

GERIATRIC HEALTH SERVICES

RESOURCES AND SERVICES FOR OLDER ADULTS

24 Hour Crisis Hotlines

Adult Protective Services (Elder Abuse)	800-414-2002 800-994-4900
Domestic Violence	800-799-7233
Poison Control	800-222-1222
Suicide Prevention	800-273-8255

Advance Health Care Directives

Avenidas	650-289-5433
Stanford Hospital & Clinics.....	650-498-3333
Aging and Adult Services – San Mateo County	800-675-8437
Council on Aging Silicon Valley	800-510-2020

Caregiver Support

Avenidas Senior Center, Palo Alto	650-289-5433
Aging and Adult Services – San Mateo County	800-675-8437
Council on Aging Silicon Valley	800-510-2020
El Camino Hospital, Mountain View	800-216-5556
Family Caregiver Alliance	800-445-8106

Case Management

Eldercare Locator Specialist	800-677-1116
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MSSP (Multipurpose Senior Services Program) and Linkages

Aging and Adult Services – San Mateo County	800-675-8483
Council on Aging Silicon Valley	800-510-2020

Public Health Nurses

Santa Clara County	408-494-7867
San Mateo County	650-573-2501

Diseases and Disabilities Education and Support

Alzheimer's Association.....	800-272-3900
American Amputee Foundation.....	510-666-2523
American Cancer Society.....	800-227-2345
American Chronic Pain Association	800-533-3231
American Diabetes Association.....	800-342-2383
American Heart Association.....	800-242-8721
Better Hearing Institute	800-327-9355
Cancer Information Service	800-422-6237
Centers for Disease Control (CDC)	800-232-4637
National Association for Incontinence.....	800-252-3337
National Hospice & Palliative Care Organization.....	800-658-8898
National Parkinson's Foundation, Inc.	800-327-4545
Parkinson's Institute	408-734-2800
Peninsula Stroke Association.....	650-565-8485
Vista Center for the Blind and Visually Impaired.....	650-858-0202

Financial Services and Counseling

Includes help with Medicare, Medi-cal and housing and/or nursing home-related paperwork

California Advocates for Nursing Home Reform (CANHR).....	800-474-1116
Consumer Credit Counseling Service	800-540-2227
Seniors Benefits Council	408-371-7661
Seniors at Home / Division of Jewish Family & Children's Services.....	650-688-3000
Volunteers in Money Management (VIMM)	650-595-0783

Food and Nutrition

Meals on Wheels – Santa Clara County	408-961-9870
Meals on Wheels – San Mateo County	650-323-2022
Second Harvest Food Bank	800-984-3663
Food Stamps	650-988-6100 650-330-6490
InnVision	408-292-4286 650-299-8700

Many Senior Centers provide low cost lunches on site.
See listings under “Senior Centers.”

Free and Low Cost Clinics

East Palo Alto

Ravenswood Family Health Center.....	650-330-7400
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Menlo Park

Arbor Medical Clinic.....	650-853-8672
Willow Clinic.....	650-599-3890

Mountain View

Mayview Community Health Center.....	650-965-3323
RotaCare Free Clinic, El Camino Hospital.....	650-988-8200

Palo Alto

Mayview Community Health Center.....	650-327-8717
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Redwood City

Fair Oaks Medical Clinic.....	650-364-6010
Samaritan House	650-839-1447

San Jose

RotaCare Free Clinic, Santa Clara County Medical Center.....	408-885-5000
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San Mateo

Samaritan House	650-347-1556
Santa Clara County Medical Center	650-573-2222

General Information

Avenidas Information and Assistance	650-289-5433
Council on Aging Silicon Valley	800-510-2020
	408-296-8290
Aging & Adults Services – San Mateo County	800-675-8437
Senior Information & Assistance	800-408-4636

Grief Counseling

Kara	650-321-5272
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Health Insurance Services

HICAP - Health Insurance Counseling & Advocacy Program	800-510-2020
Social Security and Medicare Eligibility	800-772-1213
Medi-Cal	800-753-0024
Medicare	800-841-1602
California Insurance Hotline	800-927-4357
Veterans Affairs	800-827-1000

Home Care/Home Health Care/Care Management

Not all services are Medicare/Medi-Cal approved.
Check with your insurance provider.

