social model recovery program for alcohol or drug abusing pregnant and/or parenting women, women with children and non-pregnant or parenting women, 18+ years of age. Residents must be able to interact in an environment with children 0-5 years of age. Services include drug and alcohol education, relapse prevention, women's issues, living skills and linkages to community resources including aftercare outpatient counseling services.

**Bi-Bett Corporation Frederic Ozanam Center**

2931 Prospect Ave.

Concord, CA 94520

925-676-4840

Social model recovery home for alcoholic and drug addicted women. Services include 24-hour residential support, alcohol and drug education, individual counseling and group interaction, individual and family recovery planning, nutritional guidance and personal development, participation in Alcoholics Anonymous and other Self-Help support groups, assistance in obtaining childcare, vocational training and family program, and supportive alumnae program.

**Sunrise House**

135 Mason Circle Unit M

Concord, CA 94520

925-825-7049

Provides 90-day residential treatment for adult men only. Specialized relapse Prevention groups available, outpatient available, though not funded by Contra Costa County. Services include structured education, life skill, process groups, individual counseling, and connection to county vocational services and referral to local community resources. Family group available to all.

## Alameda County

### **Bay Area Addiction Research and Treatment (BAART)14th Street Clinic**

1124 International Boulevard

Oakland, CA 94606

510-533-0800

Fax: 510-533-0300

This clinic works with patients that are dependent on Methadone substances. Services are tailored for Pregnant and parenting opiate addicted women, 18 years and up. Offers Methadone maintenance services, counseling, and monitoring of enrollment in prenatal care.

### **Cronin House**

2595 Depot Road

Hayward, CA 94545

510-784-5874

Cronin House is a 40 bed, 45 day, residential treatment program for adult males and females experiencing problems with alcohol or other drugs. The facility provides a serene, homelike atmosphere in the suburban section of Hayward. Cronin House is staffed by caring, dedicated professionals, many of whom are recovering from alcohol or drug related problems.

### **East Bay Community Recovery Project- Project Pride**

2551 San Pablo Ave

Oakland, CA 94612

510-446-7150

Our programs have evolved and now cover street drugs, alcohol, tobacco and prescription medication abuse. Our trained staff provide help to individuals and families to try and repair the damage that addiction can inflict. While abstinence may be a goal for many, our care follows more of a harm reduction model and unless prohibited by outside agencies (i.e. courts), we do not end treatment because of relapses.

### **Solid Foundation- Keller House**

358 Athol Ave

Oakland, CA 94606

510-251-2001

Solid Foundation (also known as Keller House) is a treatment center in Oakland, California that focuses on general health services by providing substance abuse treatment and detoxification services. The programs offered are designed for residential beds for clients' children. When selecting a facility consider their target populations; the better the fit, the better the results.

**Berkeley Addiction Treatment Services (BATS)**

2975 Sacramento Street  
Berkeley, California 94702  
510-644-0200  
Fax: 510-644-2044

Located in Berkeley, California, offers generalized drug services. Berkeley Addiction Treatment Services counsels native spanish speakers and men in substance abuse addiction recovery. Our outpatient, drug detox and substance abuse treatment programs are personalized based on our clients addiction treatment needs.

**Humanistic Alternatives to Addiction Research and Treatment (HAART)**

10850 MacArthur Boulevard  
Oakland, CA 94605  
510-875-2300

HAART is a fully licensed non-profit clinic that operates under county, state, federal and The Joint Commission accreditation guidelines. We strive to create a safe, structured environment that offers a trustworthy, reliable path toward recovery and health for individuals struggling with heroin addiction or opiate abuse. As a harm-reduction clinic, we don't expect clients to stop using immediately. Rather, we work to reduce harm (both to self and others).

**Humanistic Alternatives to Addiction Research and Treatment (HAART)**

20094 Mission Boulevard  
Hayward, CA 94541  
510-727-9755

HAART is a fully licensed non-profit clinic that operates under county, state, federal and The Joint Commission accreditation guidelines. We strive to create a safe, structured environment that offers a trustworthy, reliable path toward recovery and health for individuals struggling with heroin addiction or opiate abuse. As a harm-reduction clinic, we don't expect clients to stop using immediately. Rather, we work to reduce harm (both to self and others).

**Mujeres Con Esperanza (Latino Commission on Alcohol and Drug Abuse of Alameda County)**

3315 International Boulevard  
Oakland, CA 94601  
510-536-4764

Offers support services for victims of domestic violence, as well as substance abuse counseling. This program also accommodates the children of a women admitted into this treatment facility. Serves adolescents, persons with co-occurring mental and substance abuse disorders, persons with HIV/AIDS, gay and lesbian, seniors/older adults, and many more.

**MedMark Treatment Center**

795 Fletcher Lane

Hayward, CA 94544

510-247-8300

Fax: 510-247-8295

MedMark Treatment Centers Hayward Clinic provides outpatient substance abuse treatment, specializing in opioid dependency. We are committed to providing caring and confidential services to help patients lead a more productive and healthy lifestyle.

**Second Chance- Women's Phoenix Program**

6330 Thornton Street

Newark, CA 94560

510-792-4357

This program offers to patients who feel safer and more comfortable in a women's only substance recovery program. Services offered include Individual and group counseling (i.e. parenting, abstinence, self-awareness, spiritual growth, co-dependency, relapse prevention), info. and referral, childcare on site.

**Cherry Hill Detoxification Program Services**

2035 Fairmont Drive

San Leandro, CA 94578

866-866-7496

Cherry Hill's Sobering Unit is a 50 bed, co-ed facility, staffed 24 hours a day, 7 days a week, and 365 days a year. Our sobering Unit was specifically designed to assist those needing immediate sobering services for a briefer visit of 23 hours or less. Cherry Hill's Detox Unit is a Social Model 32 bed residential program serving men and women who are withdrawing from the effects of alcohol or drug use.

**Chrysalis**

3837-3845 Telegraph Ave

Oakland, CA 94609

Program Director: 510-450-1190

Admissions Coordinator: 510-450-1192

Chrysalis is a drug and alcohol prevention, treatment, and recovery facility for women 18 years of age and older. Chrysalis is a 15-bed, community based residential program for women recovering from addiction to alcohol or other drugs. 3 to 6 months. Women only.

## **San Mateo County**

### **Palm Avenue Detox**

2251 Palm Ave  
San Mateo, CA 94403  
650-513-6500

Palm Avenue, a Social Model Detoxification Program, is a 15-bed facility serving men and women in San Mateo County who have a co-occurring substance use and mental health disorders. The majority of those admitted stay from 3 to 5 days. They may remain longer if their condition warrants it.

### **Bay Area Addiction Research & Treatment (BAART) Outpatient**

795 Willow Road, Building 332  
Menlo Park, CA 94025  
650-324-1470  
Fax: 650-324-4179

This is a CARF accredited Narcotic Treatment Program serving Opiate Dependent adults. Medications, Primary Medical Care and Chemical Dependency Counseling services are provided by a professional multi-disciplinary treatment team.

### **StarVista**

826 Mahler Road  
Burlington, CA 94010  
650-689-5596  
Fax: 650-689-5697

Offers a variety of different programs to help patients toward recovery from addiction. Programs operate 24 hours, 7 days per week to treat non-violent simple drug possession and those who are incarcerated. Also offers an intensive day treatment program serving women who have substance abuse and mental health issues, and are attempting to move from welfare to work.

### **HealthRight360**

6181 Mission Street  
Daly City, CA 94014  
415-337-0140

Outpatient and Intensive Outpatient alcohol and drug treatment services. Serves a diverse client population with special expertise in treatment for Asian and Pacific Islander Clients. Offers multilingual culturally appropriate outpatient treatment in English and Tagalog.

**El Centro de Libertad, The Freedom Center**

225 S. Cabrillo Hwy, Suite 105-D

Half Moon Bay, CA 94019

650-599-9955

Offers bilingual, bi cultural counseling for alcohol and drug abuse in Spanish and English individuals. Other services include relapse prevention program. Deferred entry of judgment, domestic violence, anger management, dual diagnosed, adolescent and family counseling, and therapy. Also offers adult and juvenile Drug Court referrals and HIV support groups as well as community education programs and employee assistance programs.

**Our Common Ground**

2560 Pulgas Ave

East Palo Alto, CA 94303

650-325-6466

A residential recovery program for men and women. Offers short to long term residential treatment, aftercare, outpatient and day treatment.

**Women's Recovery Association (WRA)**

1818 Gilbreath Road, Suite 230

Burlingame, CA 94010

650-348-6603

Fax: 650-652-2440

WRA provides gender specific treatment for women and their families aimed at helping them resume productive, meaningful lives in the community free from the effect of alcohol and drugs. Trained professional staff provide an array of services for clients with psychological disorders, substance abuse, as well as the effects of trauma and other co-occurring disorders.

**Choice Program (In Custody Therapeutic Community)**

Women's Facility

Men's Facility

1590 Maple Street

300 Bradford Street

Redwood City, CA 94063

Redwood City, CA 94063

650-363-7873

650-363-7873

A therapeutic community recovery program for jail inmates incarcerated in San Mateo County Jail. Supervised by Correctional Health.

**Free At Last**

1796 Bay Road

East Palo Alto, CA 94303

650-462-6999

Free at Last serves an ethnically mixed population of adults and youth in the souther region of San Mateo County. Services includes outpatient counseling, HIV and STD education and intervention.

## **Substance Use Services**

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### **Hope House**

3789 Hoover Street  
Redwood City, CA 94063  
650-363-8735

A six-month residential alcohol and other drug program and co-occurring disorders treatment program designed for women and their infants, who is chemically dependent and desires help. Hope House is a 12-step, social based program which provides a variety of classes dealing with addiction, co-occurring disorders, communication and anger management, women's issues, parenting and family, health issues and education.

### **Pyramid Alternative, Inc.**

20255 S Cabrillo Hwy, Suite 200-A  
Half Moon Bay, CA 94019  
650-355-8787

PyramidAlternative offers outpatient counseling and education for substance abuse, methamphetamine, domestic violence, relationship, anger management, children, adolescents, and senior adults. Specializes in English, Spanish and Tagalog. Offices located in Pacifica, San Bruno, South San Francisco, San Mateo, and Half Moon Bay.

