



# AgeUp

ADVOCACY IN ACTION

2025 Resource Directory for San Mateo County



## ADVOCACY, AGING & DISABILITY SERVICES

### AgeUp

(650) 780-5707

info@age-up.org

age-up.org

Protects the rights and well-being of residents in long-term care facilities.

### Aging and Adult Services

(844) 868-0938

Helps older adults and adults with disabilities access available programs and services.

### Bay Area Legal Aid: San Mateo Office

(650) 358-0745

baylegal.org

### Center for Independence of Individuals with Disabilities

(650) 645-1780

cidsanmateo.org

Peer counseling, housing referrals, advocacy, and disability rights information.

### Community Legal Services in East Palo Alto

(650) 326-6440

clsepa.org

### Justice in Aging

(202) 289-6976

justiceinaging.org

### Legal Aid Society of San Mateo County

(650) 558-0915

legalaidsmc.org

Free legal help for housing, public benefits, health access, and elder abuse.

### Mental Health Office of the Ombudsman

(888) 452-8609

MMCDOmbudsmanOffice@dhcs.ca.gov

### Public Authority Services

(650) 573-3900

smchealth.org/ihss

Supports IHSS recipients and providers.

Offers registry of screened home care providers and training and support

### San Mateo County Commissions:

- **Commission On Aging:**

smchealth.org/commission-aging

- **Commission On Disabilities:**

smchealth.org/commission-disabilities

### San Mateo County: District Attorney's Office

(650) 363-4636

da\_info@smcgov.org

smcgov.org/da

### San Mateo County: Public Guardian's Office

(844) 868-0938

smchealth.org/publicguardian

### State of California: Adult Protective Services

cdss.ca.gov/inforesources/adult-protective-services

### State of California: Commission On Disabilities

dgs.ca.gov/ccda

## ADULT DAY CARE

### Avenidas Rose Kleiner Center

(650) 289-5499

avenidas.org/programs/care/

### Catholic Charities Adult Day Services

(650) 592-9325

catholiccharitiessf.org

**Rosener House Adult Day Services**  
(650) 322-0126  
penvol.org

## ADVANCED HEALTHCARE DIRECTIVES & PLANNING

**CANHR - California Association of Nursing Home Reform**  
canhr.org/advanced-health-care-directives/

**Physician's Order for Life Saving Treatment**  
capolst.org/

**PREPARE For Your Care**  
prepareforyourcare.org/en/prepare/welcome

**Vial of Life**  
vialoflife.com



## CARE AT HOME

Home care services provide non-medical assistance for those needing help with daily tasks. These may include bathing, grooming, meal preparation, light housekeeping, and companionship.

**ANX Home Healthcare**  
anxlife.com

**In-Home Supportive Services**  
(800) 675-8437  
www.smchealth.org/ihss  
Supports low-income seniors and disabled individuals with tasks such as cooking, cleaning, and bathing.

**Private Home Care Agencies**  
Contact **Aging and Adult Services** at 1-844-868-0938 for referrals.

Licensed agencies also provide in-home personal care. Costs vary.

**Public Authority Registry (San Mateo County)**  
(650) 573-3900  
List of screened in-home care workers.

**Sage Eldercare**  
<https://www.sageeldercare.com/services/home-care>

## CAREGIVER SUPPORT

**Catholic Charities Caregiver Support**  
(650) 355-1042  
Provides respite care, support groups, and educational workshops.

**Family Caregiver Alliance**  
(800) 445-8106  
caregiver.org

**In-Home Supportive Services (844) 868-0938**  
California Medi-Cal public program offering personal and paramedical care to eligible seniors and adults with disabilities.

## CONSERVATORSHIP

### General Information

- [sanmateo.courts.ca.gov/self-help/conservatorship](https://sanmateo.courts.ca.gov/self-help/conservatorship)
- [selfhelp.courts.ca.gov/conservatorships](https://selfhelp.courts.ca.gov/conservatorships)

**Public Guardian / Conservatorship Program**  
(650) 573-2480  
[smchealth.org/publicguardian](https://smchealth.org/publicguardian)  
Handles affairs for adults unable to care for themselves and who lack appropriate support.



## DEMENTIA CARE RESOURCES

### **Alzheimer's Association 24/7 Helpline**

(800) 272-3900  
[alz.org/norcal](http://alz.org/norcal)

### **Catholic Charities Aging Support Services**

(650) 355-1042

### **Dementia Capable San Mateo County Initiative**

650-573-3529  
Provides local training and tools for caregivers.

