Santa Clara Valley Medical Center

"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity." ~World Health Organization, 1948

Patient Resource List

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Patient Resource List

Important: To follow a website link to an outside website, push the control button on your computer keyboard, and click on the website link with the small hand that appears.

Note: If you do not find what you need on this list, or have questions or have trouble accessing the services listed here, phone:

Dial 211, the United Way Information Line www.211scc.org Available seven days a week, 24 hours a day, for everybody, in any language. Has information on Community Disaster Services for use during a crisis, and on Health and Human Services.

Or call the Council on Aging Information and Assistance Line (800) 510 2020 www.scccoa.org Available Monday - Friday, daytime hours, for seniors, disabled, & caregivers, in any language. The Council on Aging Information Specialists will answer questions and guide you to resources and services.

Or go to www.helpscc.org The Community Technology Alliance comprehensive website for benefits and services in Santa Clara County.

1. Food/Food Stamps/Meals

Food Connection: (800) 984-3663 www.2ndharvest.net
Open Monday to Friday from 8:30 a.m. to 4:00 p.m. This is a Second Harvest Food Bank hotline for people who need food. Food is easy to get for everyone who needs it. Just give your name, address, date of birth and the number of adults and children living in your house. You will be told where and how to get food. This includes grocery bags of free food, and free prepared meals for individuals and families. The Food Connection can explain food stamp eligibility income limits to see if you qualify, and take initial food stamp application over the phone.

Food Stamps: www.sccgov.org/portal/site/debs/agencychp
(On website, click in left column on "Food Assistance). A government program offered through the County Social Services Agency that offers free food vouchers for qualifying low income people, including some working people with low salaries. Apply at the following County offices, where you may also apply for Medi-Cal and CalWORKS//TANF (i.e. welfare payments) To apply, bring rent receipts, social security card, birth certificates, proof of income, photo I.D. for adults, bank statements, marriage certificate, vehicle registration, and utility bills.
1919 Senter Road, San Jose, 95112 (408) 271-5600
379 Tompkins Ct., Gilroy, 95020 (408) 846-3900
100 Moffett Blvd., Mountain View, CA 94043 (650) 988-6100

Meals on Wheels (Council on Aging) (800) 510 2020
www.careaccess.org/Services/meals.html Delivers weekly meals to homebound seniors (age 60 and over). Cost is $1.80 per day for seven frozen dinners and seven frozen breakfasts plus bread and snacks, delivered once a week.

Meals on Wheels (Health Trust) (408) 961-9870
http://www.healthtrust.org/services/mow.php
No age or income restrictions. Hot meals delivered to homebound individuals. $7.75 per day for a hot meal delivered each day Monday through Friday, boxed lunch for weekends, $5.75 per lunch delivered on Friday. Minimum is ordering three hot meals a week. A sliding scale fee may be available.

Santa Clara County Senior Nutrition and Services (408) 975-4860
http://www.sccgov.org/portal/site/snp/ then click on Congregate Meal Sites to see addresses of senior meal programs countywide. Provides senior 60 years or older with a hot meal and socialization at noon each day at their local community senior center. $2 donation requested per meal, but no senior turned away for lack of money.

W.I.C. (Women, Infants, and Children) (888) 942-9675
www.sccgov.org/portal/site/phd/agencychp, then on left column go to Nutrition & Wellness Programs, then in left column go to bottom to Women, Infants and Children (WIC). A government program which provides pregnant women, new mothers, infants, and young children with food vouchers and formula. Phone the number above for a location near you. Some locations:
Santa Clara Public Health Department: (408) 792-5101
South County: 1234 First St., Gilroy, 95021 (408) 847-0454
North County: 660 South Fair Oaks St., Sunnyvale (408) 792-5101
Indian Health Center, San Jose (408) 445-3400 ext. 210

2. Income/Money

General Assistance: www.sccgov.org/portal/site/debs/agencychp
A government cash assistance program for individuals who have no income, which gives between $147 to $337 per month to a person, depending on your expenses. Apply in person at 591 North King Road, San Jose, CA 95133 (408) 928-3650, or at 379 Tompkins Ct., Gilroy, 95020 (408) 846-3900.

