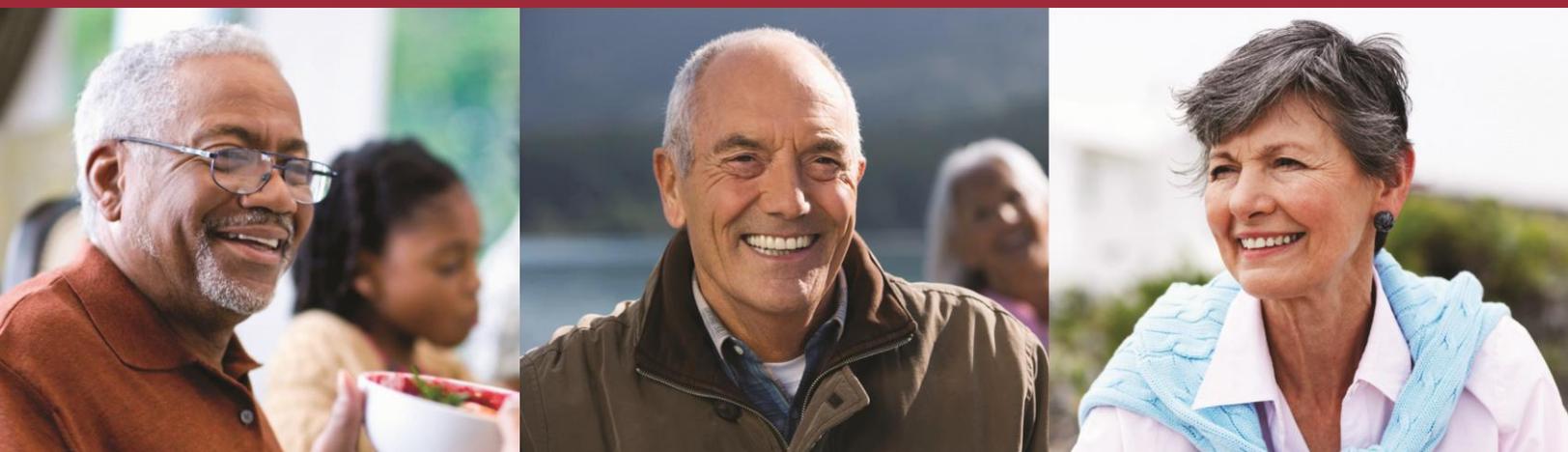


## AGING ADULT SERVICES



# Resource Guide

Promoting healthy aging and wellness

Aging Adult Services  
300 Pasteur Drive, HC034  
Stanford, CA 94305 650.723.1303  
[agingadultservices@stanfordhealthcare.org](mailto:agingadultservices@stanfordhealthcare.org)  
[www.stanfordhealthcare.org/agingadultservices](http://www.stanfordhealthcare.org/agingadultservices)



**Stanford**  
HEALTH CARE

# Aging Adult Services

with its multiple programs, here to assist patients and families through a continuum of care in the hospital, clinics, home, and care facilities for patients who are 65 years or older in Santa Clara and San Mateo County.

## PROGRAMS

### **Transitions of Care Program | 650.723.1303**

Care coordination from hospital to home and care facilities, linkages to resources, health education, and home visits

### **Memory Support Program | 650.723.1303**

Consultations, family meetings, care coordination, and support to patients and families coping with memory loss

### **Strong for Life | 650.723.1303**

Free muscle-strengthening exercise program for older adults

## USEFUL RESOURCES

### **Farewell to Falls | 650.724.9369**

Free fall prevention program

### **Stanford Health Library | 650.725.8400**

Free medical librarian, more than twenty languages

### **Stanford Senior Care Clinic | 650.725.5222**

Comprehensive primary care for older adults

### **Home-Based Senior Care | 650.724.4910**

Comprehensive primary care for home-bound older adults

### **Stanford Guest Services | 650.498.3333**

Assistance navigating the hospital and clinics

## For Patients

**How can I get around if I can't drive?** The Bay Area offers many easy and personal transportation services that can reliably get you where you need to go. Please see numbers listed under Transportation.