### **Family Caregiver Alliance**

(800) 445-8106  
[caregiver.org](http://caregiver.org)

## DISASTER PREPAREDNESS

Being ready for an emergency is especially important for older adults and individuals with disabilities.

### **San Mateo County**

Office of Emergency Services  
650-363-4790  
[smcgov.org/ceo/oes](http://smcgov.org/ceo/oes)

### **PG&E Medical Baseline Program**

(800) 743-5000  
[pge.com](http://pge.com)

## DENTAL SERVICES

### **Dental Lifeline Network**

(916) 446-4400  
[dentallifeline.org](http://dentallifeline.org)  
Volunteer dentists serve people with

disabilities, older adults, and medically fragile individuals.

### **Ravenswood Family Health Center - Dental Services**

(650) 289-7700  
[ravenswoodfhc.org](http://ravenswoodfhc.org)

### **Samaritan House Dental Clinics**

(650) 347-3648  
Free dental services for low-income residents.

### **Sonrisas Dental Health**

(650) 727-3480  
[sonrisasdental.org](http://sonrisasdental.org)

## DOWNSIZING

### **1-800 Got Junk?**

(800) 468-5865

### **Goodwill of San Mateo County**

(415) 575-2101  
[sfgoodwill.org](http://sfgoodwill.org)

### **Habitat for Humanity ReStore**

(650) 847-4000  
[habitatgsf.org/restore](http://habitatgsf.org/restore)

### **Hope Services Donation Center**

(408) 284-2850  
[hopeservices.org](http://hopeservices.org)

### **Junk King**

(650) 382-4489

### **Recology San Mateo County**

(650) 595-3900  
[recologysanmateocounty.com](http://recologysanmateocounty.com)

### **Senior Move Managers**

(844) 868-0938

### **White Glove Consignment & Estate Sales**

(650) 771-4088



## EMERGENCY NUMBERS

If you or someone you know is in danger or having a life-threatening emergency, **please dial 911** before looking through the other resources provided here.

**24 Hour Crisis Hotline**  
988

**Adult Protective Services**  
(800) 675-8437  
(650) 573-3900

**Aging and Adult Services Hotline**  
(844) 868-0938

**Long-Term Care Ombudsman CRISISline**  
(800) 231-4024

**National Suicide Prevention Lifeline**  
(800) 273-8255

**San Mateo County Mental Health Access Line**  
(800) 686-0101

**Veterans Crisis Line**  
(800) 273-8255, Press 1

## EMERGENCY DISASTER SUPPORT

San Mateo County's Core Service Agencies provide emergency assistance and basic safety-net services to individuals and families in need.

**Coastside Hope**  
Coastside  
(650) 726-9071  
coastsidehope.org

**Countywide Resource Coordination**  
(650) 381-3550  
skylinecollege.edu/sparkpoint

**Daly City Community Services Center**  
North County  
(650) 991-8007  
dcpartnership.org

**Fair Oaks Community Center**  
Peninsula  
(650) 780-7500  
redwoodcity.org

**Neighborhood Services Center**  
North Peninsula  
(650) 583-3373

**Puente de la Costa Sur**  
Coastside  
(650) 879-1691  
mypuente.org

**Samaritan House**  
Central County  
(650) 347-3648  
samaritanhousesanmateo.org

**Samaritan House: South**  
Southern Region  
(650) 294-4312  
samaritanhousesanmateo.org

**EMPLOYMENT OPPORTUNITIES**  
Older adults seeking part-time or flexible work can access the following resources:

**AARP Senior Employment Program**  
(415) 734-1310  
aarp.org

**CalJOBS / NOVAworks**  
caljobs.ca.gov

## **Experience Unlimited**

(650) 802-5400

eusm.org

## **JobTrain**

(650) 330-6429

jobtrainworks.org

# F

## **FAMILY CAREGIVER SUPPORT**

### **Aging and Adult Services - Caregiver Resources**

(844) 868-0938

### **Catholic Charities Caregiver Support**

650-355-1042

### **Family Caregiver Alliance**

800-445-8106

caregiver.org

## **FALL PREVENTION**

### **Aging and Adult Services**

Fall Prevention Program

(844) 868-0938

Assesses and helps prevent falls in the home.

### **Fall Prevention Coalition of San Mateo County**

(844) 663-2557

smcfallprevention.org

## **FIDUCIARY**

Fiduciaries are a person/organization legally and ethically obligated to act in the best interests of another party.