CAPI: Cash Assistance Program for Immigrants
www.sccgov.org/portal/site/debs/agencychp
A government cash assistance program of around $700 per month to certain legal noncitizens age 65 or older, or legal noncitizens of any age who are blind or disabled. Must first have been denied Supplemental Security Income/ State Supplementary Payment (SSI/SSP) solely because of their immigrant status. Apply at 591 North King Road, San Jose, CA 95113
(408) 928-3650, or at 379 Tompkins Ct., Gilroy, 95020 (408) 846-3900.

Consumer Credit Counseling Service (800) 540-2227 www.GotDebt.org
A nonprofit agency providing free or low cost credit counseling, credit report reviews, foreclosure solutions, Debt Solver Program, bankruptcy counseling, reverse mortgage counseling, etc. 1265 S. Bascom Avenue, Suite 105, San Jose, CA 95128-3533.

www.annualcreditreport.com Official site provides 3 free credit reports annually.

Disability Benefits 101 www.disabilitybenefits101.org
An outstanding website that answers every question you have about disability benefit programs, including State and Federal programs such as SSI, SDI and SSDI, as well as Medi-Cal and Medicare. Has a benefits calculator to find out what you qualify for.

Paid Family Leave Benefits (PFL) 1(877) BE THERE (1(877) 238-4373)
www.edd.ca.gov/Disability/Paid_Family_Leave.htm
(TTY) (800) 563-2441 Spanish line: 1 (877)-379-3819
A California Employment Development Department program which provides payment to eligible workers suffering a full or partial loss of wages due to the need to care for a seriously ill family member or to bond with a new child.

SDI: State Disability Insurance (800) 480-3287,(TTY) (800) 563-2441
En Espanol: (866) 658-8846 www.edd.ca.gov
Monthly check for workers who are disabled for a reason not caused by their job. Applications in English and Spanish are on website.

Social Security Benefits (800) 772-1213. www.ssa.gov
For other languages: www.ssa.gov/multilanguage/
(TTY) (800) 325-0778 The federal Social Security Administration provides continuing income to workers and their families after retirement, disability or death; offers Medicare for people 65 or over and some people under 65 who are disabled; offers Supplemental Security Income (SSI) to those in financial need who are 65 or over, or those who are blind or disabled; and issues Social Security Cards.
Local Social Security Offices:

Campbell: 770 W. Hamilton Ave., Campbell, CA 95008
San Jose Downtown Office: 280 S. 1st Street, Room 244,
Federal Building, San Jose, CA 95113.
East San Jose: 2500 Fontaine Rd., San Jose, CA 95121
South San Jose: 6140 Cottle Road, San Jose, CA 95123
Mountain View: 700 E. El Camino Real, Mt. View, CA 94040
Gilroy: 1059 1st St, Gilroy

SSI (Supplemental Security Income) (800) 772-1213, TTY:(800)325-0778
www.ssa.gov/pgm/links_ssi.htm A federal government program for disabled persons, usually giving about $850 per month to a person. Apply on their website or phone the Social Security Administration number above.

SSI Advocacy Program (408) 928-3641 591 N. King Road, San Jose.
A County program which helps people obtain their SSI benefits.

CalWORKS (California Work Opportunity & Responsibility to Kids)
www.sccgov.org/portal/site/debs/agencychp
Apply at the County Assistance Application Centers:
1919 Senter Rd., San Jose, CA 95112 (408) 271-5600
379 Tompkins Ct., Gilroy, CA 95020 (408) 846-3900
100 Moffett Blvd., Mountain View, CA 94043 (650) 988-6100
CalWORKS is California's version of the federal welfare program TANF: Temporary Aide for Needy Families. This program gives temporary cash assistance and employment services to help families achieve self sufficiency.

Unemployment Insurance Payments: (800) 300-5616 www.edd.ca.gov
State of California monthly check for those recently unemployed.

www.GovBenefits.gov: Official benefits website of U.S. Government, with information on over 1,000 benefit and assistance programs.

3. Transportation

Outreach for Santa Clara Valley (408) 436-2865 or Reservations at (408) 436-4860 www.outreach1.org/p_home/paratran.htm
A para transit car service for disabled persons. Door to door service is provided, taking clients to medical and dental appointments. Cost is $3.50 one way, $7.00 round trip.