Agencies

Accent Care	800-834-3059
Aunt Anne's Agency	650-757-2000
Geriatric Home Care Specialists	800-631-6550
	650-631-3735
Home Instead	650-326-8956
LivHOME	800-417-1897
	408-879-1835
Matched Caregivers	650-321-2273
Older Adults Care Management	605-329-1411
Pathways Home Health and Hospice	888-755-7855
Eldercare Locator Specialist	800-677-1116

Non-Profit (Low Cost and Volunteer) Santa Clara County

Able Care Placement	408-448-5311
Aerts Foundation – Los Gatos, Saratoga, Campbell	408-395-6636
Catholic Charities – Santa Clara County	408-468-0100
Council on Aging Silicon Valley	408-296-8290
	800-510-2020
Heart of the Valley	408-241-1571
Love Inc.	408-379-9223
Proven People	408-730-7368
Santa Clara Home Care Registry	408-615-3170
VA Palo Alto Health Care System	650-849-0102

San Mateo County

Aging and Adult Services – TIES line	800-675-8437
Peninsula Volunteers	650-326-9547

Home Maintenance Services

Avenidas Handyman Services	650-289-5426
Rebuilding Together	408-578-9519

Hospice

Hospice of the Valley, San Jose	408-947-1233
Kaiser Permanente, Redwood City	650-299-3107
Pathways Home Health and Hospice	888-755-7855
VA Hospice, Palo Alto	650-849-0550

Housing

Baker Registry	650-343-2156
California Registry	800-777-7575

In-home Supportive Services

Santa Clara County	408-975-4899
San Mateo County	800-675-8437

Legal Services and Counseling

Includes info/ low cost help with simple wills, durable power of attorney, advance health care directives and conservatorship	
Bay Area Legal Aid	408-850-7066
Palo Alto Bar Association (referrals)	650-326-8322
Senior Adult Legal Assistance (SALA)	408-295-5991

Medical Equipment and Assistive Devices

APRIA – Menlo Park	650-330-2420
Avenidas– Equipment on Loan	650-289-5423
Benton Medical – Palo Alto	650-625-1000
Bischoff's Medical – Redwood City	650-367-6900

Reverse Mortgage Independent Counseling

Santa Clara County Avenidas	650-289-5433
San Mateo County HIP Housing (Human Investment Project)	650-348-6660

Senior Centers

Cupertino	408-777-3150
East Palo Alto	650-329-5900
Los Altos	650-947-2797
Los Gatos.....	408-354-1514
Menlo Park.....	650-330-2280
Menlo Park – Little House.....	650-326-2025
Milpitas	408-586-2775
Mountain View	650-903-6330
Palo Alto – Avenidas.....	650-289-5400
Redwood City.....	650-780-7270
Santa Clara	408-615-3170
Saratoga	408-730-1257
Sunnyvale.....	408-730-7360

Skilled Nursing Facilities

Canaan Health Care, Menlo Park	650-325-8600
Grant-Questa Nursing & Rehab, Mountain View...	650-968-2990
Hyatt Skilled Nursing, Palo Alto	650-838-0300
Los Altos Sub-Acute, Los Altos.....	650-941-5255
Lytton Gardens Skilled Nursing, Palo Alto	650-617-7360
Manorcara Health Services, Sunnyvale	408-735-7200
Mountain View Health Care Center, Mountain View	650-961-6161
Palo Alto Nursing Center, Palo Alto.....	650-327-0511
Sequoias Skilled Nursing, Portola Valley.....	650-851-1501
Sunnyvale Healthcare, Sunnyvale.....	408-245-8070
Winchester Convalescent Hospital, San Jose.....	408-241-3844

Stanford Hospital and Clinics

General Information	650-723-4000
Guest Services	650-498-3333

Substance Abuse

Alcohol and Drug Helpline.....	650-573-3950
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Transportation

Ken Transportation Services (Medi-Cal and private pay) – Santa Clara County.....	408-267-4459 408-221-9924
Need-a-Ride – East Palo Alto, Palo Alto, Stanford, Portola Valley, San Mateo	650-462-0853
Outreach – Santa Clara County	408-436-2865
Redi-Wheels – San Mateo County.....	650-508-6241
Road Runners – Avenidas	650-289-5425
Road Runners – El Camino Hospital	650-940-7016
Van Transport (wheelchairs) – Avenidas	650-289-5425

Gurney Transport

AA–MedTrans.....	888-343-7200
NorCal Ambulance – 24 Hr. Service	510-452-3400

Useful Websites

AARP – www.aarp.org
Alzheimer’s Association – www.alz.org
Aging and Adult Services San Mateo County – www.sanmateo.networkofcare.org
Avenidas Senior Center – www.avenidas.org
California Nursing Home Search – www.calnhs.org
Council on Aging Silicon Valley – www.careaccess.org
Elder Care Locator – www.eldercare.gov
Family Caregiver Alliance – www.caregiver.org
Geriatric Health Services, Stanford Hospital and Clinics – www.geriatric.stanfordhospital.com
Medi-Cal – www.medical.ca.gov
Medicare – www.medicare.gov
Nat’l Association of Geriatric Care Managers – www.caremanager.org
Phoenix Data Center (Free and Low-Income Services) – www.phoenixdatacenter.org

This is a partial listing – for more comprehensive information, contact the Council on Aging Silicon Valley at 800-510-2020 or Adult and Aging Services of San Mateo County at 800-675-8437. All listings are for information only. Inclusion does not imply recommendation or endorsement.