## **Department of Consumer Affairs: Professional Fiduciaries Bureau**

- <https://www.fiduciary.ca.gov/>
- <https://search.dca.ca.gov/advanced>

## **FITNESS**

### **Adaptive Physical Education**

(650) 368-7732

adaptivepevmcsc.org

### **Canada College Athletic Center**

(650) 381-3575

comfit.canadacollege.edu

Discounts for senior membership

### **Peninsula Family YMCA**

(650) 286-9622

memberservices@ymcasf.org

### **Peninsula Healthcare District - Health & Fitness Center**

(650) 448-1472

phcdfitness.org

### **Peninsula Jewish Community Center**

(650) 212-7522

pjcc.org

## **FOOD - NUTRITION SITES**

### **San Mateo County: Nutritious Meals**

For a comprehensive detailed list of each location where there are nutrition sites in San Mateo County, please visit the below website: [smchealth.org/general-information/where-older-adults-can-go-nutritious-meals](https://smchealth.org/general-information/where-older-adults-can-go-nutritious-meals)



## FOOD, CLOTHING & OTHER SERVICES

**CALL Primrose**  
(650) 342-2255  
callprimrose.org

**Catholic Charities of San Francisco**  
(415) 972-1200  
catholiccharitiessf.org

**Samaritan House**  
(650) 347-3648  
samaritanhousesanmateo.org

**Second Harvest of Silicon Valley**  
(800) 984-3663  
shfb.org

**SHELTER Network / LifeMoves**  
(650) 685-5880  
lifemoves.org

**St. Vincent de Paul Society of San Mateo County**  
(650) 373-0622  
svdpsm.org

## FRAUD PROTECTION

Older adults are often targeted by scammers and may be more vulnerable to financial exploitation due to cognitive decline, isolation, or lack of digital literacy.

**AARP Fraud Watch Helpline**  
(877) 908-3360

**Aging and Adult Services 24 Hour Hotline**  
(844) 868-0938  
(800) 675-8437



## GERIATRIC CARE MANAGERS

Geriatric care managers conduct in-home assessments to evaluate medical, social, and environmental needs. They can coordinate in-home caregivers, manage housing transitions, act as liaisons for families, handle crisis situations, and more.

This is a non-comprehensive list of managers.

**Aging Care Concierge**  
(925) 367-9002  
lornavcares@gmail.com

**Bay Area GCM**  
(650) 654-1510  
info@bayareagcm.net

**Clark Consulting & Associates, LLC**  
(650) 879-9030  
info@clarkcareassociates.com

**enABLE Care Management**  
(888) 383-0014

**Maxwell Senior Care**  
San Mateo  
patricia@mscsgcm.com  
(650) 218-5234  
maxwellseniorcare.com

**Sage Eldercare**  
Burlingame  
(650) 652-5642

**Seniors At Home**  
Jewish Family Services Division  
(415) 449-3700

## GOVERNMENT ASSISTANCE

Government assistance for older adults can provide financial, healthcare, and support services to help maintain their well-being, independence, and quality of life.

### **CalFresh**

(800) 223-8383  
getcalfresh.org

### **Cash Assistance Program for Immigrants**

Daly City  
(800) 648-0954  
Provides cash assistance to aged, blind or disabled legal permanent residents and other qualified aliens who do not qualify SSI benefits solely due to their immigration status.

### **Health Plan of San Mateo County**

(650) 616-0050  
hpsm.org  
Managed health plan that provides health care benefits to San Mateo County residents who are enrolled in programs such as Medi-Cal.

### **Human Service Agencies in San Mateo County**

Belmont: (650) 802-6470  
Daly City: (650) 301-8440  
East Palo Alto: (650) 363-4175  
Redwood City: (650) 599-3811  
San Mateo County: (800) 223-8383

### **Medi-Cal**

800-223-8383  
smcgov.org/hsa/health-coverage

### **Medicare**

(800) 633-4227  
medicare.gov

### **Social Security / Medicare Eligibility / SSI**

(800) 772-1213  
ssa.gov

### **Veteran Services**

(650) 802-6598  
veteranservices-smc@smcgov.org  
smcgov.org/hsa/veterans-services-office  
Assists veterans, survivors, and dependents of veterans in gaining access to benefits based on military service & advocates on their behalf.

## H

## HEARING SERVICES

Resources on diagnosing, treating, and managing sensory impairments to improve quality of life and maintain independence.

### **California Telephone Access Program**

(800) 806-1191  
info@caconnect.org  
californiaphones.org  
Provides free specialized phones for people with hearing, vision, or mobility impairments.