Senior Transportation: (408) 436-2865
A door to door para transit service for low income seniors age 65 and older, operated by Outreach. It provides 40 one-way or 20 roundtrip rides per year. A voluntary donation of $3.50 per ride is requested, but rides are free for those who cannot pay. Must reapply annually. Also provides rider's fare subsidies for VTA Para transit and Public Transit Service users.

VTA: Santa Clara County Transit District (408) 321-2300 www.vta.org
2 North First Street, San Jose, CA 95112 (corner of Santa Clara St. and First Street) Routes, Fares and Schedules. The website has VTA's online trip planner. Phone VTA for bus route directions and to apply for the following:
Disabled Discount Transit Card: If you have serious health issues, you may be eligible for this card. This card will allow you to pay only $20 per month for a monthly bus sticker, or $0.75 a ride, or $2 for a day pass.
Senior Discount Transit Card: All persons age 65 and older qualify for discounted VTA rides. Bus rides for seniors cost $0.75 a ride, $2 for a day pass, and $20 for a monthly pass. To get your card, go to the VTA Transit Office in downtown San Jose, on the corner of First and Santa Clara Streets. Cost is $3. Until you are able to do this, you may get the senior discount on any bus by showing a California I.D. card or your passport, with your Medicare card.

Transportation by Community Volunteers

Daybreak Respite and Caregiver Support Services (408) 270-4900
South County Office (408) 848-9175
www.stfrancisofassisi.com/daybreak/daybreak.htm
Day Break II Asian Respite and Caregiver Support Services (408)282-1134
www.ccsj.org/services/older_adults/daybreak2.htm
Volunteer provided, escorted transportation to medical/grocery shopping for homebound older adults. Both Daybreaks are programs of Catholic Charities.

Heart of the Valley, Services for Seniors, Inc. (408) 241-1571
www.servicesforseniors.org Provides escorted transportation to persons age 59+ utilizing volunteers, as available. Suggested donation: $2.50, plus $.25 per mile.

Love In The Name of Christ (Love INC) (408) 379 9223 or (408)379 9227
www.loveincsantaclaracounty.org/ Church volunteers who give rides to doctor's appointments (when volunteers are available). Request eight days prior.

4. Housing/Shelter

HousingSCC by the Community Technology Alliance (408) 437-8800
www.housingscc.org A comprehensive online database of low cost (subsidized) housing in Santa Clara County, searchable by open and closed waiting lists, number of bedrooms, rent amount, accessibility for disabled, etc.

Housing Authority, (408) 275-8770. 505 W. Julian Street, San Jose, CA 95110-2300. www.hacsc.org/ Provides Section 8 rent vouchers for low income families, seniors and persons with disabilities. The Section 8 wait list is usually closed. Has information on low cost apartment complexes, etc.

Emergency Bed Hotline: 1(800) 774-3583 (1-800-7SHELTER)
The shelter hotline provides pre-recorded information in English and Spanish on shelter availability for single men, single women, women with children, families, and youth. For a list and contact info for local shelters, go to
http://www.sjhousing.org/homeless/shelter.html

EHC Lifebuilders: Boccardo Reception Center (408) 294-2100
2011 Little Orchard Boulevard, San Jose Bus Line 26
www.ehclifebuilders.org For homeless persons, this large organization has emergency shelters, transitional housing and other programs countywide. Has a new medical shelter for recently discharged hospital patients who are homeless.

Homeless Resource Guide, by the City of San Jose
www.sjhousing.org/report/Misc/Homeless_Guide.pdf A pocket sized compendium of information on shelters, rental assistance, mental health and recovery programs, veteran and youth services, and housing for families and individuals. Also available in print version, other languages.

Housing Service Partnership (408) 453-3124 or (408) 539-2170.
Phone and ask to speak to the Housing Service Partnership staff person.
A program funded by the City of San Jose, to help the homeless or those at risk of homelessness find housing. Will help fill out housing applications, etc.