### **Sitike Counseling Center**

306 Spruce Ave  
South San Francisco, CA 94080  
650-589-9305  
Fax: 650-589-9330

Provides a variety of recovery services to San Mateo County residents with a primary diagnosis of substance abuse dependency. Services include a Women's Intensive Day Treatment program for pregnant and parenting women. First Offender Drinking Driver and a co-ed evening outpatient program. All service are available in English or Spanish. women, and women and their children. Transitional living also available.

## **Santa Clara County**

### **Horizon South**

650 Bascom Avenue  
San Jose, CA 95128  
408-283-8555

We provide services to adult men 18 years or older. We welcome men of ethnic and cultural diversity, the gay community, men with co-occurring disorders and other disabilities, and the elderly. Horizon South operates two programs: a ten-bed detoxification unit and a 31-bed residential program.

**Family and Children Services: Substance Abuse Treatment Program**

950 West Julian Street

San Jose, CA 95126

408-288-6200

We are part of the system of care administered by the County of Santa Clara Department of Alcohol & Drug Services (DADS). Our clients come to us through the County's Gateway referral system, which coordinates clients' treatment along the continuum of detoxification, residential treatment, outpatient treatment combined with transitional housing, and outpatient treatment.

**Pathway Society**

1659 Scott Boulevard, #30

Santa Clara, CA 95050

408-244-1834

Pathway Society promotes community wellness in Santa Clara County by helping youth, adults, and families break the cycle of substance abuse and lead healthy, productive lives. Offers alcohol and other drug crisis counseling and referral services. Outpatient and residential treatment available.

**Community Solutions for Children Families and Individuals**

16264 Church Street, Suite 103

Morgan Hill, CA 95038

408-779-2113

Provides an array of risk prevention, intervention, treatment, and supportive housing services to low-income residents living in South Santa Clara County, South San Jose and San Benito County. Transitional and permanent housing and mental health services for individuals with serious mental illnesses and individuals whose substance abuse problems compound their psychiatric issues.

**Asian American Recovery Services (AARS)**

1340 Tully Road, Suite 304

San Jose, CA 95122

408-271-3900

The purpose of Asian American Recovery Services, Inc. is to decrease the incidence and impact of substance abuse in the Asian and Pacific Islander communities of the San Francisco Bay Area. To accomplish this goal, Asian American Recovery Services, Inc. develops and provides innovative outreach, treatment, prevention, and research services for its target populations. Because there are multiple causes and effects of substance abuse, Asian American Recovery Services, Inc. also engages in ancillary activities to meet its goal.

**Benny McKeown Center**

1281 Fleming Avenue

San Jose, CA 95127

408-259-6565

Provides a mix of mental health and substance abuse services. Type of Care: Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days).

**Camp Recovery Centers: Outpatient Services**

3192 Glen Canyon Road, Suite 205

Scotts Valley, CA 95066

877-557-6237

For many individuals, recovery begins with detoxification to rid the body of drugs and alcohol. If a thorough assessment identifies the need for detox, The Camp will create a detox plan that may include medication to help ease the withdrawal symptoms associated with stopping the use of certain drugs. After detoxification, the next step is typically a 28- to 30-day stay in residential drug rehab.

**Indian Health Center of Santa Clara Valley: Outpatient Mental Health**

1333 Meridian Avenue

San Jose, CA 95125

408-445-3400

The Indian Health Center provides outpatient mental health and substance abuse treatment services. These services include individual, group, family therapy, case management, psychiatric evaluations, psychosocial assessments and wellness education. A wide variety of individual and group activities are available for Native Americans and their families. These include multiple family supports, a women's group, self-help meetings, art therapy, acupuncture, and drug diversion.

The three major types of treatment settings for persons who have a mental health problem are hospital inpatient, residential, and outpatient. Services within these settings may include a range of support depending on type of mental health issue.

Programs may offer:

- Crisis Counseling, Assessment, and Triage
- Comprehensive Community Treatment
- Psychiatric Emergency Services
- Basic Counseling Services

*"The flower that blooms in adversity is the rarest and most beautiful of all." ~Walt Disney Company*

## Marin County

### **Psychiatric Emergency Service at Marin General Hospital**

250 Bon Air Road

Greenbrae, CA

Emergencies: 415-473-6666

General inquiries: 415-473-6769

Provides services to Marin County residents and visitors experiencing a mental health crisis, such as suicidal depression or psychotic behavior.

### **Voyager Carmel Center**

830 B Street

San Rafael, CA 94901

415-459-5843

info@hbofm.org

Adults with persistent mental illness participate in programs focused on enhancing individual strengths through symptom management, crisis prevention, basic living skills improvement, a supportive community and advancement toward job readiness and retention.

### **Bay Area Community Resources**

171 Carlos Drive

San Rafael, CA 94903

415-755-2308

info@bacr.org

Mental health services include counseling, mentoring, case management, trauma response, parent education, teacher consultation, and other assistance.

### **Buckelew Programs**

900 Fifth Ave, Suite 150

San Rafael, CA 94901

415-457-6964

Provides a variety of supportive mental health services and programs to assist clients in maintaining their living situation.

### **The Helen Vine Recovery Center**

301 Smith Ranch Road

San Rafael, CA 94901

415-492-0818

Provides recovery-oriented services to individuals with alcohol and drug addiction issues, as well as co-occurring psychiatric problems.

**Marin Mental Health Plan**

20 North San Pedro Road, Suite 2028  
San Rafael, CA 94903  
415-473-3068

A licensed clinical therapist will listen to your concerns and, when necessary, refer you to an appropriate mental health provider for short- or long-term care.

**West Marin Service Center**

100 Sixth Street  
Pt. Reyes Station, CA 94956  
415-446-4456

Provides mental health information, evaluation, and referrals.

**NAMI Marin**

555 Northgate Drive #280  
San Rafael, CA 94903  
415-444-0480  
[info@namimarin.org](mailto:info@namimarin.org)

Advocates for individuals and families living with mental illness, and provides programs and services which support family wellness, and foster client recovery and independence.

**Behavioral Health at Marin General Hospital**

250 Bon Air Road  
Greenbrae, CA 94904  
415-925-7663

General Inquires: 415-925-7000

Helps adults of all ages understand and cope with their symptoms, manage, and even overcome mental illness.

**Marin City Health and Wellness Center**

630 Drake Ave  
Marin City, CA 94954  
415-339-8813  
[info@marincityclinic.com](mailto:info@marincityclinic.com)

Open 40 hours weekly and offers a full range of healthcare services, including medical, dental and behavioral health services.

## **San Francisco County**

### **Glide Health Services**

330 Ellis Street  
San Francisco, CA 94102  
415-674-6000  
[info@glide.org](mailto:info@glide.org)

Offers patients help in addressing their issues as they emerge, rather than relying on referrals to outside agencies. This clinic accepts appointments and also offers drop in hours.

### **Dore Urgent Care Clinic**

52 Dore Street  
San Francisco, CA 94103  
415-553-3100

The Dore Urgent Care Clinic is a medically-staffed clinic that has the capacity to intervene early in an escalating crisis, and to provide assessment and triage in a community-based setting. The Clinic serves individuals who are experiencing an acute psychiatric crisis but who can be stabilized in a voluntary setting.

### **San Francisco Suicide Prevention**

P.O. Box 191350  
San Francisco, CA 94119  
24-Hour Hotline: 415-781-0500  
Office: 415-984-1900

Suicide prevention telephone service, also keeps an extensive referral directory of psychological support services. Also offers eight-week support groups for persons left behind after a suicide. The support groups are formed when enough persons have requested them, so it is necessary to call the office to put your name on a list of interested people. There are about three such groups formed each year. \$10 per session, \$80 for the series.

### **Mental Health Association San Francisco**

870 Market Street  
San Francisco, CA 94102  
415-421-2926  
[info@mentalhealthsf.org](mailto:info@mentalhealthsf.org)  
Provides referrals to local mental health resources.

**San Francisco General Hospital-Psychiatric Emergency Services**

1001 Potrero Ave  
San Francisco, CA 94110  
415-206-8125  
Fax: 415-206-8623

SFGH is the largest provider of acute psychiatric care and the only San Francisco provider of psychiatric emergency care. PES provides crisis stabilization, complete medical and psychiatric assessment and evaluation services, and initial treatment, if appropriate. The staff, which includes physicians, nurses, and social workers, works closely with a number of community agencies to develop short and long-term treatment plans.

**San Francisco Community Behavioral Health Services**

1380 Howard Street, 4th Floor  
San Francisco, CA 94103  
415-255-3737  
415-255-3400

The Community Behavioral Health Services system is the network of organizations receiving funding from the City to deliver mental health services. Wheelchair accessible. Cantonese, Russian, Spanish, Tagalog, Vietnamese are also offered.

## Contra Costa County

**Contra Costa Behavioral Health Services**

1340 Arnold Drive, Suite 200  
Martinez, CA 94553  
925-957-5150

The newly created Behavioral Health Services Division of Contra Costa Health Services combines Mental Health, Alcohol & Other Drugs and Homeless Program into a single system of care. With increasing challenges in serving complex populations with multiple disorders, this integration is a response to the growing desire to have improved client outcomes through a systems approach that emphasizes "any door is the right door," and that provides enhanced coordination and collaboration when caring for the "whole" individual.

## **Concord Centre for Mental Health**

1420 Willow Pass Road  
Concord, CA 94520  
925-646-5480

The Concord Centre for Mental Health are acute units for the treatment of persons with mental health problems who cannot be safely or effectively treated within the community. The aim of the unit is to restore the person's health and then return to the community as soon as practical.

## **Contra Costa County Mental Health Program**

Special Education Pupils  
1026 Oak Grove Road, Suite 11  
Concord, CA 94518  
925-646-5665

Provides outpatient mental health services for school aged children. AB 3632 Program services are accessed by referral and may include: assessment; individual, group and/or collateral therapy; consultation with school staff; day treatment, residential treatment.

## **Contra Costa County Child Adolescent Mental Health**

2425 Bisso Lane  
Concord, CA 94520  
925-646-5468

Contra Costa County Child Adolescent Mental Health offers a variety of beneficial services to children and adolescents to age 18. Some of the programs offered include the Head Start program, medication services, outpatient services and more.