### **Hearing and Speech Center of Northern California**

(415) 921-7658  
info@hearingspeech.org  
hearingspeech.org  
Offers adult hearing services for individuals experiencing hearing loss.

### **Lions Club International**

(630) 571-5466  
lionsclubs.org  
Provides assistance for glasses & hearing aids.



## HOME DELIVERED MEALS

For older adults and adults with disabilities who are unable to prepare meals or attend congregate sites.

### **Aging and Adult Services Intake Line**

(844) 868-0938

For screening, referrals, and to find the right Meals on Wheels provider based on location and eligibility.

### **Meals on Wheels**

Daly City

(650) 991-8012

[dalycity.org](http://dalycity.org)

For eligible seniors living in Daly City.

### **Meals on Wheels**

Pacifica

(650) 738-7350

[cityofpacifica.org](http://cityofpacifica.org)

For eligible seniors living in Pacifica.

### **Meals on Wheels**

(650) 323-2022

[penvol.org](http://penvol.org)

For eligible seniors living on the Peninsula.

### **Samaritan House Meals on Wheels**

(650) 347-3648

[samaritanhousesanmateo.org](http://samaritanhousesanmateo.org)

## HOME GROCERY SHOPPING

### **Aging and Adult Services**

Grocery Delivery Referrals

(844) 868-0938

Helps connect clients to volunteer delivery services and local store programs.

### **Instacart / Amazon Fresh**

Private delivery services. Fees may apply.

Visit each provider's website for more information.

### **Safe Path Home Delivery**

Varies by provider. Check with Aging and Adult Services or local senior centers.

### **Second Harvest of Silicon Valley**

(800) 984-3663

[shfb.org](http://shfb.org)

Food distribution sites and home delivery for those unable to attend in person.

## HOME HEALTH AGENCIES

Home health agencies provide skilled nursing, physical therapy, occupational therapy, speech therapy, and medical social services in a patient's home. These services are typically ordered by a physician and may be covered by Medicare or Medi-Cal for eligible individuals.

*Examples of Services:*

- Skilled nursing
- Rehabilitation therapies
- Chronic disease management
- Home health aide assistance
- Monitoring post-hospitalization recovery

*How to Access Home Health Agencies:*

- Referral by a physician or discharge planner
- Medicare-certified agencies listed on [Medicare.gov](http://Medicare.gov)

## HOME MODIFICATION & ADAPTIVE EQUIPMENT

Programs to help older adults and people with disabilities make their homes safer and more accessible.

### **Rebuilding Together Peninsula**

Redwood City

(650) 366-6597

[rebuildingtogetherpeninsula.org](http://rebuildingtogetherpeninsula.org)

Provides free home safety modifications for eligible low-income homeowners

## HOME SAFETY EMERGENCY RESPONSE

What to keep in your home for emergencies.

### Emergency Information Cards

Keep health info visible for emergency responders. Available at senior centers or Aging and Adult Services.

### Medical Alert Systems

Devices that summon help in case of fall or emergency. Popular providers: Life Alert, Philips Lifeline, Bay Alarm Medical, and Medical Guardian.

Call Aging and Adult Services for referrals or financial assistance options: (844) 868-0938

### Smoke Detectors & Carbon Monoxide Alarms

Required by law. Some fire departments offer free installation for seniors.

Call your local fire department for eligibility.

### HOME SAFETY & MEDICAL EQUIPMENT

Non-comprehensive list of San Mateo County nonprofits that loan out walkers, wheelchairs, and other mobility aids.

### AbleCloset (South Bay)

(408) 674-3735

ablecloset.com

### Aging and Adult Services

(844) 868-0938

May assist with home safety assessments and referrals for equipment needs.

### Center for Independence of Individuals with Disabilities

(650) 645-1780

cidsanmateo.org

Offers home assessments, assistive technology

### Mobility City of San Mateo County

(415) 326-9777

33 Colma Blvd, Colma, CA

Provides repair, rental and sales of home mobility equipment.

### Villages of San Mateo County

(650) 260-4569

villagesofsmc.org

## HOSPICE CARE

Hospice care focuses on comfort and quality of life for those with terminal illness.

### Mission Hospice & Home Care

(650) 554-1000

missionhospice.org

### Pathways Home Health & Hospice

(888) 755-7855

pathwayshealth.org

### VITAS Healthcare

(888) 232-6111

vitacare.com

## HOSPITALS & MEDICAL CENTERS

Hospitals are healthcare institutions that provide medical treatment, diagnosis, and care to sick or injured patients through professional staff and specialized equipment.