Licensed Board and Care Homes (Residential Care Facilities):
http://www.ccld.ca.gov/docs/ccld_search/ccld_search.aspx
This website is **Community Care Licensing**, a Department of the State of California which licenses residential care facilities and other facilities. On this website, under Question 1: "Select the Facility Type to Locate", select "Adult Residential Facility". Under Question 2: Select the City or zip code you wish to search in. This website will search for many other types of licensed centers such as residential care for the elderly, residential care for the chronically ill, child care centers, group homes, etc.

Community Voicemail Service (408) 437-9167
http://www.ctagroup.org/html/community_voicemail.html Community Technology Alliance's Community VoiceMail provides homeless and at-risk clients access to 24 hour personalized and easy to use VoiceMail.

5. Jobs/Job Training

California State Department of Rehabilitation (408) 277-1355
www.dor.ca.gov 100 Paseo de San Antonio, Rm. 324, San Jose 95113
Diagnostic and testing services, job training and placement for vocationally disabled persons with physical, mental, and emotional impairments. Supportive services. To apply at the Paseo de San Antonio office, attend the orientation Wednesday at 10:00 a.m. Other offices are (Phone to apply): 7872 Eigleberry St., Gilroy, 95020 (408) 848-1345 and 1333 Piedmont Rd., Ste 106 San Jose 95132 (408) 254-5750.

Work 2 Future One Stop Career Center (408) 277-2727
www.work2future.biz 1290 Parkmoor Street, San Jose
A large, government operated job center with representatives from different government and private job and job training programs. Provides employment and training resources for all ages. Request an individual case manager to help you find a job. Other Employment Development Department sites or County job sites are:
Campbell: 2450 S. Bascom Avenue, Campbell 95008 (408) 369 3606
Gilroy: 7800 Arroyo Circle, Suite A, Gilroy 95020 (408) 846-1480
Sunnyvale: 420 S. Pastoria Ave, Sunnyvale (408) 774-2365
Partner Affiliate: Center for Training and Careers (CTC) 1600 Las Plumas Avenue, San Jose 95133 (408) 251-3165

6. Alcohol/Drug Abuse Treatment

Your Health Insurance: If you have health insurance, phone them to see what alcohol/substance abuse rehabilitation services are included in your plan.

Gateway/Proposition 36 Assessment Center: 1 (800) 488-9919
www.sccdads.org/portal/site/dads/ A County Department of Alcohol and Drug Services program giving information and referrals to drug and alcohol detox and treatment programs, including outpatient and residential programs.

Alcoholics Anonymous (AA) (24 hours) (408) 374-8511
www.aasanjose.org/new_development/ Contact for local AA meetings.

Spanish Alcoholics Anonymous (AA) (408) 295-0920 (24 hours)
www.aaespanolsanjose.org Contact for local Spanish AA meetings.

Narcotics Anonymous (24 hours) (408) 998-4200
www.sjna.org/ Contact for local NA meetings.

Support Systems Homes, Inc. (800) 811-1800
www.drugrehabilitation.com
1925 South Winchester Blvd., Suite 204, Campbell, CA 95008

7. Mental Health/Counseling

Your Health Insurance: If you have health insurance, phone them to see what mental health/counseling services are covered in your plan.

County Mental Health 1 (800) 704 0900 (24 hours)
www.sccgov.org/portal/site/mhd/ Provides referral to community mental health services and direct mental health services to both Medi-Cal insured and uninsured persons.

Community-Based Counseling/Therapy (Sliding Scale Fees)
www.helpscc.org On website, click on Health button, then click on Mental Health button, to see list of 50 community based counseling and psycho-therapy providers, many with sliding scale fees for those without health insurance coverage.

Santa Clara County Network of Care for Behavioral Health
http://santaclara.networkofcare.org/mh/home/index.cfm An online resource for individuals, families and agencies concerned with behavioral health. It provides information about behavioral health services, laws, and related news, as well as communication tools and other features.

Emergency Psychiatric Services (EPS) (408) 885-6100 (24 hours)
871 Enborg Lane, San Jose 95128, next to Santa Clara Valley Medical Center. Accepts walk in patients 24 hours a day, seven days a week, regardless of insurance. A locked environment. A complete assessment will be done. Referrals to the County's **Mental Health Urgent Care clinics** also.

