



AGING AND ADULT SERVICES

MARIN COUNTY INFORMATION AND ASSISTANCE - 415-473-INFO (4636)

Monday through Friday ♦ 8:30 a.m. to 4:30 p.m.

www.livelonglivewellmarin.org ♦ Email: 473-info@marincounty.org

473-INFO SAMPLE RESOURCE LIST

COMMUNITY RESOURCE INFORMATION

Information and Assistance – (415) 473-INFO(4636)
Online Community Resource Guide for Marin County
211 - Bay Area Information & Referral Service

HELPFUL ONLINE COMMUNITY RESOURCE GUIDES

- Whistlestop Directory of Older Adult Services
- Born to Age
- Marin in Motion
- Choices for Living: Marin Living Options for Older Adults
- Marin Home Care Association – Licensed Home Care
- Publications - Aging and Adult Services

PUBLIC ASSISTANCE - MARIN HEALTH AND HUMAN SERVICES – (877) 410-8817

120 N. Redwood Drive - Smith Ranch Rd. Exit, San Rafael – Apply 8am to 4pm

- **Medi-Cal/CMSP** – (877) 410-8817
- **Cal-Fresh** – (877) 410-8817
- **CalWORKs** – (877) 410-8817
- **General Relief** – (415) 473-3450

FREE LIFELINE CELL PHONES AND SERVICES FOR THOSE WHO QUALIFY

Safelink Wireless – (800) SAFELINK (723-3546) (Apply via Internet)

- **SafetyNet Wireless** – (888) 224-3213
- **Assurance Wireless** – (888) 321-5880

FREE OR LOW-COST COMPUTERS & INTERNET SERVICE

Renew Computers – (415) 457-8801

eWaste Collective – (415) 883-1428

Internet Essentials – Low-Cost Internet and computer for those who qualify - \$9.95 plus tax per month for the internet service, additional price for the low-cost computer – You can start your application through the Online Application Tool or you can call 1-855-8-INTERNET (855) 846-8376 to confirm eligibility and apply.



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ONLINE LEARNING RESOURCES

E-Resources, Libraries & Online Learning - (415) 485-3323

GCF Learn Free - Learn and develop the skills needed to advance in work and life

Khan Academy – Free online courses

UTILITY DISCOUNT PROGRAMS

Energy Programs – Reduce Energy Bills - Community Action Marin – (415) 526-7550

Medical Baseline – 1-800-743-5000 – Financial assistance program for residential customers that have special energy needs due to certain qualifying medical conditions.

Marin Municipal Water District – *Medically Disabled Water Rate Program* – (415) 945-1400

Marin Municipal Water District – *Low-Income Discounted Rate Program* – (415) 945-1400

North Marin Water District - Eligible applicants may apply for discounts 7/2020 – (415) 897-4133

HOME OWNERS

Residential Rehabilitation Loan Program – Brochure – FAQs – Application

Property Tax Exemptions – (415) 473-7215

Property Tax Postponement Program – (800) 952-5661

TRANSPORTATION

Marin Access – (415) 454-0902– Marin Transit offers older adults and people with disabilities a variety of options for getting around without driving.

CarePool– Free Volunteer Rides to Medical Appointments or Grocery Shopping – Call (415) 454-0927 or email carepool@whistlestop.org to sign up for CarePool.

Whistlestop's CarePool program improves the quality of life of older adults in Marin by helping them get to medical appointments or the grocery store.

CarePool offers:

- FREE rides to Marin County residents 65 or older and to people with disabilities
- A unique “door-through-door” service
- Extra support, such as unloading groceries for riders, walking riders into their doctor's appointment, and waiting for them until the appointment ends
- Optional mileage reimbursement to volunteer drivers



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Medi-Cal Transportation (For Medi-Cal Patients Only) – Transport to medical, Urgent Care, lab, MRIs, dental, vision, behavioral health, weight management and out-patient rehab services. You can also book a ride to the pharmacy without a MD apt. *For Ambulatory patients* – (888) 828-1254;

For Non-Ambulatory Patients: (800) 809-1350

GROCERY & FOOD SERVICES

Food Pantry Locations – Bring a Photo ID with address and if ID doesn't have address, bring a bill with proof of address.

FREE Home Delivered Grocery Program – Novato & San Rafael – Volunteers shop for and deliver groceries to homebound elderly Novato residents who are unable to shop for themselves. Shopping and delivery are free. Participants only pay for the cost of the groceries. To register, please call (415) 899-8296. This program is in partnership with Novato Safeway.

Congregate Dining Reservations for Margaret Todd Senior Center and other Congregate Dining Locations in Marin – 1560 Hill Road, Novato – 60+ – (415) 473-4636

Meals on Wheels – (415) 473-4636 – Persons 60 years of age and older who are homebound (unable to drive) and are in need of substantial support in at least two areas of daily functioning (based on an assessment) are eligible to receive Meals on Wheels.