### Kaiser Permanente

(650) 742-2000

kp.org

### Mills-Peninsula Medical Center (Sutter Health)

(650) 696-5400

sutterhealth.org

### San Mateo Medical Center

(650) 573-2222

smchealth.org/smmc

### **Sequoia Hospital (Dignity Health)**

(650) 369-5811

[dignityhealth.org/sequoia](http://dignityhealth.org/sequoia)

### **Stanford Health Care**

(650) 723-4000

[stanfordhealthcare.org](http://stanfordhealthcare.org)

## **HOUSEKEEPING**

### **Maria and Maria Cleaning Services**

(650) 729-0200

[castaneda@marianmaria.com](mailto:castaneda@marianmaria.com)

[marianmaria.com](http://marianmaria.com)

### **Self-Help for Elderly**

(415) 677-7618

[homehelp@selfhelpelderly.org](mailto:homehelp@selfhelpelderly.org)

[selfhelpelderly.org/our-services/cleaning-services/house-cleaning-services](http://selfhelpelderly.org/our-services/cleaning-services/house-cleaning-services)

## **HOUSING OPTIONS & REFERRALS**

### **HIP Housing**

(650) 348-6660

[hiphousing.org](http://hiphousing.org)

Offers home sharing and self-sufficiency programs.

### **San Mateo County Department of Housing**

(650) 802-5050

[smchousing.org](http://smchousing.org)



## **LEGAL ASSISTANCE**

### **AgeUp, Inc: Ombudsman Services**

(650) 780-5707

Provides advocacy for those in care facilities

Bay Area Legal Aid

[baylegal.org/](http://baylegal.org/)

(800) 551-5554

### **CANHR**

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

### **Legal Aid Society of San Mateo County**

[legalaidsmc.org](http://legalaidsmc.org)

(650) 558-0915

## **LGBT+ SERVICES FOR OLDER ADULTS**

These services help in addressing the unique challenges LGBT+ older adults face, such as social isolation, discrimination, and lack of culturally competent care.

### **Coast Pride**

(650) 730-8103

[contact@coastpride.org](mailto:contact@coastpride.org)

[coastpride.org](http://coastpride.org)

### **Peninsula Family Service**

(650) 403-4300

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

Provides a senior peer counseling LGBT+ program

### **SAGE**

[sageusa.org](http://sageusa.org)

National organization with resources and advocacy for LGBT+ elders.

## **LIBRARIES**

San Mateo County Libraries offer more than books - including computer access, technology help, community programs, and mobile services.

### **California State Braille & Talking Book Library**

Access to assistive technology, audio books, and braille books.

(916) 654-0640

[library.ca.gov/btbl](http://library.ca.gov/btbl)

### **San Mateo County Libraries**

(833) 937-7625

[smcl.org](http://smcl.org)

### **The Palace Project App**

Audio books for California residents.

[thepalaceproject.org](http://thepalaceproject.org)

## **LIFELINE ASSISTANCE**

### **Mills-Peninsula: Lifeline**

(650) 696-4823

(800) 533-8954 (24/7 Support)

[frandr@sutterhealth.org](mailto:frandr@sutterhealth.org)

Provides personal emergency response for seniors and adults with health conditions

### **LIFELONG LEARNING & ENRICHMENT**

Lifelong learning and enrichment empower individuals to continuously grow, adapt, and thrive by expanding their knowledge, skills, and experiences throughout all stages of life.

### **San Francisco State University**

Osher Lifelong Learning Institute

(415) 817-4243.

[olli@sfsu.edu](mailto:olli@sfsu.edu)

<https://olli.sfsu.edu/mini>



### **MEDI-CAL**

Medi-Cal is California's Medicaid program that provides free or low-cost health coverage to eligible low-income individuals and families.

### **Assisted Living Waiver Program**

[dhcs.ca.gov/services/ltc/Pages/AssistedLivingWaiver.aspx](http://dhcs.ca.gov/services/ltc/Pages/AssistedLivingWaiver.aspx)

### **CalAim San Mateo County**

[ioaging.org/services/calaim-san-mateo/](http://ioaging.org/services/calaim-san-mateo/)

### **HiCAP San Mateo County**

[hicapsanmateocounty.org](http://hicapsanmateocounty.org)

Provides free counseling on Medicare, Medi-Cal, long-term care insurance, and more.