Momentum for Mental Health (formerly Alliance for Community Care)
(408) 254-6828 438 North White Road, San Jose, CA 95127
www.momentumformentalhealth.org **Also located at:**
2001 The Alameda, San Jose, CA 95126 (408).261.7777
and 206 South California Ave, Palo Alto, CA 94306 (650).617.8340
Largest private nonprofit agency providing mental health services to adults in Santa Clara County. Services include: residential treatment programs, supported housing programs, day rehabilitation programs, outpatient mental health and psychiatric treatment, case management and rehabilitation services, employment preparation, search and support services, support to family members, and community education.

Suicide Hotline: (408) 279-3312 or (650) 494-8420 for North County, or (408) 683-2482 for South County. Open 24/7. If you are unable to reach the Suicide Hotline, call 911.

8. Death/Bereavement/Funerals

Hospice of the Valley (408) 559-5600 www.hospicevalley.org
4850 Union Avenue, San Jose 95124 Ecumenical, nondenominational agency that serves terminally ill patients in their homes by supporting the medical, emotional, and spiritual needs of the patient and family. Respite care by volunteers. Bereavement support for family and friends follows after the death of the patient.

Centre for Living with Dying (24 hr.) (408) 278-2515
www.billwilsoncenter.org/thecentre/
1265 El Camino Real, Suite 208 Santa Clara, CA 95050
Centre for Living with Dying is a program of the Bill Wilson Center that provides individual and small group grief support for adults, children and families experiencing life-threatening illness or death of a loved one. Crisis intervention and a broad based educational program on grief and loss are offered.

Funeral Consumers Alliance & Funeral Education Foundation
(650) 321-2109 www.funeralconsumerinfo.org
Nonprofit organizations to help you make dignified, meaningful and affordable death plans. No attachment to the funeral industry or any religious group.

9. Health & Dental Insurance

Dental Line: (408) 808-6102 Find out where to go in Santa Clara County for Denti-Cal or emergency dental issues, as well as the mobile dental vans.

Denti-Cal: (800) 322-6384 (TTY) (800) 735-2922
www.denti-cal.ca.gov/WSI/Bene.jsp?fname=ProvReferral
For a list of Santa Clara County dentists who accept Medi-Cal.

Children's Health Insurance Info: (888) 244-5222 www.chikids.org/
Application info for Healthy Families, Healthy Kids, and Medi-Cal for Children.

Medicare Application: Medicare is a federal government health insurance program for persons age 65 and over, and for some younger persons with disabilities. Apply three months before your 65th birthday at your local Social Security Administration (SSA) office. Make an application appointment for your local SSA office by phoning (800) 772-1213. Or, apply online at www.ssa.gov.

Medicare Information & Counseling www.cahealthadvocates.org/
A website of California Health Advocates which provides complete information on Medicare for Californians. For free local Medicare counseling and help with other healthcare issues, call the **Council on Aging Information and Referral line** at **(800) 434-0222** and ask for the **HICAP Program (Health Insurance Counseling and Advocacy Program).**

Centers for Medicare and Medicaid Services, Baltimore, Maryland
(800) MEDICARE (633-4227) (TTY) 866 226-1819 www.medicare.gov
This official U.S. Government site for people with Medicare. Covers all aspects of Medicare, including comparing Medicare Part D prescription drug plans. Contact them with any questions or issues with your Medicare health coverage.

Medicare Prescription Drug Plan: VMC Assistance in Choosing a Drug Plan.
(866) 967-4677 Phone and request assistance on evaluating and choosing a Medicare plan, and a VMC staff person will phone you to assist.

Perinatal Care (408) 792-5055 A Public Health Department program.

Santa Clara Family Health Plan (800) 260-2055 or (866) 472 3691
www.scfhp.com A public agency founded by the Santa Clara County Board of Supervisors, which offers health insurance including Medi-Cal, Healthy Families, Healthy Kids, and Healthy Generations. To reach a **Healthy Generations Care Partner at the SCFHP, call 1 (800) 260 2055.**

Medi-Cal Eligibility Bureau at VMC (408) 278-2400 or (408) 278-2455, Fax (408) 286-0342. 770 S. Bascom Ave., San Jose, 95128. Door "C", on side of building. Open Monday through Friday, 8 a.m. to 5 p.m. Walk in to apply for Medi-Cal. Bring photo identification and your social security card.