## **Concord Clinic**

1333 Willow Pass Road, Suite 102  
Concord CA 94520  
925-825-1793

Our outpatient program aims to help our clients reduce or remove the psychological suffering they face every day. The program provides an individualized treatment plan to meet the unique needs of each client while incorporating and enhancing the larger support structures that support them throughout the majority of the week. Our trainees, who are supervised by highly trained and licensed clinical psychologists, collaboratively work toward lasting health and stability. We provide psychotherapy to adults, adolescents and children, through cultural- and language-specific services.

**Maitri Psychotherapy Institute**

2930 Camino Diablo, #305,  
Walnut Creek, CA 94596  
925-934-8246

Low to moderate fee for individuals, couples, families. Various groups available. Mediation offered to the community.

**Alameda County****Alta Bates Summit Medical Center: Herrick Campus**

2001 Dwight Way  
Berkeley, CA 94704  
510-204-4405

A comprehensive and fully integrated psychiatric facility for adolescents ages 12-17. Patients are encouraged to draw from their individual strengths to restore their maximum functioning and preserve self-respect. The 34-bed locked unit has separate areas for girls and for boys. We treat patients within the context of the family, wherever possible.

**John George Psychiatric Pavilion**

2060 Fairmont Drive  
San Leandro, CA 94578  
510-346-1300

Provides services to adults experiencing severe and disabling mental illnesses, regardless of ability to pay. When children and adolescents come to the Psychiatric Emergency Services or Crisis Services, they are referred to hospitals specializing in their treatment. Services are designed to assist in controlling illness, achieving personal goals, and developing skills and supports in order to live as independently as possible.

**Villa Fairmont Mental Health Rehabilitation Center - Telecare Corp.**

15200 Foothill Boulevard  
San Leandro, CA 94578  
510-352-9690

Villa Fairmont is licensed as a 99-bed Mental Health Rehabilitation Center. It serves adults who have a history of serious and persistent mental illness with repeated hospitalizations. Acute psychiatric hospitals are the primary source of referrals. Villa's major service goals are symptom stabilization, engagement in recovery, and a rapid return to the community for persons recovering from an acute phase of illness. Villa Fairmont offers evaluation, treatment and rehabilitation, using client-centered services plans and a recovery philosophy.

## **Alameda County Medical Center - Outpatient Psychiatric Services**

Farimont Hospital 14500 Foothill C-3 San Leandro, CA 94578 510-895-4372	Highland Hospital 1411 E. 31st Street - Unit B2 Oakland, CA 94602 510-535-7476
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Services and activities are offered at the program site or other locations in the community. Clients live independently, semi-independently or in supervised care facilities. Services and activities are designed to meet the needs of the client and their families. Services include intake, assessment, treatment planning, individual counseling, group counseling, training/education, social/recreation activities, collateral services and crisis intervention.

## **Berkeley Drop-In Center**

3234 Adeline Ave  
Berkeley, CA 94703  
510-653-4942

The Berkeley Drop-In Center is a multi-purpose community center run by and for past and present mental health clients and persons undergoing significant emotional distress. The Center is a safe, informal place for people to meet and socialize, share peer and group support, take part in recreational and social activities, and get help in obtaining basic survival and other life needs.

## **Schuman-Liles Psychiatric Clinic**

10850 MacArthur Boulevard  
Oakland, CA 94605  
510-569-9334

Provides psychiatric and psychological services for low-income residents of Alameda County.

## **Casa Del Sol (La Clinica de la Raza)**

1501 Fruitvale Ave  
Oakland, CA 94601  
510-535-6200

La Clinica de La Raza's Mental Health Department, Casa del Sol provides counseling and psychiatric services to children, adolescents, and adults with severe mental health problems. Casa del Sol specializes in treating individuals and families who require linguistic (Spanish) or cultural (Latino).

## **San Mateo County**

### **Cordilleras Mental Health Services**

200 Edmonds Road  
Redwood City, CA 94062  
650-367-1890

Cordilleras Mental Health Rehabilitation Center primarily serves San Mateo County residents 18 and older with histories of mental illness and multiple episodes of acute psychiatric hospitalization. The goal of Cordilleras is to allow individuals who would otherwise be in a state hospital or an acute care setting to develop the skills and supports needed to live independently in the community. Cordilleras offers specialized services for persons who are dually diagnosed.

### **San Mateo County Medical Center: Psychiatric Emergency Services**

222 W. 39th Ave  
San Mateo, CA 94403  
650-573-2662

Intensive psychotherapy program that treats people who are experiencing acute psychological distress. Provides treatment, consultation, assessment, information and diagnoses.

### **Sitike Counseling Center**

306 Spruce Ave  
South San Francisco, CA 94080  
650-589-9305

Provides community-based counseling and education related to substance abuse, mental illnesses and domestic violence, in a safe and healing environment that embraces the cultural and emotional needs of every client and to help people find hope, resiliency and life-affirming change. Programs include: Women's Intensive Day Treatment Program, First Offender Drinking Driver program, anger management program.

### **Mental Health Association of San Mateo County: Friendship Center**

Good Shepherd Episcopal Church  
5th Avenue and O'Neill Ave  
Belmont, CA 94002  
650-368-3345 x102

The Friendship Center programs are community-based activities that provide recreation and socialization opportunities for adults with mental illness. The purpose of the program is to offer people the opportunity to participate in activities and events that give them a sense of belonging and, for many, an extended and caring family.

## **Mental Health Association of San Mateo County: Friendship Center**

North County Mental Health Clinic

375 89th Street

Daly City, CA 94015

650-368-3345 x102

The Friendship Center programs are community-based activities that provide recreation and socialization opportunities for adults with mental illness. The purpose of the program is to offer people the opportunity to participate in activities and events that give them a sense of belonging and, for many, an extended and caring family.

## **Stamp Out Stigma (SOS)**

500 A Second Avenue

San Mateo, CA 94401

650-592-2345

Stamp Out Stigma is a client-run organization, founded in 1990, that delivers public presentations to dispel the common myths and stereotypes surrounding mental illness. SOS is an innovative program managed and operated by mental health consumers who saw the great need to educate the general public.

## **Fred Finch Youth Center**

3800 Coolidge Ave.

Oakland, CA

650-286-2090, Ext. 221

Fred Finch Youth Center, founded in 1891, provides a wide range of residential, mental health, special education and community-based services for severely emotionally disturbed children, adolescents and young adults, ranging from the ages of 4 through 24.

## **Our Common Ground (OCG)**

2560 Pulgas Avenue

Palo Alto, CA 94303

650-325-6466

Offers programs for adults with substance abuse and mental health disorders, providing each client with a warm, supportive and familial environment comprised by other like-minded adults, families, significant others and OCG staff. Treatment includes substance abuse, medical, mental health and educational services in outpatient, residential, day treatment and re-entry/transitional supportive housing settings. Trauma services are available for men and women who have experienced some form of trauma.

## Santa Clara County

### Oasis Care Incorporated at East Valley Pavilion

101 Jose Figueres Street  
San Jose, CA 95116  
408-347-3120

Services are designed to assist people to transition to a more independent living situation in the community and include: psychiatric assessment, psychotherapy, pharmacotherapy, medication monitoring, crisis intervention, individual and group counseling, Day Rehabilitation programming, life skills education and practice as a part of milieu therapy as well as linkage with community resources.

### Crestwood Manor: Stockton

1130 Monaco Court  
Stockton, CA 95207  
209-478-2060

Crestwood Behavioral Health has been providing a residential skilled nursing program at our Crestwood Manor - Stockton facility since 1970. Our 190-bed Stockton center serves men and women from a number of California communities, including Sacramento and San Joaquin counties. We offer subacute care for mentally ill individuals in need of long-term supervision and treatment, usually involuntarily. Clients are usually between the ages of 18 and 60 years, and referred from local acute inpatient units. Referrals are made to community-based treatment providers.

### Valley Medical Center: Emergency Psychiatric Services (EPS)

871 Enborg Lane  
San Jose, CA 95128  
408-885-6100

The Acute Psychiatric Services Division of Valley Medical Center (VMC) Santa Clara County operates emergency Psychiatric Services (EPS). Evaluates, treats and makes referrals for all patients who arrive on the VMC campus either voluntarily or involuntarily. Following care at EPS, a patient may be admitted to a hospital for further inpatient care, or referred out to community treatment.

### El Camino Hospital: Older Adult Transitions

2500 Grant Road  
Mountain View, CA 94040  
Day treatment out-patient clinic for older adults with a mental health diagnosis. Transportation planning and lunch provided.

**Grace Community Center**

484 E. San Fernando Street  
San Jose, CA 95112  
408-293-0422

Grace Baptist Community Center provides day rehabilitation for individuals with serious mental illness who need support to maintain and/or improve functioning in the community. Day rehabilitation services are structured day programs focusing on developing financial, social, and mental health stability to increase community functioning and reduce the need for hospitalization.

**Santa Clara Valley Medical Center: Barbara Arons Pavilion**

820 Enborg Court  
San Jose, CA 95128  
408-885-6140

A 60-bed acute inpatient psychiatric unit for individuals in need of acute hospitalization.

**Chamberlain's Mental Health Services**

8352 Church Street, Suite C  
Gilroy, CA 95020  
408-848-6511

A multi-faceted agency serving children and their families. Chamberlain's Mental Health Services offers an array of culturally sensitive services including day treatment, outpatient/medication services, school based support mental health services, family strengthening and community outreach services, and victim witness treatment for families. All services can be provided in Spanish and English.

**EMQ FamiliesFirst**

251 Llewellyn Ave  
Campbell, CA 95008  
408-379-3790

Provides a full continuum of mental health services for emotionally troubled children, adolescents, and families from varying cultures and socio-economic groups. Treatment philosophy is based on a family systems approach, treating the entire family; not just the troubled child. The program strives to reunite and maintain natural family structure. Services include outpatient counseling, in-home treatment, residential treatment, short-term intensive day treatment, school based day treatment crisis intervention, wrap-around services and chemical dependency programs.

**Starlight Community Services**

1885 Lundy Ave Suite #223

San Jose, CA 95131

408-284-9000

Inpatient and outpatient mental health services for adolescents who are seriously emotionally disturbed. Adolescents residing at Starlight receive locked residential care and supervision in our Community Treatment Facility (CTF). Educational services as well as individual, group and family therapy are provided on-site. Clients residing in the community, many of whom have graduated from the CTF, attend Starlight's integrated Non-Public School and Day Treatment Intensive program.