### **Medi-Cal Managed Care Ombudsman**

(888) 452-8609

[MMCDOmbudsmanOffice@dhcs.ca.gov](mailto:MMCDOmbudsmanOffice@dhcs.ca.gov)

Ombudsman and advocate for those with Medi-Cal problems

## **MENTAL HEALTH SERVICES**

### **Age Well Counseling**

Grace Liu, LCSW

Virtual

(510) 859-8760

### **Dr. Sarah Borish**

Burlingame

(650) 770-2224

### **Dr. Michael DeBellis, PsyD, ABN, FACP**

Burlingame

(650) 597-7151

### **Dr. Mark Chofla, MD (Psychiatrist)**

Virtual

(650) 822-0721

### **Mental Health Association of San Mateo County**

(650) 368-3345

[mhasmc.org](http://mhasmc.org)

### **National Alliance on Mental Illness**

[namisanmateo.org](http://namisanmateo.org)

### **Older Adult System of Integrated Services**

(650) 573-3689

County-run mental health program designed for residents aged 60+ across San Mateo County.

### **Ravenswood Family Health Center**

(650) 330-7400

[ravenswoodfhc.org](http://ravenswoodfhc.org)

### **San Mateo County**

Behavioral Health & Recovery Services  
(800) 686-0101  
24/7 line for mental health substance use

### **Senior Peer Counseling**

(650) 573-2890  
Trained older adult volunteers provide free confidential counseling for adults 55+.



## **OTHER MEDICAL SERVICES**

### **Health Plan of San Mateo**

(800) 750-4776  
hpsm.org

### **Samaritan House Free Clinics**

Redwood City & San Mateo  
(650) 347-3648  
samaritanhousesanmateo.org



## **PET ADOPTION FOR OLDER ADULTS**

Information for older adults looking for a new pet companion that offers waived fees.

### **Muttville**

(415) 272-4172  
info@muttville.org  
muttville.org  
Seniors for Seniors program: fees are waived for adopters 62+

### **Nine Lives Foundation**

Redwood City  
(650) 368-1365  
ninelivesfoundation.org

Silver Paws for Love Program: fee is waived for adopters 55+ who adopt a cat who is 6+.

### **Pets in Need**

Redwood City  
(650) 367-1405  
info@petsinneed.org  
petsinneed.org  
Seniors for Seniors program: fees are waived for adopters 60+ who adopt an animal that is 5+ years old.

## **PET SITTING & ASSISTANCE**

Information for older adults looking for help with their pets.

### **Bay Area Pet Pals**

(650) 996-6652  
info@bayareapetpals.com  
bayareapetpals.com

### **Peninsula Critter Care**

(650) 921-4945  
peninsulacrittercare@gmail.com  
peninsulacrittercare.com  
Offers a Senior Discount

## **PHYSICAL & OCCUPATIONAL THERAPY**

### **Active In-home Therapy**

650-530-2072  
info@activeinhome.com  
https://activeinhome.com/  
Redwood City

### **Therapy in your Home**

(408) 358-0201  
Office@TherapyInYourHome.net  
http://www.therapyinyourhome.net/  
Los Gatos

### **San Mateo Medical Center**

(650) 573-2472  
https://www.smchealth.org/general-information/rehabilitation-services

You must have a physician's referral to receive rehabilitation services.

## PODIATRISTS

Podiatrists are able to diagnose, treat, and help prevent conditions affecting the feet, ankles, and lower limbs.

### **Peninsula Foot & Ankle Center**

(650) 242-1689  
peninsulafootandankle.com

### **San Mateo Podiatry Group**

(650) 342-2420  
sanmateopodiatrygroup.com

### **West America Foot and Ankle**

(650) 342-5733  
wafapodiatry@gmail.com  
westamericafootandankle.com

## PHYSICIANS -GERIATRIC

Geriatric physicians specialize in diagnosing, treating, and managing health conditions and complex medical needs of older adults. This is a non-comprehensive list.

### **Dr. Diana V. Jao, MD**

(650) 573-2426

### **Dr. Shelley Salpeter, MD, FACP**

(650) 532-2321

### **Dr. Mehrdad Ayati, MD**

(650) 808-0180

## R

## RESPITE CARE

Respite care provides temporary relief for primary caregivers by offering short-term support for individuals with medical or daily living needs.