### Who is going to take care of me?

Stanford has a large trusted network of private home care agencies that can assist you with any of your needs. See numbers listed under Home Care Agencies.

### Where will I get my meals?

Services such as Meals on Wheels can provide nutritious meals daily straight to your home. Please see numbers listed under Food and Nutrition.

## For Caregivers

### How can I be sure my loved one is safe when I'm not there?

Along with home care services, there are many monitoring devices that can provide peace of mind that your loved one is safe while giving them independence.

**Where can I get medical equipment?** There are many stores around the Bay Area that supply medical supplies for almost any need. Please see numbers listed under Medical Equipment and Assistive Devices.



## ADULT DAY SERVICES

Adult Day Care/Adult Day Health Care provides older adults with supervised, recreation, meals, activities, and may provide transportation and personal care.

Avenidas Rose Kleiner Center	650.289.5499
Coastside Adult Day Health Center	650.726.5067
Golden Castle Adult Day Health Center	650.964.1964
Grace Adult Day Health Care Center	408.731.8686
Hearts & Minds Activity Center	408.279.7515
Live Oak Adult Day Services	408.973.0905
Peninsula Volunteers Rosener House	650.322.0126
SarahCare of Campbell	408.374.2273

## CAREGIVER SUPPORT AND GRIEF COUNSELING

All Hospice agencies offer bereavement programs

Aging and Adult Services, San Mateo County	800.675.8437
Avenidas Village Friendship Line	650.289.5400
Catholic Charities of Santa Clara Co	408.468.0100
El Camino Hospital, Mountain View	800.216.5556
Family Caregiver Alliance	800.445.8106
Kara	650.321.5272
Sourcewise, Santa Clara County	408.350.3200

## GERIATRIC CASE MANAGEMENT

Agility Health (private pay)	650.453.5100
Aging and Adult Services, San Mateo County	800.675.8437
Avenidas	650.289.5433
Community Services Agency, Mountain View, Los Altos, and Los Altos Hills	650.968.0836
Institute on Aging	415.750.4111
Multipurpose Senior Services Program	800.510.2020
Sage Eldercare Solutions (private pay)	650.652.5642
Sourcewise, Santa Clara County	408.350.3200

## DISEASES AND DISABILITIES EDUCATION AND SUPPORT

Alzheimer’s Association	800.272.3900
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
Cancer Information Service	800.422.6237
Centers for Disease Control (CDC)	800.232.4636
National Hospice and Palliative Care Organization	800.646.6460
Pacific Stroke Association	650.565.8485
Parkinson’s Foundation	800.473.4636
Vista Center for the Blind and Visually Impaired, Palo Alto	650.858.0202

## DURABLE MEDICAL EQUIPMENT



ABC Medical & Equipment	408.295.1526
Adapt Health	877.228.8456
Alliance Medical Supply & Rental	408.942.9000
APRIA, Menlo Park	650.330.2420
Avenidas – Equipment on Loan	650.289.5400
Bay City Medical Supplies	650.367.6900
Bischoff’s Medical & Mobility	408.286.6651
Bowman Medical Supply	650.654.5525
CHME	650.357.8550
Hometown Medical Supplies	408.279.3955

## FOOD AND NUTRITION



Providers listed below offer either groceries or meals prepared by chefs in a local kitchen. Freshly prepared meals are nutritious and suitable for microwave heating. Available for delivery or pickup.

CalFresh	877.847.3663
Freshly	844.373.7459
Health Trust Meals on Wheels, Santa Clara County	408.961.9870
Martha’s Kitchen	408.293.6111
Martha’s Senior Gourmet, Oakland	510.201.0150
Martha’s Senior Gourmet, San Jose	650.200.4345
Meals on Wheels, San Mateo County	650.323.2022
Mom’s Meals	877.347.3438
Second Harvest of Silicon Valley	800.984.3663
Second Harvest, San Carlos	650.610.0800

**Many Senior Centers provide low cost lunches on site. See listings under SENIOR CENTERS on page 4**

## FREE AND LOW-COST CLINICS

### EAST PALO ALTO

Ravenswood Family Health Center	650.330.7400
---------------------------------	--------------