**Adolescent Counseling Services**

1717 Embarcadero Road, Suite 4000

Palo Alto, CA 94303

650-424-0852

Adolescent Counseling Services provides counseling and preventive education to teens and their families. Founded in 1975 by diverse group representing concerned parents, teachers, social workers and community leaders, ACS developed to meet the emotional and developmental needs of adolescents and in our community.

**AchieveKids**

3860 Middlefield Road

Palo Alto, CA 94303

650-494-1200

A special education and mental health service for students with complex needs, and their families. Programs include intensive day treatment, both in a self-contained campus and on public school sites; outpatient mental health services; therapeutic extended-day and respite services; early intervention services, at both home and school, including a therapeutic pre-school program; and residential services.

Adult day programs help frail seniors, adults with physical or mental disabilities, and other adults who want or need a structured day program. A major goal of adult day programs is to help adults who need supervision stay active in their communities and out of institutions for as long as possible. Another goal is to give caregivers time to work, take care of their households, and have a break from their caregiver duties.

- Adult day programs may be run by public or private organizations on a non-profit or for-profit basis. Different types of adult day programs offer different levels of care.
- Senior Centers-offer a wide range of activities and services for independent seniors who do not need supervision. Activities and services include congregate meals, health screenings, educational programs, outings, social and recreational activities, exercise programs, and transportation.

*“The only work that will ultimately bring any good to any of us is the work of contributing to the healing of the world.”*

*~Marianne Williamson*

## Marin County

### **Marin Adult Day Health Care**

1905 Novato Boulevard

Novato, CA 94947

415-897-6884

Administration: 510-981-4100

Adult Day Health Center provides care to the frail and elderly through health and social programs designed to promote well being in a safe and supportive environment. Services provided include nursing, physical and occupational therapy, social activities, and nutrition.

### **Wilfred George Adult Day Center**

70 Skyview Terrace, Building B San Rafael, CA 94903 415-491-2500

[info@senioraccess.org](mailto:info@senioraccess.org)

Adult day care programs (non-medical, activity-based), Alzheimer's program, caregiver support groups, and caregiver respite program.

### **Marin Ventures**

350 Merrydale Road

San Rafael, CA 94903

Wise Elders: 415-472-4961 ext. 104

Adult Learning Center: 415-472-4961 ext. 109

Provides adult day care services in San Rafael, CA. Services offered include organized daily activities in a community-based setting, transportation, meals, and professional supervision.

### **The Cedars of Marin**

115 Upper Road

Ross, CA 94957

415-454-5310

[cheryl@thecedarsofmarin.org](mailto:cheryl@thecedarsofmarin.org)

Program participants reach their highest potential by cultivating their interests, skills, and independence. A variety of programs are offered for adults with developmental disabilities, as well as senior day programs.

### **Novato Independent Elders Program**

Margaret Todd Senior Center

1560 Hill Road

Novato, CA 94947

NIEP offers numerous wellness programs and outreach services.

### **Marin Day Activity Day Center**

3833 Redwood Hwy  
San Rafael, CA 94903  
415-507-0692

The Centers assist this population and their families to work toward self-reliance through education and teaching vocational skills for developmentally disabled adults.

### **Marin Brain Injury Network**

1132 Magnolia Ave  
Larkspur, CA 94939  
415-461-6771  
mbin@mbin.org

Offers an array of services, including a therapeutic day program for people living with a brain injury.

### **Jen Hastings, Music Therapy**

11 Shelter Cove  
Pacifica, CA 94044  
206-355-0657

Music therapy is the use of music to achieve non-musical goals in the areas of speech, motor skills, socialization, and cognition. This service provides rehabilitation for adults and children with neurologic issues such as stroke, dementia, Traumatic Brain Injury, Parkinson's, and autism.

## **San Francisco County**

### **Pomeroy Recreation & Rehabilitation Center**

207 Skyline Boulevard  
San Francisco, CA 94132  
415-665-4100  
Fax: 415-665-7543

The Pomeroy Recreation & Rehabilitation Center provides a wide variety of programs and services for Seniors, Adults, Children & Teens with developmental disabilities and those with Traumatic and Acquired Brain injuries. Varied and enriching opportunities are developed according to the needs and interests of individuals and emphasize participant choice. A participant can select from a variety of activities and opportunities that include expressive arts, crafts, dance, theater, adaptive computer lab, health & wellness activities and accredited vocational training services on and off site.

**Institute on Aging**

3575 Geary Boulevard  
San Francisco, CA 94118  
415-967-7223

Institute on Aging Day Clubs at both Irene Swindells and Ruth Ann Rosenberg Centers in SF offer fun, engaging programs for individuals struggling with conditions that limit their ability to participate in community activities. Members include people in both early and later stages of memory loss as well as those who are physically frail. The Clubs offer a variety of innovative activities designed to enhance cognitive, physical and social functioning in a safe, supportive and caring environment.

**Golden Gate Day Health**

350 Golden Gate Ave  
San Francisco, CA 94102  
415-359-9210

At Golden Gate, as at each of SteppingStone's four Centers, we pay close attention to the well-being of our community members by offering a wide range of services including skilled nursing, physical and occupational therapy, medical social services, transportation, personal care assistance, art therapy and nutrition. All of our support groups are equally available to members and caregivers alike.

**Mabini Adult Day Health**

55 Mabini Street  
San Francisco, CA 94107  
415-882-7301

At Mabini, we pay close attention to the well-being of our members, offering a wide range of services including skilled nursing, physical and occupational therapy, social services, transportation, personal care assistance, art therapy and nutrition. All of our support groups are equally available to members and caregivers alike.

**Mission Creek Day Health**

930 Fourth Street  
San Francisco, CA 94158  
415-974-6784

At Mission Creek, every day is filled with opportunities for our members to socialize, learn and enjoy life. As an active center, each member of the community has an individualized exercise and health maintenance program supervised by trained professionals to help them stay strong and healthy.

### **Presentation Day Health**

301 Ellis Street  
San Francisco, CA 94102  
415-923-0245

At Presentation, as at each of SteppingStone's four Centers, we pay close attention to the well-being of our members, offering a wide range of services including skilled nursing, physical and occupational therapy, medical social services, transportation, personal care assistance, art therapy and nutrition. With a Food Coordinator who was a former cook in China, even our most finicky eaters have become spoiled! Presentation offers multi-lingual support groups in Chinese, Korean, and English so that all members may participate.

### **Continuum**

255 Golden Gate Ave  
San Francisco, CA 94102  
415-437-2900

The only licensed Adult day Health Center (ADHC) for people living with HIV/AIDS that provides health and social services to low income and homeless people. Depending on need and circumstance, clients can access comprehensive programs including adult day health, mobile health care services, food and nutrition, home care, case management, and transitional services for people being released from jail or prison.

### **Kimochi Adult Day Program**

1715 Buchanan Street  
San Francisco, CA 94115  
415-931-2294

Seniors can enjoy a variety of social, cultural, and recreational activities in a supervised setting at Kimochi's Adult Social Day Care program. Bilingual staff trained in programming and providing services to seniors requiring social, emotional, and physical support develop a monthly activity calendar. Seniors feel safe, active, and entertained at day care, while families receive respite from caregiving responsibilities. Family members who care for a frail senior can rest assured that quality care and safety are provided.

**NorCal Vocational, Inc.**

645 Texas Street  
San Francisco , CA 94107  
650-216-6986

NorCal provides a number of vocationally oriented day programs designed to work with those developmentally disabled clients who require more intense structure and supervision in the course of learning. Productive work skills and appropriate work adjustment behaviors. Day activity programs include behaviorally oriented strategies to help manage disruptive work behaviors. Skill training across a wide range of developmental needs. Prevocational advanced skill training toward competitive employment.

**Bayview Hunter's Point Adult Day Health Center**

1250 La Salle Ave  
San Francisco, CA. 94124  
415-826-4774

The program is designed to assist participants with physical and/or mental challenges. Many seniors and disabled persons are at risk of nursing home placement. Through the services offered at the center, participants are able to remain in their own homes. Hot meals are served each day and each participant has an individualized plan of care based on skilled nursing, personal care, physical-occupational-speech therapies, nutritional counseling, social services and therapeutic recreation.

## Contra Costa County

**Guardian Adult Day Health Center**

3905 San Pablo Dam Road  
El Sobrante, CA 94803  
510-669-1005

Adult Day Care provides a safe and friendly environment for the elderly person who needs personal care, assistance, guidance. Day Care is also available for seniors who have Alzheimer's Disease or related disorders. Our program provides a stimulating day for each participant as well as caregiver respite.

**Alzheimer's Respite Program**

6500 Stockton Ave  
El Cerrito, CA 94530  
510-559-7677

Provides weekly Tuesday social and community services to patients with early dementia, as well as isolated and frail elders.

## Adult Day Programs

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### **West County Adult Day / Alzheimer's Respite Care Center**

1015 Nevin Ave, Suite 108  
Richmond, CA 94801  
510-235-6276

You can always count on Alzheimer's Respite and Adult Day Care Services Of West Contra Costa to take care of everything. Our professional staff offers a wide variety of adult day care services for your loved one.

### **The Bedford Center**

1811 C Street  
Antioch, CA 94509  
925-778-4171.

Our Adult Day Care programs offer a caring, supportive, and social environment. Each participant has an individualized plan of care created by a team of nurturing professionals. This plan defines how daily activities can be tailored to fit an individual's specific needs, and is designed to increase vitality and well-being while maximizing physical and mental abilities, in an interactive and social setting.

### **Mt. Diablo Center for Adult Day Health Care**

490 Golf Club Road  
Pleasant Hill, CA 94523  
925-682-6330

Mt. Diablo Center provides quality, structured day recreation and therapy services for the frail elderly, disabled adults, and adults with Alzheimer's and related dementia. Our programs include: Alzheimer's Day Care, Adult Day Health Care and Social Day Services.

### **Lafayette-Orinda Presbyterian Church Thursday Fellowship**

49 Knox Drive  
Lafayette, CA 94549  
925-283-8722

The Thursday Fellowship Program has operated continuously for more than 30 years, providing a consistent, caring community for older adults. The program provides a caring lifeline to those elders who want to maintain their ties with a larger community. Hosted by enthusiastic LOPC volunteers, the program provides a shared salad & cookies, music and other entertainment, educational programs, light exercise and special activities.