### **Catholic Charities Adult Day Services**

(415) 972-1200

### **Helping Hands Senior Services, Inc.**

Burlingame  
(650) 437-2762  
hhss@hhrconnect.com

### **Home Instead**

(650) 264-9461  
homeinstead.com

### **Senior Helpers**

650-231-4495  
seniorhelpers.com

### **Visiting Angels**

650-344-2178  
visitingangels.com

## S

## SENIOR CENTERS

### **Fair Oaks Senior Center**

Redwood City  
(650) 780-7525

### **Little House**

Menlo Park  
(650) 326-2025

### **San Bruno Senior Center**

San Bruno  
(650) 616-7150

### **San Carlos Adult Community Center**

San Carlos  
(650) 802-4384

### **San Mateo Senior Center**

San Mateo  
(650) 522-7490

### **Twin Pines Senior and Community Center**



Belmont  
(650) 595-7441

### **Veterans Memorial Senior Center**

Redwood City  
(650) 780-7270

## **SUPPORT GROUPS**

Support groups offer emotional support, education, and connection for individuals and caregivers.

### **Alzheimer's Association**

- (800) 272-3900

### **Bay Area Cancer Connections**

- (650) 326-6686

### **Cancer CAREpoint**

- (408) 402-6611

### **Family Caregiver Alliance**

- (800) 445-8106

### **Mental Health Association of SM County**

- (650) 368-3345

### **San Mateo County Pride Center**

- (650) 591-0133

## **T**

## **TECHNOLOGY TRAINING**

### **Affordable Connectivity Program (ACP)**

Federal benefit to help households afford internet services.  
[fcc.gov/acp](https://fcc.gov/acp)

### **Aging and Adult Services**

Technology Support  
(844) 868-0938

May provide referrals to programs offering device assistance, tech tutoring, or digital navigation support.

### **Community Tech Network**

(415) 821-1003  
[communitytechnetwork.org](https://communitytechnetwork.org)

Provides training to increase digital skills for seniors and underserved adults.

### **Get Connected San Mateo County**

[smcgov.org/digitalinclusion](https://smcgov.org/digitalinclusion)

Resources to support digital inclusion: affordable internet and device access.

### **San Mateo County Libraries**

(833) 937-7625

[smcl.org](https://smcl.org)

Offers free technology classes and digital literacy workshops, one-on-one tech support for devices, email, as well as chromebook and hotspot lending programs

## **TRANSPORTATION**

### **Catholic Charities**

(650) 355-1042

Can help arrange rides for homebound older adults in specific areas.

### **Get Up & Go**

(650) 378-2750

Rides to medical appointments and errands for adults 65+ on the Peninsula.

### **Heart of the Peninsula**

(650) 616-7150

### **Medical Transportation Options**

**Medi-Cal Managed Care** plans may cover medical rides. Contact your provider.

**Veterans Services Office** may offer transport to VA clinics. (650) 802-6598

### **RediCoast: Coastside Service**

(650) 560-0360

[samtrans.com/accessibility](https://samtrans.com/accessibility)

Door-to-door service for people who cannot use SamTrans buses due to disability or age on the Coastside. Apply through SamTrans.

**Redi-Wheels: San Mateo County Paratransit**

(650) 366-4856

[samtrans.com/accessibility](http://samtrans.com/accessibility)

Door-to-door service for people who cannot use regular SamTrans buses due to disability or age. Apply through SamTrans.

**VIA to Transit: On-demand SamTrans Service**

[samtrans.com/viatransit](http://samtrans.com/viatransit)

Low-cost ride-share pilot in selected service zones.

**Volunteer Ride Programs**

Aging and Adult Services: (844) 868-0938

Some senior centers and nonprofits offer rides with volunteers.

**TRUST & ESTATE PLANNING****Carlos Scott Lopez, Esq.**

San Carlos

(415) 287-0719

**David A. Nearon PLC**

Palo Alto

[nearonlaw.com](http://nearonlaw.com)

**Jorgenson, Siegel, McClure & Flegel, LLP**

Menlo Park

(650) 324-9300

**Marisa Catherine Nelson, Esq.**

San Carlos

(650) 485-3437

**Piper Hanson, Esq.**

Pacifica

(650) 762-9090

**URGENT CARE**

Provides immediate, non-emergency medical treatment for illnesses and injuries that require prompt attention but aren't severe enough for the emergency room.

**Carbon Health**

(650) 292-0847

[carbonhealth.com](http://carbonhealth.com)

Handle immediate needs like injuries, illnesses, and other non-life-threatening conditions that require prompt attention.

**Foster City Medical Center**

(650) 918-5080

[fostercitymedicalcenter.com](http://fostercitymedicalcenter.com)

Specializes in both primary care and urgent care, offering a range of services.

**Mills-Peninsula Medical Center**

(650) 696-5400

[sutterhealth.org](http://sutterhealth.org)

Provides same-day treatment for non-life-threatening illnesses and injuries.