Medi-Cal (County Social Services) (408) 271-5500. To apply for Medi-Cal, phone here and request that an application be mailed to you. Also, phone here to check on a patient's existing Medi-Cal. Completed Medi-Cal applications must be turned in to a County Welfare office (see addresses on page one under Food Stamps).

Medi-Cal Service Center of Santa Clara County (800) 753-0024
A call center to help people who already have Medi-Cal.

Medi-Cal (State of California) 1 (800) 952-5294
www.dhcs.ca.gov/services/medi-cal/Pages/default.aspx
California Department of Healthcare Services Comprehensive Medi-Cal site.
Has print and view Medi-Cal Mail-In Applications available in 11 languages.

Valley Care (866) 967-4677 www.scvmed.org/valleycare
A SCVMC health coverage for adult (age 19 to 64) U.S. citizens, nationals, or legal permanent residents of Santa Clara County whose family income is less than 201% of Federal Poverty Line.

Valley Health Plan (VHP) (408) 885-4760 or (888) 421-8444
www.valleyhealthplan.org Valley Health Plan (VHP) is a health plan choice for medical care for County of Santa Clara employees, IHSS workers, and many other employer groups.

VMC Health Coverage Programs, To Apply for the following programs, phone Valley Connection at 1 (888) 334 1000.

Ability to Pay (APD) Program, and APD FQHC Program: For residents of Santa Clara County whose household income is less than 351% of the Federal Poverty Line.

Charity Care Program: Emergency care only for persons less than 101% of the Federal Poverty Line, no residency requirement.

Discount Program: For residents of Santa Clara County whose household income is less than 351% of Federal Poverty Line, and who do not qualify for the APD program. If out of county resident, only covers emergency services.

Note: Some residents will qualify for both Charity and Discount Programs.

10. Santa Clara Valley Medical Center (SCVMC)

Santa Clara Valley Medical Center (SCVMC) (408) 885-5000
751 S. Bascom Avenue, San Jose, CA 95128
www.sccgov.org/portal/site/vmc/ This is the main phone line to contact any clinic at SCVMC hospital. The website has much information, including maps, directions and bus routes.

Valley Connection 1 (888) 334 1000 The SCVMC appointment line. Call Monday-Friday 8 a.m. to 9 p.m. to make or cancel a doctor's appointment at any Valley Health Center. Also, call Valley Connection to apply for special VMC health coverage. Also offers an Advice Nurse for free medical advice for after hours and on weekends.

SCVMC Patient Business Services (408) 885-7470
2325 Enborg Lane, Suite 1H-101 Open 9 to 4 Monday-Friday
Call or walk in for questions about your SCVMC medical bills or to apply for Ability to Pay and other hospital programs.

SCVMC Medical Records Office: (408) 885-5125 Fax (408) 885-5170
Located in VMC Hospital, Old Main, Room 1C037 (across from elevator C)

County Department of Revenue: (408) 282-3200
www.sccgov.org/portal/site/dor/ For info about a County medical bill.

Healthy Living Classes at SCVMC: the Chronic Disease Self-Management Program (Free classes): (408) 885-5957 Phone to sign up for this 6 week course to learn how to manage whatever chronic disease you may have, such as diabetes, etc.

Pandemic Flu Preparation www.sccphd.org www.PandemicFlu.gov
Websites of the Santa Clara County Public Health Department and the Federal Government telling how to prepare for an influenza or Avian Flu pandemic, including what supplies to store. Also tells how to care for people who get the pandemic flu.

Health Education (408) 885-5957 Phone to find out about health related classes, such as exercise and other classes. Services may be limited based on insurance plans.

SCVMC Customer Service (800) 351-1818 Accepts and works to resolve patient complaints/concerns. In SCVMC Hospital, Old Main, Room 1C016, close to Elevator D.

11. Smoking Cessation

Tobacco Prevention and Education Program (408) 792-5524
www.sccphd.org/tobacco This free two-session class offered by Santa Clara County Public Health Department will give you a Certificate of Completion that will allow you to request nicotine replacement therapy (medications). Other resources include:
California Smokers' Helpline: www.californiasmokershelpline.org
800 NO BUTTS (800) 662 8887 (English)
800 4 NO FUME (800) 456-6386 (Spanish/Espanol)
(800) 778 8440 (Vietnamese),(800) 400 0866 (Chinese), (800) 556-5564 (Korean)
Nicotine Anonymous (408) 236-2196 www.nicotine-anonymous.org
A 12 step program. Call for meeting locations, schedule and registration.