**Lamorinda Adult Respite Center (LARC)**

433 Moraga Way  
Orinda, CA 94563  
925-254-3465

LARC is a licensed, supervised adult day care center that serves older adults with memory loss due to Alzheimer's disease or a related dementia. The Center's paid staff and its caring trained staff of volunteers work to promote the highest level of supervised activities to foster dignity and self-worth in the participants.

**Valley Oak Respite Center**

989 San Ramon Valley Boulevard  
Danville, CA 94526  
925-956-9269

Our Valley Oak Respite Center provides an interactive program for frail Seniors, those afflicted with Alzheimer's, related dementias and physical disabilities. Seniors have the opportunity to participate in meaningful activities, which encourage independence and fellowship.

## **Alameda County**

**BACS North County Senior Program**

5714 Marin Luther King Jr. Way  
Oakland, CA 94609  
510-601-1074

An adult day center that specializes in a wide range of physical and cognitive disabilities. The program offers various activities to promote memory, gentle movement, and group activities. Meals, transportation, caregiver support groups and case management services are also available.

**Alzheimer's Services of the East Bay - Berkeley**

2320 Channing Way  
Berkeley, CA 94704  
510-644-8292

Our goal is to make the most of each moment for the person with dementia while making sure their health, cognitive and emotional needs are addressed by competent, professional and caring staff. We offer at least two activities concurrently throughout the majority of the day, providing choice and serving people with different levels of ability. Activities offered at ASEB include sewing, cooking, painting, gardening, reminiscence groups, discussion groups, knitting, art appreciation, woodworking, music appreciation, exercise groups, stretch groups and chair dancing.

### **Alzheimer's Services of the East Bay - Hayward**

561 "A" Street  
Hayward, CA 94541  
510-888-1411

Our goal is to make the most of each moment for the person with dementia while making sure their health, cognitive and emotional needs are addressed by competent, professional and caring staff. We offer at least two activities concurrently throughout the majority of the day, providing choice and serving people with different levels of ability. Activities offered at ASEB include sewing, cooking, painting, gardening, reminiscence groups, discussion groups, knitting, art appreciation, woodworking, music appreciation, exercise groups, stretch groups and chair dancing.

### **Bay Area Community Services - Fremont**

40963 Grimmer Boulevard  
Fremont, CA 94538  
510-888-1411

The Day Care program provides the following services: A structured program of activities led by trained staff, both paid and volunteer. Examples of activities are: memory exercises, reminiscing, mild body movement, games such as chair volleyball, arts and crafts, music and singing, drama, group discussions, speakers sharing information about resources and entitlements, field trips. Door-to-door transportation for all clients who are residents of Alameda County

### **Berkeley Adult Day Health Center**

1890 Alcatraz Ave  
Berkeley, CA 94703  
510-601-0167

Established in 1990, the Berkeley Adult Day Health Center provides a comprehensive outpatient program, offering health, rehabilitative and social services for frail and/or disabled adults. Program services include: rehabilitative and restorative therapies, nursing care, nutritional services, social services, recreational activities, and psychiatric and psychology services.

### **Family Bridges: Hong Fook 14th St CBAS Center**

275 14th Street  
Oakland, CA 94612  
510-839-9673

At the center, a talented multidisciplinary team -- including a registered nurse, a medical social worker, a registered dietitian, along with physical, occupational and speech therapists -- provides holistic health care.

**On Lok Lifeways-Fremont Center**

159 Washington Boulevard  
Fremont, CA 94539  
510-249-2700

All of our centers have a fully operating clinic, complete with exam and treatment rooms, and a rehabilitation gym designed to help our members regain and maintain functional independence. In addition to the clinical facility, our day centers serve as pleasant meeting places, providing excellent opportunities for social interaction and engaging activities.

**Alta Bates Summit Adult Day Health Care**

3012 Summit Street  
Oakland, CA 94609  
510-869-8911

Alta Bates Summit Medical Center offers four outpatient partial hospitalization programs (PHP) to meet the unique needs of our patients. Each program features a supportive environment with group therapies designed to stabilize and reduce symptoms, improve social and functional living skills, and transition patients back into the community.

**Center for Elders Independence - San Pablo**

1955 San Pablo Ave  
Oakland, CA 94612  
510-433-1150

Our Program of All-inclusive Care for the Elderly (PACE) serves the very impaired and frail elderly who meet Medi-Cal eligibility criteria for nursing home-level care. Funded by Medi-Cal and Medicare, the PACE model of care assumes full financial responsibility for the health and health-related care needs of all enrolled participants. CEI offers a comprehensive, coordinated program of both in-home care and Medical/Day Center care at the PACE site.

**Mission Adult Day Programs**

6300 Village Parkway, Suite 125  
Dublin, CA 94568  
925-560-9582

We provide Day Care services to individuals 18 years old and over, with developmental disabilities (in accordance to criteria set forth by the Department of Developmental Services). We provide services to this group of individuals who not only have developmental disabilities but are also diagnosed with behavioral challenges.

## San Mateo County

### **San Carlos Adult Day Service**

787 Walnut Street  
San Carlos, CA 94070  
650-592-9325  
[moreinfo@cccyo.org](mailto:moreinfo@cccyo.org)

Our goal is to promote Aging-in-Place by supporting older adults to maintain a life of dignity and independence and prevent their premature or unnecessary institutionalization while also providing respite and supportive services for their primary caregivers. In addition to providing a broad range of recreational and social activities, we offer non-medical personal care, supervision and assistance with activities of daily living.

### **Community Gatepath: Senior Program**

875 Stanton Road  
Burlingame, CA 94010  
650-259-8500

This program offers an Adult Day Care Centers with 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. For people with developmental disabilities.

### **Focus Day Program**

715 San Mateo Ave  
San Bruno, CA 94066  
650-589-2948

Focus Day Program provides adult day care services in San Bruno, CA. Services offered include organized daily activities in a community-based setting, transportation, meals, and professional supervision.

### **Partners For Independence: Inclusion Center**

1608 Gilberth Road  
Burlingame, CA 94010  
510-706-1468

The purpose of the PFI is to help our individual clients achieve their full potential by providing them with different choices, opportunities, and new experiences that will result in their full participation in the community and enjoyment of their day-to-day lives.

**Magnolia Senior Center**

601 Grand Ave.  
South San Francisco, CA 94080  
650-829-3820

Magnolia Senior Center enables frail and/or impaired older adults with disabilities, such as Alzheimer's, stroke, or Parkinson's to remain in the community. Participants are assisted in maximizing their abilities to maintain their physical, emotional, and social functioning, encouraging the highest level of independence. The Adult Day Care program offers a structured activity program, including bingo, entertainment, daily exercise, special events, and a chance to make new friends. Transportation is available, and a nutritious lunch is also served.

**Peninsula Adult Day Care**

1720 El Camino Real, Suite 10  
Burlingame, CA 94010  
650-696-3660

Peninsula Adult Day Care (P-ADC) is an alternative solution for older adults with physical or mental impairments who are able to interact in a group setting. Our mission is to delay the need for the institutionalization of our clients by providing a safe, stimulating day environment. P-ADC committed to providing high quality adult day care in a comfortable, safe environment for older, ambulatory adults in the community. Cognitive stimulation, gentle recreation and physical care are provided in a small group format.

**Peninsula Volunteers, Inc.: Rosener House Adult Day Services**

500 Arbor Road  
Menlo Park, CA 94025  
650-322-0126

This Adult Day Care Centers offers 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.

**Coastside Adult Day Health Center**

925 Main Street  
Half Moon Bay, California 94019  
650-726-5067

The Center's goal is to help restore and maintain mental/physical health, which will enhance the quality of life for our participants and their caregivers. The Center offers a daily program of activities and health services run by a staff of professionals and aides. The Center works in cooperation with the participants, their caregivers, and their personal physicians in an atmosphere that is both caring and supportive.

### Santa Clara County

#### **Avenidas: Rose Kleiner Senior Day Health Center (SDHC)**

270 Escuela Ave  
Mountain View, CA 94040  
650-289-5499

You'll find two levels of affordable daytime care for your aging parent or spouse at Avenidas Rose Kleiner Center in Mountain View. You can enroll your loved ones in our adult day care program, where they'll enjoy stimulating activities, socializing, group exercise and more in the safe and comfortable surroundings of our custom built facility. Or, if more help is needed, you can enroll them in our adult day health program, where they can receive additional support from our registered nurses, speech therapists, occupational therapists and physical therapists.

#### **California Department of Veterans Affairs: San Jose Adult Day Health Care**

80 Great Oaks Boulevard, Suite B-600

San Jose, CA 95119

408-363-3000

San Jose Day Respite Program (clinic) Provides medical supervision, exercise programs, social and recreational activities for frail elderly and disabled veterans in a supervised setting. Other services include: Information/Referral to VA and community resources and monthly caregiver support group. Must take discharge orders.

#### **Golden Castle Adult Day Health Center**

1137 San Antonio Boulevard, Suite B

Palo Alto, CA 94303

650-964-1964

Golden Castle ADHC offers a variety of services to its participants. These services are provided by a multidisciplinary staff, consisting of nurses, dietitians, physical therapists, occupational therapists, activity coordinators, social workers, clinical psychologists, and speech pathologists.

#### **Great Endeavors Adult Day Health Care Center**

3015 Union Ave

San Jose, CA 95124

408-377-1622

Provides social stimulation and health services to adults who require supervised care.

**Mexican American Community Services (MACSA)**

660 Sinclair Drive  
San Jose, CA 95116  
408-928-1122

Offers community services for seniors, families, and youth in areas of advocacy, leadership, development, employment training, child care, gang and drug prevention, charter schools, Adult Day Health Care, community development, and senior housing.

**Rosener House Adult Day Services**

500 Arbor Road  
Menlo Park, CA 94025  
650-322-0126

Day support program for older adults who have memory or sensory loss, mobility limitations, or are in need of socialization. Health and support services, caregiver support available. Hot lunches/snacks.