### MOUNTAIN VIEW

MayView	650.327.8717
---------	--------------

### PALO ALTO

Arbor Free Clinic	650.724.1332
Peninsula HealthCare Connection	650.853.0321

### REDWOOD CITY

Fair Oaks Health Center	650.327.3200
Samaritan House	650.839.1447

## SAN JOSE

RotaCare Bay Area Free Medical Clinic 408.715.3088

## SAN MATEO

Ron Robinson Senior Care Center 650.573.2426

Samaritan House 650.578.0400

San Mateo County Medical Center 650.372.3200

## SUNNYVALE

MayView 650.327.8717

## HEALTH INSURANCE SERVICES

American Association for Long-Term Care Insurance 818.597.3227

California Department of Insurance 800.927.4357

Health Insurance Counseling and Advocacy Program (HICAP) 800.434.0222

Medi-Cal 800.541.5555

Medicare 800.633.4227

Social Security 800.772.1213

Veterans Affairs Benefits 800.827.1000

## HOME CARE AGENCIES

Home care agencies typically assist with activities of daily living (ADLs) such as bathing, grooming, dressing, eating, toileting, and transferring. They can also assist with instrumental activities of daily living (IADLs) such as meal preparation, shopping, transportation, light housecleaning, laundry, and medication management. These services are not covered by Medicare or private insurance. Long-term care insurance may pay for these services.

1+1 Cares 408.298.0663

24 Hour Home Care 408.550.8295

AccentCare 650.301.4040

Agility Health 650.453.5100

Arosa (LivHOME) 650.967.3326

BrightStar Care 510.500.5633

Care Indeed 877.504.3822

Care Linx 800.494.3106

Family Matters In-Home Care 408.831.6304

Home Care Assistance 650.271.9702

Homecare California 408.677.2600

Home Helpers 650.229.6302

Home Instead 650.691.9671

Honor Home Care 415.300.2515

Institute on Aging 415.750.4111

Right at Home 408.982.3388

Seniors at Home 650.931.1860

StarLight CareGivers 650.600.8108

Visiting Angels 800.365.4189

## HOME MAINTENANCE SERVICES

Chronicle Season of Sharing Fund 415.777.7120

Rebuilding Together 408.578.9519

## HOME MEDICAL ALERT SYSTEM

Sutter Safe at Home 650.265.0566

## HOME SAFETY

For assistance with a bathroom modification, installation of a stair railing, wheelchair ramp, stair lift, smoke detector, or even a grab bar, contact one of the licensed providers below.

Center for Independence of Individuals with Disabilities 650.645.1780

Home Safety Services 888.388.3811

## HOUSING/FOOD INSECURE

Affordable Housing, San Mateo Co 650.363.4000

Community Services Agency of Mountain View, Los Altos, and Los Altos Hills 650.968.0836

Opportunity Services Center, LifeMoves 650.853.8672

Supportive Housing, Santa Clara Co 408.278.6400

## HOUSING SPECIALISTS

Absolute Senior Solutions	408.930.6313
California Registry	800.777.7575
Chronicle Season of Sharing Fund	415.777.7120
Mercy Housing	866.338.0557
New Home Senior Placement Assistance	408.802.0215
Senior Housing Specialist	866.611.1634
Senior Seasons	408.737.2049
Seniorly	855.866.4515

## IN-HOME SUPPORTIVE SERVICES (MEDI-CAL BENEFIT)

Alameda County	510.577.1900
San Mateo County	800.675.8437
Santa Clara County	408.792.1600

## LEGAL SERVICES

Bay Area Legal Aid	800.551.5554
California Advocates for Nursing Home Reform (CANHR)	415.974.5171
Legal Assistance to the Elderly	415.538.3333
Palo Alto Area Bar Association	650.326.8322
Pro Bono Project Silicon Valley	408.998.5298
Senior Adults Legal Assistance (SALA)	408.295.5991
Silicon Valley Elder Law	408.248.7878
Stanford Community Law Clinic	650.725.9200
The Legal Aid Society of SM	650.558.0915