**San Carlos Center Urgent Care**

(650) 596-4100

[sutterhealth.org](http://sutterhealth.org)

Provides same-day treatment for non-life-threatening illnesses and injuries.

**San Mateo-Bay Meadows One Medical**

(888) 663-6331

[onemedical.com](http://onemedical.com)

Provides primary care services that can also address urgent health concerns.

**San Mateo Urgent Care**

(650) 696-4427

[sutterhealth.org](http://sutterhealth.org)

Provides same-day treatment for non-life-threatening illnesses and injuries.



## VETERANS SERVICES

### **San Mateo County Veterans Services Office**

San Carlos

(650) 802-6598

[veteranservices-smc@smcgov.org](mailto:veteranservices-smc@smcgov.org)

[smcgov.org/hsa/veterans-services-office](http://smcgov.org/hsa/veterans-services-office)

Helps veterans, their spouses, and family members access state and federal benefits.

### **VA Palo Alto Health Care System**

Palo Alto

(650) 493-5000

[paloalto.va.gov](http://paloalto.va.gov)

Provides a wide range of medical, mental health, and social services to veterans.

### **Veterans Crisis Line**

(800) 273-8255 (Press 1)

[veteranscrisisline.net](http://veteranscrisisline.net)

Provides confidential support for Veterans, service members, National Guard and Reserve members, and those who support them.

## VILLAGES

Villages are member-driven communities of older adults who help each other age in place through services, social activities, and volunteer connections.

Brisbane Village Helping Hands

Location: Brisbane

Phone: 415-508-2185

Website: <http://brisbanevillage.org/>

Foster City Village

Location: Foster City

Phone: 650-378-8541

Website: [www.fostercityvillage.org](http://www.fostercityvillage.org)

Villages of San Mateo County

Location: Mid-Peninsula Village serving San Mateo, Burlingame, Hillsborough, Millbrae & San Bruno. Sequoia Village serving Belmont, San Carlos, Redwood City & Redwood Shores. Village of the Coastsides serving Half Moon Bay, El Granada, Moss Beach, Montara, Pacifica, Skyline & Pescadero.

Phone: 650-260-4569

Website: <http://www.villagesofsmc.org>

## VOLUNTEER OPPORTUNITIES

### **Age-Up.org**

Activities volunteers, Friendly Visitors, Phone Buddies & Ombudsman to support residents in long-term care.

### **Aging and Adult Services Volunteer Referrals**

(844) 868-0938

Help connect volunteers to meal delivery, peer counseling, and ombudsman roles.

### **Catholic Charities - Friendly Visitor Program**

(415) 972-1200

[Volunteer@CatholicCharitiesSF.org](mailto:Volunteer@CatholicCharitiesSF.org)

[catholiccharitiessf.org](http://catholiccharitiessf.org)

Pairs isolated older adults with regular volunteer visitors.

### **San Mateo County Volunteer Program**

[smcgov.org/ceo/volunteer-opportunities](http://smcgov.org/ceo/volunteer-opportunities)

Provides volunteer opportunities in San Mateo County.

**The Peninsula Humane Society & SPCA -  
Pet-Assisted Therapy**

(650) 340-7022

MDizon@PHS-SPCA.org

Certified animals and handlers visit senior communities and long-term care facilities.

## VISION SERVICES

Resources on diagnosing, treating, and managing sensory impairments to improve quality of life and maintain independence.

**California Telephone Access Program**

(800) 806-1191

info@caconnect.org

californiaphones.org

Provides free specialized phones for people with hearing, vision, or mobility impairments.

**Hearing and Speech Center of Northern California**

(415) 921-7658

info@hearingspeech.org

hearingspeech.org

Offers adult hearing services for individuals experiencing hearing loss.

**Lions Club International**

(630) 571-5466

lionsclubs.org

Provides assistance for glasses & hearing aids.

**Vista Center for the Blind and Visually Impaired**

(650) 858-0202

info@vistacenter.org

vistacenter.org

Services for individuals with low vision or blindness.

## VOTING ASSISTANCE

**San Mateo County Elections Office**

San Mateo

(650) 312-5222

registrar@smcacre.gov

smcacre.org/elections

Assists voters with registration, ballot access, voter education, and in-person voting support.



## WELLNESS PROGRAMS

**Chronic Disease Self-Management**

(650) 573-2222

Offered by San Mateo Medical Center, various health providers and Aging and Adult Services to help patients control long-term conditions.

**San Mateo Senior Center**

(844) 868-0938

Contact Aging and Adult Services or your local city for a full listing of wellness courses and classes.