**Live Oak Adult Day Services**

651 West 6th Street  
Gilroy, CA 95020  
408-847-5491

Live Oak Senior Day Program is a non-profit 501C organization, featuring an activity-based program with four locations. Each center has a Program Director, Assistant Program Director, 2-3 staff members, and several volunteers. Your relative will have the opportunity to enjoy a variety of stimulating activities, including music programs, adaptive physical exercise, arts and crafts, and socialization.

**Learning Services Day Treatment Activity Program**

10855 De Bruin Way  
Gilroy , CA 95020

Learning Services Day Treatment Activity Program provides adult day care services in Gilroy, CA. Services offered include organized daily activities in a community-based setting, transportation, meals, and professional supervision. Contact Learning Services Day Treatment Activity Program for more details on respite care services and rates.

**Day Break Senior Activity Center**

5111 San Felipe Road  
San Jose, CA 95135  
408-325-5237

Day Break is a community-based program that provides non-medical care to meet the needs of functionally impaired older adults, while enhancing the quality of life for both the participant and caregiver. Our mission is to help dependent seniors to “age in place” and remain in their family homes for as long as possible.

**Evergreen Adult Development Center**

2887 McLaughlin Avenue, Building A  
San Jose, CA 95121  
408-578-1280

EADC offers a senior program that yields to our clients 65 and older in which our objectives are recreational and enhancing their reality orientation. Some of our programs include bingo, arts and crafts, dancing, karaoke, going into the community to have coffee and pasties at nearby Starbucks.

**Prestige Adult Day Health Care**

1765 South Main Street, Suite 101  
Milpitas, CA 95035  
408-586-9000

Prestige Adult Day Health Care provides adult day care services in Milpitas, CA. Services offered include organized daily activities in a community-based setting, transportation, meals, and professional supervision.

**Sara Care**

450 Marathon Drive  
Campbell, CA 95008  
408-374-2273

We seek to provide a rich, welcoming environment for all of our participants. Each day at SarahCare of Campbell feels like a home away from home for seniors. The day is full of nourishing and delicious food, loving companionship and stimulating mental and physical activities.

Veterans of the United States armed forces may be eligible for a broad range of programs and services provided by Veteran Affairs (VA). VA administers a variety of benefits and services that provide financial and other forms of assistance to Veterans, their dependents, and survivors. Major benefits include Veterans' compensation, Veterans' pension, survivors' benefits, rehabilitation and employment assistance, education assistance, home loan guaranties, and life insurance coverage.

•VA determines eligibility whether you are a veteran or dependent. You can contact the VA directly at 1-888-442-4551 for any federal benefits questions or you can contact your local VA County Service Office for possible Fee Waiver eligibility as a dependent of a disabled or deceased veteran.

*"Valor is stability, not of legs and arms, but of courage of the soul"~ Michel de Montaigne*



## **US Department of Veterans Affairs**

800-827-1000

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

The US Department of Veterans Affairs is a government-run military veteran benefit system with Cabinet-level status. It is charged with managing the care and benefits of the United States' military veterans and their families.

## **VA Help for Homeless Vetrans**

1-877-424-3838

VA is committed to ending Veteran homelessness by the end of 2015. No-one who has served our country should ever go without a safe, stable place to call home. The entire department has put its energy and resources into ending Veteran homelessness. VA's programs provide individualized, comprehensive care to Veterans who are homeless or at risk of becoming homeless.

## **Veterans Crisis Line**

1-800-273-8255 Press 1

Text 838255

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. This is a confidential support service that is available 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

## **Disabled American Veterans**

859-441-7300

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

Disabled American Veterans is an organization of disabled veterans who are focused on building better lives for disabled veterans and their families. The organization accomplishes this goal by providing free assistance to veterans in obtaining benefits and services earned through their military service. It is fully funded through its membership dues and public contributions. It is not a government agency and receives no government funds.

**California Veterans Assistance Foundation**

727 Decatur Street  
Bakersfield, CA 93308  
661-399-2490

vafcm1@veteransassistance.org

To operate programs designed to assist homeless or at risk of becoming homeless veterans maintain or improve their status in society by providing a safe and secure environment through which they can access a wide array of human services. The focus of these programs is to assist homeless veterans with the services that have prevented them from becoming re-established in their communities. It is the focus of the CVAF to: "Transition homeless veterans (or those veterans at risk of becoming homeless) into society's mainstream. This will be done by assisting them to obtain meaningful employment and subsequently, safe, decent, and sanitary housing."

**California Disabled Veteran Business Alliance**

1611 S Street Suite 102  
Sacramento, CA 95811  
916-446-3510  
Fax: 916-446-3515

The DVBE Alliance is a nonprofit (501 (c) (3) California Corporation of Disabled Veteran Business Owners and supporters of Veteran Owned Businesses. Our purpose is to support member businesses in their quest for success by: Creating business opportunities (With Government Agencies, private companies and other Alliance members); Linking members with appropriate and timely information; Collaborating to solve problems; Providing ongoing educational opportunities.

**California Department of Veterans Affairs**

1227 O Street  
Sacramento, CA 95814  
800-952-5626

The mission of the CDVA is to Serve California's Veterans & their Families. More specifically, to provide California veterans and their families with aid and assistance in presenting their claims for veterans' benefits under the laws of the United States; to provide them with beneficial opportunities through direct low-cost loans to acquire farms and homes; and to provide the state's aged or disabled veterans with rehabilitative, residential, and medical care and services in a home-like environment at the California Veterans Homes.

### **Veterans Of Foreign Wars: Department of California**

1510 J Street, Suite 110

Sacramento, CA 95814

916-449-8850

[info@vfwca.net](mailto:info@vfwca.net)

The purpose of the Veterans of Foreign Wars of the United States is to preserve and support the patriotic and historical interests of our country, our communities and our veterans; to strengthen the common bonds of the men and women who have served and who are currently serving in our military; to assist them and their families to enhance their quality of life; to maintain true allegiance to the Constitution and laws of the United States of America and defend her from all enemies, whomsoever.

## **Marin County**

### **Marin County Veteran's Services**

10 North San Pedro Road

San Rafael, CA 94903

415-473-6193

Fax: 415-473-3166

The Marin County Veterans Service Office helps veterans, their spouses and children obtain all types of veterans benefits.

### **Homeward Bound of Marin**

190 Mill Street

San Rafael, CA 94901

415-456-5843

[info@hbofm.org](mailto:info@hbofm.org)

Homeward Bound of Marin partners with the U.S. Department of Veterans Affairs to offer an array of services to homeless veterans in Marin County. The entry point for Homeward Bound's services for single adults, including all veterans, is the Mill Street Center in San Rafael. At New Beginnings Center in Novato, which offers 80 beds of transitional housing, Homeward Bound has 16 beds reserved for veterans under a "per diem" program of the Department of Veterans Affairs (VA).

### **Marin Services for Women**

127 King Street

Larkspur, CA 94939

415-924-6837

[msw@mswinc.org](mailto:msw@mswinc.org)

MSW provides chemical dependency & trauma treatment services in a safe, supportive, female-only residential environment. Provides support services for military women reentering civilian life.

## **San Francisco County**

### **San Francisco VA Downtown Clinic**

410 3rd Street

San Francisco, CA 94107

415-281-5100

Mental Health Services: 415-281-5103

The San Francisco VA Downtown Clinic offers a wide range of psychosocial and health care services. This Comprehensive Homeless Center offers extensive programs that include outreach, therapy, housing and employment.

## **San Francisco County Veterans Service Office**

27 B Van Ness Ave  
San Francisco, CA 94102  
415-503-2000  
Fax: 415-503-2010

The County Veterans Service Office assists veterans and their dependents in obtaining U.S. Department of Veterans' Affairs benefits and entitlements by representing them during the benefits claims process.

## **San Francisco's 311 Veterans Resource Center**

Within San Francisco: 311  
415-701-2311

The City of San Francisco recognizes your sacrifice and would like to honor your service with our 24x7 veterans' service center available to all veterans and no one else. Here you can connect with government agencies and non-profit organizations whose missions are to meet your particular needs, including: healthcare and mental health services, education benefits, and employment opportunities.

## **Swords to Plowshares**

1060 Howard Street  
San Francisco, CA 94103  
415-252-4788  
[Supportvets@stp-sf.org](mailto:Supportvets@stp-sf.org)

Swords to Plowshares is a community-based, not-for-profit veteran service organization that provides wrap-around care to more than 2,000 veterans in the San Francisco Bay Area each year. We are committed to helping veterans break through the cultural, educational, psychological and economic barriers they often face in their transition to the civilian world. Provides counseling and case management, employment and training, housing and legal assistance, mental health services.

## **Coming Home Project**

3799 Balboa Street, Box 193  
San Francisco, CA 94121  
415-353-5363  
Fax: 415-353-5794

The Coming Home™ Project is a non-profit organization providing holistic services for veterans who have served in Iraq and Afghanistan, their families, and their service providers. We are a multidisciplinary and inclusive collaborative of psychotherapists, veterans, family members, and interfaith leaders committed to improving the psychological, emotional, spiritual, and relationship challenges faced by OIF/OEF service members and veterans, family members, and service providers during all stages of deployment (pre-deployment, during, and reintegration).

**San Francisco VA Medical Center**  
4150 Clement Street  
San Francisco, CA 94121  
415-221-4810  
877-487-2838

## **San Mateo County**

### **San Mateo County Veterans Service Office**

400 Harbor Boulevard, Building B  
Belmont, CA 94002  
650-802-6598  
Fax: 650-595-2419

Veterans services are provided by the County of San Mateo Human Services. The County Veterans Service Officer (CVSO) is trained by accredited representatives by the Offices of the General Counsel of the United States Department of Veterans Affairs on the benefits available to veterans. The CVSO is a county employee, and not a VA employee. The CVSO can assist the veteran and their family in submitting claims for benefits to the Department of Veterans Affairs and will provide follow-up service to insure that the veteran receive the benefits to which they are entitled.

### **Veterans Employment Committee San Mateo**

P.O. Box 25540  
San Mateo, CA 94402

The Veterans Employment Committee San Mateo (VECSM) is comprised of volunteers from the local Veteran Service Organizations within San Mateo county and is partnered with the state of California Employment Development Department EDD Vet Rep staff. Our primary purpose is to present employment and training information available for veterans within the San Francisco Bay Area.