12. Seniors, Disabled, Veterans and Caregivers

Benefits Checkup www.benefitscheckup.org
This website helps seniors identify government benefits they qualify for; useful to research Medicare Part D prescription drug coverage.

CANHR (California Advocates for Nursing Home Reform)
(800) 474-1116 and (415) 974-5171 www.canhr.org
Helps individuals/families facing long term nursing home care placement. Knowledgeable about Medi-Cal long term care regulations.

Council on Aging Silicon Valley: (800) 510-2020 www.scccoa.org
Provides care management, in-home services, senior employment, for disabled and for persons age 50+. Programs include the Linkages and MSSP case management programs, as well as volunteer programs, nutrition, recreation, transportation, health education and counseling. Includes extensive caregiver information.

Disabled Parking Permits: Apply online at the Department of Motor Vehicles at www.dmv.ca.gov/pubs/brochures/fast_facts/ffvr07.htm
Or phone the DMV at (800) 921-1117.

Family Caregiver Alliance (800) 445-8106 www.caregiver.org
This nonprofit organization's website provides many informative fact sheets. Offers 24 hour phone access to information and support, to answer your questions on disabling conditions including cognitive disorders, advice on care options and community programs, and assistance in easing the emotional stress that care giving may cause.

In Home Supportive Services (IHSS) (408) 975-4899
www.sccgov.org/portal/site/daas/ A government program which provides in-home services for low income disabled and elderly, such as housekeeping, cooking, bathing, errands, etc. Must be on Medi-Cal to qualify. Takes 3 to 4 months to start.

San Andreas Regional Center (SARC) (408) 374-9960 www.sarc.org
300 Orchard City Dr., #170, Campbell, CA 95008 A nonprofit corporation funded by the State of California to serve people with developmental disabilities. Coordinates case management services for infants, adults and seniors with Autism, Cerebral Palsy, Epilepsy, Down's Syndrome, Mental Retardation, and similar developmental disabilities which started before age 18.

Silicon Valley Independent Living Center (408) 894-9041 www.svilc.org
(TTY) (408) 894-9012 2306 Zanker Road, San Jose.
Also at 7800 Arroyo Circle, Suite A, Gilroy, CA (408) 846-1480
(TTY) (408) 842-2591 For disabled persons, provides benefits information and referrals, and other comprehensive benefits and services.

Veterans' Services Office, County of Santa Clara (408) 553 6000
www.sccgov.org/portal/site/va
68 N. Winchester Boulevard, Santa Clara, CA 95050.
Veteran's Benefits Information and Assistance (800) 827-1000 www.va.gov
Veterans' Administration Medical Center, Palo Alto (650) 493-5000
Veterans' Administration Healthcare Access: (877) 222 8387
www.va.gov/health_benefits/. Helps veterans obtain VA health care.
VA Outpatient Clinic, San Jose (408) 363-3000
80 Great Oaks Blvd., San Jose, CA 95119
San Jose Vet's Center (408) 993-0729 278 N. Second Street, San Jose 95112
(Readjustment Counseling Services)

13. Discrimination/Legal Assistance/Courts

Superior Court of California, County of Santa Clara
Self-Service Centers and Courtmobile www.scselfservice.org
Designed to provide the public with a guide to navigate the court system. Offers assistance in all areas of law including: civil, family, small claims, criminal, restraining orders, traffic, juvenile, guardianships, and probate. Has forms needed to file for divorce, legal separation, and all court matters. All legal forms are available at their website. The **CourtMobile** operates at various times and locations in Santa Clara County, including Gilroy and Morgan Hill. For the latest schedule, visit the website.
Self-Service Center, San Jose 99 Notre Dame Ave., San Jose, CA 95113
(408) 882-2900 ext. 2926. Get there early for walk-in appointments 8:30 - 4:00 Monday through Thursday.
Self-Service Center, South County 12425 Monterey Rd., San Martin, CA 95046
(408) 882-2900 ext. 2926 Walk-in appointments **only Thursday** 8:30 to 4:00.
Restraining Order Help Center: (408) 534-5709 170 Park Center Plaza, San Jose, CA 8:30 to 4:00 Monday through Friday. Restraining order help also available on the Courtmobile and the South County Self Service Center.