SOCIAL ACTIVITIES & GROUPS

Marin Villages – (415) 457-4633 – Reduced Priced Memberships for qualifying lower-income older adults

Well Connected – Activities, education, support groups, and friendly conversation over the phone or online. If you're ready to register, please contact us at 877.797.7299, or coviaconnections@covia.org.

Book Mobile – (415) 473-7544 –The Bookmobile is stocked with a large collection of adult books, children's books for every level of reader, books on CD, DVDs and a large Spanish collection for children and adults alike. We can also bring your requests out to any stop. Come visit us at a stop near you! Bookmobile staff are reachable by phone.



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Library Beyond Walls – (415) 663-8818 – A free service of the Marin County Free Library, offering library services to county residents who are unable to visit our various locations in person. Library Beyond Walls staff and trained volunteers deliver and pick up library materials from the homes of our patrons.

Discover & Go – With your Marin (County) Library Card, you are eligible for free and low-cost tickets to world-class museums, theaters, aquariums, zoos and science centers. Check the Discover & Go website for participating cultural venues.

Church Angel Directory

COUNSELING, CRISIS & WARM LINE

Mental Health Access and Assessment Line – (888) 818-1115

NAMI/CRISIS – Urgent Care – (415) 444-0480

Senior Peer Counseling Program – (415) 473-4306

Senior Peer Counseling is also for people over the age of 60 but the focus is on supporting those who would benefit from a little extra support in their lives. Support is provided by trained volunteers who receive weekly supervision from a licensed MFT and/or Registered Nurse. Decreasing isolation, issues of aging, grief, and depression are common issues addressed in Senior Peer Counseling.

Friendship Line – Institute on Aging – 1-800-971-0016

Counseling for adults and older adults-Jewish Family and Children's Services – 415-449-3777

TELEPHONIC SOCIAL & REASSURANCE PROGRAMS

Telephone Reassurance Program

Telephone Reassurance Program – (415) 456-9068

Social Call – Covia – If you or someone you know would benefit from Social Call, please contact us at (877) 797-7299 or coviaconnections@covia.org.

Geriatric Resources/Care Management

Marin Center for Independent Living – (415) 459-6245



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In Home Supportive Services (IHSS) – Provides an In-Home Care Provider - *Requires Medi-Cal Insurance* – (415) 473-4636

Seniors at Home – Jewish Family & Children’s Services – (415) 449-3777

Offers care management, fiduciary services, palliative care and dementia care consultations.

Multi-Purpose Senior Services Program (MSSP) – Jewish Family and Children’s Services – (844) 222-3212. Residents of Marin County, 65 years of age or older, who are eligible for nursing home care under **Medi-Cal** are eligible for services under MSSP. MSSP is a state-wide, voluntary geriatric care management program that enables frail seniors who otherwise would have difficulty living independently to remain in their own homes. In Marin County, MSSP is locally administered by Seniors at Home (as part of Jewish Family and Children’s Services).

Family Caregiver Alliance - Click the state of CA to find resources in CA – (800) 445-8106

Respite Care – Seniors at Home – Jewish Family & Children’s Services – (415) 449-3777

SENIOR ACTIVITY CENTERS

Whistlestop Center for Active Aging – 930 Tamalpais Avenue, San Rafael – (415) 456-9062

Albert J Boro Community Center, 50 Canal Street, San Rafael, CA – (415) 485-3077

Novato Independent Elders Program – NOVATO – (415) 899-8296

Margaret Todd Senior Center – 1560 Hill Road, Novato – (415) 899-8290

Margarita C. Johnson Senior Center – 640 Drake Avenue, Marin City, CA 94965 – (415) 332-9323

Age Friendly Corte Madera - 498 Tamalpais Drive, Corte Madera – (415) 991-4040

ADULT DAY HEALTH CENTERS & PROGRAMS

Skyview Day Club – The Excursion Program, the Club, Memory Wellness, etc. – (415) 449-3777

LifeLong Medical Care – 1905 Novato Blvd., Novato, CA 94947 – (415) 897-6884

Medical Equipment & Supplies

Shield Health Care – Incontinence and Medical Supplies – (800) 765-8775

Marin Medical Equipment Recyclers – (415) 388-8198

Medical Alert – Lifeline of the North Bay – (707) 778-7883 – First 2 months free, low- income rate of \$20/month



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HEALTH INSURANCE COUNSELING/ASSISTANCE

Health Insurance Counseling and Advocacy Program (HICAP) – (800) 434-0222 – Provides seniors and disabled individuals with information about Medicare and other insurance issues, so they can make informed decisions about their health care coverage

Medicare – (800) 434-0222

OTHER HELPFUL RESOURCES

DMV – Corte Madera/Novato - (800) 777-0133

Disabled Person Parking Placards and License Plates (FFVR 7)

Social Security Administration - (800) 772-1213 - 99 Smith Ranch Rd Suite 200, San Rafael

LOW COST AUTO INSURANCE - <https://www.mylowcostauto.com/>