

Senior Information Referral

Information Assistance

Contra Costa County Senior Information Referral: [\(800\) 510-2020](tel:8005102020).

For Hearing Impaired: call [\(925\) 335-8730](tel:9253358730)

Information and Assistance Services provided:

- Community services and resources
- Help in problem-solving
- Referrals to services
- Assistance in obtaining services
- Follow-up calls
- Fact sheets on many topics
- Free newsletter (ask to be added to the mailing list)

One Call Can Link You With:

- Adult day care
- Alzheimer's resources
- Caregiver assistance
- Education
- Employment
- Financial assistance
- Food programs
- Health resources
- Housing alternatives
- Help in the home
- Health insurance counseling
- In-home assessments
- Legal assistance
- Recreation
- Tax counseling
- Transportation
- Volunteering