### **VA San Bruno Outpatient Clinic**

1001 Sneath Lane, Suite 300, Third Floor  
San Bruno, CA 94066  
650-615-6000

The San Bruno VA Outpatient Clinic offers a wide range of preventive and primary care. The Clinic is committed to serving Veterans in the San Mateo County community. No emergency services.

## **Women's Overseas Service League**

696 Concord Place  
Pleasant, CA 94566  
925-846-4712

A chapter of a national organization, founded in 1921, composed of women who have served overseas in or with the Armed Forces. Members may also have served with the American Red Cross, Army Special Services, USO, Salvation Army or CIA. The national organization administers a trust fund to support requirements in the form of grants and loans for those eligible. The organization has established a scholarship fund for women who are actively pursuing a college degree. Funds are available semi-annually for women who are continuing their education.

## **Next Step Center**

795 Willow Road, #116B6, Building 323-A  
Menlo Park, CA 94025  
650-566-0240  
Fax:650-566-9571

Established in 1986, Next Step Center became a division of Vietnam Veterans of California Inc. in November 1999. Located on the campus of the U.S. Department of Veterans Affairs medical center in Menlo Park, Next Step Center provides transitional housing with comprehensive vocational, employment and occupational training services to men and women veterans in the Bay Area who have multiple barriers to employment.

## **VA Palo Alto Health Care System**

3801 Miranda Ave  
Palo Alto, CA 94304  
650-493-5000  
General Inquiries: 800-455-0057

The VA Palo Alto Health Care System (VAPAHCS) consists of three inpatient facilities located at Palo Alto, Menlo Park, and Livermore plus seven outpatient clinics in San Jose, Fremont, Capitola, Monterey, Stockton, Modesto, and Sonora. These facilities provide some of the world's finest medical care and cutting-edge technology. VAPAHCS is a teaching hospital, providing a full range of patient care services, with state-of-the-art technology as well as education and research. VAPAHCS maintains one of the top three research programs in the VA. An affiliation with the Stanford University School of Medicine provides a rich academic environment including medical training for physicians in virtually all specialties and subspecialties.

**Palo Alto Polytrauma Rehabilitation Center**

3801 Miranda Ave

Palo Alto, CA 94304

650-493-5000

Admissions: 650-493-5000 ext. 66764

Polytrauma care is for veterans and returning service members with injuries to more than one physical region or organ system, one of which may be life threatening, and which results in physical, cognitive, psychological, or psychosocial impairments and functional disability. Provides comprehensive, high-quality, and inter-disciplinary care to patients. Teams of physicians from every relevant field plan and administer an individually tailored rehabilitation plan to help the patient recover as much as possible.

**Vet Center: Redwood City**

2946 Broadway Street

Redwood City, CA 94062

650-299-0672

Fax: 650-299-0677

Vet Centers provide individual, group and family counseling to all veterans who served in any combat zone. Services are also available for their family members. Veterans have earned these benefits through their combat service and all are provided at no cost to the veteran or family.

**Veterans Resource Center**

1399 Ygnacio Valley Road

Walnut Creek, CA 94598

866-457-7873

[support@veteransresource.org](mailto:support@veteransresource.org)

Veterans Resource provides expertise in mental health and counseling for our troops and their families. Our professional staff are highly trained in treating both PTSD (Post Traumatic Stress Disorder) and resolving relationship issues.

**The Soldiers Project**

916-792-3728

[sacramento@thesoldiersproject.org](mailto:sacramento@thesoldiersproject.org)

The Soldiers Project is a private, non-profit, independent group of volunteer licensed mental health professionals including psychiatrists, psychologists, social workers, and marriage and family therapists. They provide free counseling and support to military service members who have served or who expect to serve in the Iraq and/or Afghanistan conflicts and to veterans of those conflicts. They see active duty as well as members of activated Reserve or Guard units. In addition, their services are available to the families and other loved ones of service members.

### **Troops To College: Veteran Resource and Opportunity Center (VROC) At the College of San Mateo**

Central Hall Building 16, Room 150  
1700 W. Hillsdale Boulevard  
San Mateo, CA 94402  
650-574-6675  
Fax: 650-574-6681

The veterans campuses points of contact have varying responsibilities which include the facilitating of GI Bill payments, assistance in registering for classes as a minimum. Many of the campuses veteran contacts do much more, though, which can include academic counseling, readjustment advising, veteran claims advising and community outreach to name a few.

## **Santa Clara County**

### **Santa Clara County Veterans Services Office**

65 N. Winchester Boulevard  
Santa Clara, CA 95050  
408-553-6000

The Office of Veterans Services is a County & State funded agency established in 1944 to assist veterans, military personnel, and their families in obtaining federal, state, and local benefits accrued through active duty military service.

### **California Department of Veterans Affairs: San Jose Adult Day Health Care**

80 Great Oaks Boulevard, Suite B-600  
San Jose, CA 95119  
408-363-3000

San Jose Day Respite Program (clinic) Provides medical supervision, exercise programs, social and recreational activities for frail elderly and disabled veterans in a supervised setting. Other services include: Information/Referral to VA and community resources and monthly caregiver support group. Must take discharge orders.

### **VA Palo Alto Health Care System: VA Satellite Medical Center**

80 Great Oaks Boulevard, Suite B-600  
San Jose, CA 95119  
408-363-3000

Eligible veterans living in San Jose or nearby areas, when referred by a doctor, may obtain general psychiatric services.

## **Alameda County**

### **Veterans Service Office: Alameda County- Main Office**

6955 Foothill Boulevard, Suite 300

Oakland, CA 94605

510-577-1926

Fax: 510-577-1947

The Veterans Service Office provides veterans and their dependents and/or survivors with information regarding veterans benefits, and assistance with filing benefit claims, waivers and appeals, in order for them to obtain and maintain all available benefits and entitlements for which they are eligible.

### **Veterans Service Office: Alameda County- Hayward Office**

24100 Amador Street, 3rd Floor

Hayward, CA 94544

510-265-8271

[lgurst@acgov.org](mailto:lgurst@acgov.org)

The Veterans Service Office provides veterans and their dependents and/or survivors with information regarding veterans benefits, and assistance with filing benefit claims, waivers and appeals, in order for them to obtain and maintain all available benefits and entitlements for which they are eligible.

### **VA Clinic: Oakland**

2221 Martin Luther King Jr. Way

Oakland, CA 94612

510-267-7800

Fax: 510-267-7819

The Oakland Outpatient Clinic, located in downtown Oakland, offers a wide array of medical, surgical, and ancillary health care services, including laboratory, radiology and pharmacy. Medicine services are available in cardiology, dietary, endocrinology, gastroenterology, infectious diseases, neurology, pulmonary, rehabilitative medicine, social work services, women's health, and urgent care.

### **VA Mental Health Clinic: Oakland**

2505 West 14th Street

Oakland Army Base

Oakland, CA 94626

510-587-3400

Fax: 510-887-3420

The Oakland Mental Health Program provides a full range of mental health and substance abuse treatment, including drug and alcohol-related dependencies, medication management, individual and family counseling & methadone maintenance.

### **Oakland Vet Center**

1504 Franklin Street, Suite 200

Oakland, CA 94612

510-763-3904

Fax: 510-763-5631

In 1979, Congress established the provision for the federal Department of Veterans Affairs (VA) to offer readjustment counseling in Centers. The Vet Center's Readjustment Counseling Therapists provide the below noted services to combat era veterans and those impacted by service connected PTSD and MST and their families.

### **Contra Costa County**

#### **Contra Costa County Veterans Service Office**

10 Douglas Drive, Suite 100

Martinez, CA 94553

925-313-1481

Fax: 925-313-1490

The Contra Costa County Veterans Service Office provides assistance to the men and women who served in the Armed Forces of America, their dependents and survivors, and the general public, in obtaining benefits from the U.S. Department of Veterans Affairs (VA), Department of Defense (DOD), California Department of Veterans Affairs (CalVet), and other programs for veterans and their families.

Emergency care for injury caused by falls or accidents at home is one of the most frequently occurring adverse events reported for patients receiving skilled home health care services. Thirty percent of people age 65 and older living in the community fall each year. Home modifications and medical alert systems may prevent unnecessary injuries and hospital readmissions. Identify the signs and increased risk of falls.

- Does your loved one have a reduced ability to stand up straight?
- Does the patient suffer from poor sight?
- Is there a decreased knowledge of where their legs are in relation to the ground?
- Does the patient suffer from weak bones and muscles?
- Have there been any age-related heart changes?
- Are brain diseases such as Parkinson's disease, stroke, and memory loss a factor?

*"Safety doesn't happen by accident."~Author Unknown*

## All Listing Service the Entire Bay Area

### **PeopleTrackUSA**

1-866-618-9238

Provides tools (monitoring devices) that can help ease anxiety as well as provide assistance in location when a loved one may become lost or is wandering. For seniors or people with dementia, Alzheimers or developmentally disabled.

### **Philips Lifeline Medical Alert System**

800-380-3111

The original and leading personal response service for 30 years. Easy to use, simply press the small, lightweight, waterproof help button worn on a pendant or wrist. Remarkably affordable with no long term commitment.

### **LifeStation, Inc.**

800-884-8888

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

### **Bay Area Vital-Link**

6529 Telegraph Ave

Oakland, CA 9460

800-752-5522

Locally owned and operated since 1981. Our Mission is to provide seniors and disabled communities with medical alarm services that enhance their safety, independence, and peace of mind. Have a trained professional assist you in completing all the paper work, install and test at no cost.

### **Seniors and People with Disabilities**

650-573-3728

Provides resources and referrals for older adults, caregivers and service providers because falls are preventable.

### **Home Safety Services, Inc.**

1169 Chess Drive, Suite L

Foster City, CA 94404

888-388-3811

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

**Jean Cary Interiors**

650-593-9622

Provides interior design services for modifying kitchens, baths, window coverings and lighting systems for those with limited mobility.

**Avenidas Senior Center: Home Modification**

650-289-5426

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

**Vital Link Medical Alert Systems**

6529 Telegraph Ave

Oakland, CA 94609

800-752-5522

Vital Link is an industry leader in the area of Medical Alert Systems. Our purpose is to help the Elderly and Disabled communities to remain living safely and independently in their own homes. By pressing the button on the neck or wrist pendant, a signal is sent to your medical alarm console which opens a toll-free two-way communication with our monitoring center. The friendly, caring staff at our monitoring center is medically trained and available 24 hours a day, seven days a week.