## CONSERVATORS

CANHR	415.974.5171
Medi-Cal Managed Care and Mental Health Office of the Ombudsman	888.452.8609
Public Administrator Guardian Conservator Office, Santa Clara	408.755.7610
San Mateo County Public Guardian/Conservatorship Program	800.675.8437

## NURSING (PRIVATE PAY)

Agility Health	650.453.5100
Nurse Registry	650.462.1001

## SENIOR CENTERS

Avenidas, Palo Alto	650.289.5400
Barbara Lee Senior Center, Milpitas	408.586.3400
Cupertino	408.777.3150
East Palo Alto	650.329.5900
Fair Oaks Activity Center, Redwood City	650.780.7500
Los Altos	650.947.2797
Los Gatos	408.354.1514
Menlo Park	650.330.2280
Mountain View	650.903.6330
Peninsula Volunteers Little House	650.326.2025
Santa Clara	408.615.3170
Saratoga	408.868.1257
Sunnyvale	408.730.7360
Veterans Memorial Senior Center, Redwood City	650.780.7270

## SKILLED NURSING FACILITIES (REHABILITATION AFTER HOSPITAL STAY)

California Advocates for Nursing Home Reform (CANHR)	800.474.1116
Medi-Cal Managed Health Care and Mental Health Office of the Ombudsman	888.452.8609
Medicare	800.633.4227

## SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES

Addiction Center	855.706.9275
Alcohol and Drug Helpline	650.573.3950
National Council on Alcoholism and Drug Dependence (NCADD)	800.622.2255
National Suicide Prevention Lifeline	800.273.8255
Substance Abuse and Mental Health Services Administration (SAMHSA)	800.662.4357

## TRANSPORTATION

Call for information on eligibility, hours of operation, service area, cost, wheelchair, and gurney transport.

**Note:** all Medi-Cal Advantage programs provide transportation to and from doctor appointments. To arrange a ride, call the health plan number on the back of your card.

123 Rides	855.463.9123
Affordable Senior Care	408.559.2810
American Cancer Society	408.871.1062
American Logistics (HPSM Medi-Cal Members only)	844.856.4389
Anthem Blue Cross Transportation	877.931.4755
Avenidas Door to Door	650.289.5411
California Health and Wellness	877.658.0305
Friends in Service to Humanity (FISH)	650.593.1288
Get Up and Go	650.378.2750
GoGoGrandparent	855.464.6872
Ken Transportation Services	408.267.4459
Need-a-Ride	650.462.0853
One-Stop MedEX	408.907.5629
RoadRunners – El Camino Hospital	650.940.7016
SamTrans San Mateo County	650.366.4856
Santa Clara Family Health Plan- Medi Cal members	800.260.2055
Santa Clara Valley Transportation Authority- VTA Access	408.321.2381
Silver Ride	415.861.7433
Transport Medics	800.811.5328

**Note:** This a partial listing. For more information, contact the Sourcewise Community Resource Solutions for Santa Clara County 800.510.2020 or Adult and Aging Services of San Mateo County 800.675.8437. All listings are for information only. Inclusion does not imply recommendation or endorsement.

March 2021

## USEFUL WEBSITES

**211**

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

**AARP**

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

**Aging and Adult Services, San Mateo County**

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

**Alzheimer's Association**

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

**California Advocates for Nursing Home Reform**

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

**California Association for Adult Day Services**

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

**CDC Alzheimer's Disease and Healthy Aging**

[www.cdc.gov/aging/](http://www.cdc.gov/aging/)

**Department of Aging and Adult Services, San Mateo County**

[www.sccgov.org/sites/ssa/about\\_us/daas/Pages/about\\_daas.aspx](http://www.sccgov.org/sites/ssa/about_us/daas/Pages/about_daas.aspx)

**Family Caregiver Alliance**

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

**Find Help**

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

**Institute on Aging**

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

**Medi-Cal**

[www.medi-cal.ca.gov](http://www.medi-cal.ca.gov)

**Medicare**

[www.medicare.gov](http://www.medicare.gov)

**National Council on Aging**

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

**Sourcewise**

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



**Stanford**  
**HEALTH CARE**