**Novato Independent Elders Program: Home Safety**

1560 Hill Road

Novato, CA 94947

415-899-8290

Fall prevention safety and postal carrier alert programs. The Novato Independent Elders Program is a program of Episcopal Senior Communities, a nondenominational nonprofit organization. NIEP operates out of the Margaret Todd Senior Center and is dedicated to improving the quality of life for Novato seniors.

**Zenovations, Inc**

20 Valley Road

Fairfax, CA 94930

415-459-6618

Zenovations, Inc offers Homeowner education to help seniors live in their homes, handyman services for all the small jobs around the house, and remodeling and structural repairs.

# Personal Safety Systems

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## **PG&E: Home Safety**

800-743-5000

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

## **Rebuilding Together Peninsula**

P.O. Box 4031

Menlo Park, CA 94026

650-366-6597

Free home renovation and repair for low-income, elderly or disabled homeowners. Every project that we undertake is unique. Each work site comes with a different history, unique needs, its own scope of work, and a dedicated volunteer team. Once deployed, we do everything from yard cleanup and painting to skilled plumbing, window, electrical system, and flooring repair. We have even repaired or replaced roofs on homes and community facilities. Apply online or call.

## **LifeWell Assistive Services**

P.O. Box 16618

San Francisco, CA 94116

415-517-5262

LifeWell Assistive Services is a Home Adaptation and Assistive Technology solutions provider. We specialize in making homes easily accessible, maintainable, energy efficient and most importantly, SAFE. We are certified Aging-in-Place (CAPS) and Assistive Technology specialists who assist elderly and disabled people remain independent in their own homes. We provide clients with the convenience of having a single point of contact during home adaptation and modification projects.

## Levels Of Care Index

### Long Term Acute Care (LTAC)

What is it?	A long-term acute care hospital is an acute care hospital that specializes in the treatment and rehabilitation of medically complex patients who require an extended stay in a hospital setting.
Where?	Hospital
Who is eligible?	Patients with serious medical problems that require intense, special treatment for a long time (usually about 20-30 days).
How is it paid for?	Similar to acute care hospitals, the cost of care in an LTAC can vary widely, and sources of payment include private insurance, Medicare, private funds (self-pay), or some combination of those.
Care Criteria	Must have acute criteria. Has to be seen by a physician everyday.
Helpful Links	<a href="http://www.asha.org/slp/healthcare/LTAC/">http://www.asha.org/slp/healthcare/ LTAC/</a>

## Levels Of Care Index

### Acute Rehab

What is it?	Acute inpatient rehabilitation is a special type of rehab care often required when an individual's medical status requires more intense services that can't reasonably be provided in an alternative setting.
Where?	Hospital, Skilled Nursing Facility or a free-standing facility that is licensed and certified to provide special rehabilitative health care services rather than general medical and surgical services.
Who is eligible?	Individuals with significant functional disabilities associated with stroke, spinal cord injuries, acquired brain injuries, major trauma and burns.
How is it paid for?	Care at this level is typically paid for by private insurance and/or Medicare. However, patients must often meet strict requirements related to their medical needs and rehabilitative progress. Frequent updates to insurance companies are required to ensure continued payment for this level of care is appropriate.
Care Criteria	Must be able to tolerate 3 hours of treatment/day. Patient has long term treatment goals.
Helpful Links	<a href="http://www.rehabnurse.org/pdf/PRNavigatingRehabSettings.pdf">http://www.rehabnurse.org/pdf/PRNavigatingRehabSettings.pdf</a>

## Levels Of Care Index

### Skilled Nursing (SNF)

What is it?	Nursing Facility with 24 hour nursing services and physician availability. Provides two levels of care: Short Term Rehabilitation and Long Term or Custodial Care.
Where?	Skilled Nursing Facility (also known as nursing home or convalescent care facilities)
Who is eligible?	Some people need nursing home services for a short period of time for recovery or rehabilitation after a serious illness or operation, while others need longer stays because of chronic physical, health, or cognitive conditions that require constant care or supervision.
How is it paid for?	Medicare Part A (Hospital Insurance) covers skilled nursing care in a skilled nursing facility (SNF) under certain conditions for a limited time. If your income and assets are limited, you may qualify for MediCal, which does cover most of the costs of nursing home care. However, not all nursing homes accept MediCal. If you have long-term care insurance, check the provisions of your plan to see what portion of nursing home coverage is protected.
Care Criteria	Able to tolerate 1-2 hours of therapy/day.
Helpful Links	<a href="http://www.helpguide.org/elder/nursing_homes_skilled_nursing_facilities.html">http://www.helpguide.org/elder/nursing_homes_skilled_nursing_facilities.html</a>

## Levels Of Care Index

### Home Health Care (HHC)

What is it?	Includes skilled, short-term services such as nursing, physical or other therapies ordered by a physician for a specific condition.
Where?	Home
Who is eligible?	Eligible if a doctor ordered this level of care, if a patient has a medical necessity that can only be provided by licensed personnel.
How is it paid for?	Medicare Part A (Hospital Insurance) and/or Medicare Part B (Medical Insurance) covers eligible home health services like intermittent skilled nursing care, physical therapy, speech-language pathology services, continued occupational services, and more. Usually, a home health care agency coordinates the services your doctor orders for you. Services are also covered by HMOs, PPOs, private payment, sliding scale fees, and private insurance plans.
Care Criteria	Intermittent and temporary Physical or Occupational Therapy, Registered Dietitian, Wound Care, IV therapy, Dressing Change
Helpful Links	<a href="http://www.medicare.gov/coverage/home-health-services.html">http://www.medicare.gov/coverage/home-health-services.html</a>

## Levels Of Care Index

### Home Care

What is it?	Services are most often limited to personal care services such as bathing and dressing, and often also include homemaker services such as help with meal preparation or household chores.
Where?	Home
Who is eligible?	If person is homebound and requires non-medical support services.
How is it paid for?	Home care services can be paid for directly by the patient and his or her family members or through a variety of public and private third party payors. Medicare will only cover home care services when your doctor orders the care from a home health agency that Medicare approves.
Care Criteria	Provides personal care services
Helpful Links	<a href="http://www.helpguide.org/elder/senior_services_living_home.htm">http://www.helpguide.org/elder/senior_services_living_home.htm</a>

## Levels Of Care Index

### Residential Care Homes/ Board and Care/ Assisted Living

What is it?	Services are limited to non-medical custodial care. Facilities are not allowed to provide skilled nursing services unless there is a credentialed RN working in the home. Assistance with bathing, dressing and toileting is provided 24 hours.
Where?	More than 90% of residential care homes are private settings licensed to care for up to six elders. Facilities caring for more than six residents are known as Assisted Living Facilities.
Who is eligible?	Adults who are no longer able to remain in their own home and require an alternate living arrangement requiring 24 hour awake care due to physical, mental, or emotional limitations.
How is it paid for?	MediCal, SSI, Family Out-of-Pocket. The care is a cost effective alternative to custodial care provided in a skilled nursing facility for those patients who qualify. Medi-Cal does not cover ASL but may cover some Board and Cares.
Care Criteria	Elders who have no complex medical needs, but who are unsafe or unable to perform basic self care activities without assistance or supervision.
Helpful Links	<a href="http://www.aplaceformom.com/care-homes/california/">http://www.aplaceformom.com/care-homes/california/</a>

## Levels Of Care Index

### Adult Day Program

What is it?	Community-based facility or program that provides care to persons 18 years of age or older in need of personal care services, supervision, or assistance essential for sustaining the activities of daily living or for the protection of the individual on less than a 24-hour basis.
Where?	Adult Day Program Center
Who is eligible?	For those who do not need 24-hour skilled nursing. These programs are designed to help people stay mentally and physically active, reduce isolation, improve their health, and prevent decline of their abilities.
How is it paid for?	MediCal, private medical insurance, long term care insurance, dependent care tax credits, Veterans Administration, or scholarships made available through the center.
Care Criteria	They provide a variety of health, social, and other support services in a protective setting during part of the day. Adult day centers typically operate programs during normal business hours five days a week; some have evening and weekend hours. These programs do not provide 24-hour care.
Helpful Links	<a href="http://www.fullcirclecare.org/lcontinuum/adc-adh.html#pay">http://www.fullcirclecare.org/ lcontinuum/adc-adh.html#pay</a>

## Levels Of Care Index

### Palliative Care

What is it?	Palliative care provides specialized medical care for people with serious illness and is focused on providing patients with relief from the symptoms, pain, and stress of a disease. Palliative care can be provided at any stage of a serious illness, and can be provided in conjunction with care meant to prolong the patient's life.
Where?	Hospitals, outpatient clinics, long-term-care facilities, hospices or home.
Who is eligible?	People who are experiencing pain, stress and other symptoms due to a serious illness. Palliative care is appropriate at any stage of a serious illness and you can get it along with treatment meant to cure you.
How is it paid for?	Most insurance plans cover all or part of the palliative care treatment you receive in the hospital, as with other hospital and medical services. This is also true of Medicare and MediCal. Drugs and medical supplies and equipment may also be covered.
Care Criteria	Nurse visits 1-2 times per week. Focus is on symptom management.
Helpful Links	<a href="http://www.getpalliativecare.org">www.getpalliativecare.org</a>

## Levels Of Care Index

### Hospice

What is it?	Program of care for terminally ill (dying) patients and their families. Hospice efforts are directed toward making the patient comfortable, easing pain and other troublesome symptoms, and supporting the family through a difficult time.
Where?	Some hospitals, nursing homes, and other health care facilities provide hospice care onsite, in most cases hospice is provided in the patient's own home.
Who is eligible?	A physician must certify their patient as being terminally ill. An individual is considered to be terminally ill if death is expected within six months or less. This does not mean care will only be provided for six months. Hospice can be provided as long as the person's physician and hospice team certify the condition remains life-limiting.
How is it paid for?	Hospice care is typically paid for by Medicare and private insurance. Many hospice programs also receive support through community donations, and are then able to provide services to people who are uninsured or underinsured.
Care Criteria	Patient has less than 6 months to live. Daily visits if medically necessary.
Helpful Links	<a href="http://www.helpguide.org/elder/hospice_care.html">http://www.helpguide.org/elder/hospice_care.html</a>



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