Call "211" to find free or low cost legal clinics for low income people. Some additional legal services are listed here:

Law Foundation of Silicon Valley (408) 293-4790
www.lawfoundation.org 111 W. St. John St., Ste 315, San Jose, CA 95113. A public interest law firm which has the following projects:
Mental Health Advocacy Project
(800) 248-6427 or 248-MHAP or (408) 294-9730
AIDS Legal Services: (408) 293-3135
Fair Housing Law Project: (408) 280-2435

Katherine & George Alexander Community Law Center
(408) 288-7030 www.scu.edu/law/kgaclc
1030 The Alameda, San Jose, CA 95126
This free legal clinic is a project of Santa Clara University Law School.

Senior Adult Legal Assistance (SALA) (408) 295-5991 www.sala.org/
Toll free for South County (408) 847-7252
Toll free for North County (650) 969 8656
160 E. Virginia St., #260, San Jose, CA 95112

Victim Witness Assistance Center (408) 295-2656 www.victim.org/
777 N. First St., Suite 220, San Jose, CA 95112 Apply here for the State of California Victim Compensation program, which can include money for moving and payment for counseling. Also, at the **State Victim Compension Board** website, www.vcgcb.ca.gov/, you may download the claim form.

14. Domestic Violence

Asian Americans for Community Involvement (AACI)
Domestic Violence Program (408) 975-2739. 24 Hour Hotline.
www.aaci.org/domestic-violence-program.htm Offers shelter (Asian Women's Home), counseling and legal support. All Asian languages.

Community Solutions Domestic Violence Program, Gilroy (408) 683-4118.
24 hour hotline.www.communitysolutions.org/page3.html A South County comprehensive domestic violence program offering shelter (La Isla Pacifica Women's Shelter), counseling and legal support. Other languages: Spanish.

Maitri (888) 862-4874 or (888) 8-MAITRI. www.maitri.org
234 East Gish Road, Suite #200, San Jose, CA 95112 Domestic violence services for South Asian women. Many South Asian languages.

Next Door Solutions to Domestic Violence, San Jose
(408) 279-2962. 24 hour hotline. www.nextdoor.org/
A large domestic violence program offering shelter, counseling and legal support. Languages: Hindi, Korean, Punjabi, Spanish, Tagalog, Vietnamese.

Support Network for Battered Women, Sunnyvale
(800) 572-2782 24 Hour hotline. www.snbw.org/
A comprehensive domestic violence program offering shelter, counseling and legal support. Other languages: Spanish.

15. Immigrants

CET (Center for Employment Training) Immigrant & Citizenship Program
(408) 534-5451
www.cetweb.org/immigrationpage/immigration.php?no=1
701 Vine Street, Room 112, San Jose, CA 95110
Hours: Monday-Wednesday: 12:00 p.m. to 8:00 p.m. Thursday: 3:00 p.m. to 5:00 p.m. Friday: Closed. Provides quality immigration and citizenship services and promotes and strengthens civic involvement among the immigrant population. CET also offers employment training and placement, and a 4C's Childcare Center. Other languages: Spanish and Vietnamese.

Day Worker Center of Mountain View (650) 903-4102
http://dayworkercentermv.org
748 Mercy Street (cross St. is Hope), Mountain View, CA 94041
Connects immigrant day workers and employers in a safe and supportive environment. Empowers workers to improve their socio-economic condition through fair employment, education and job skills training.

www.ImmigrantInfo.org An extensive Santa Clara County Office of Human Relations website with local, state and national resources for immigrants. Includes an interactive database of English as a Second Language classes.

Department of Homeland Security U.S. Citizenship and Immigration Services (CIS) (800) 375- 5283 www.uscis.gov Hours: Tuesday to Saturday 8 a.m. - 4 p.m. Immigration and naturalization services; granting citizenship and permanent residency status, admitting aliens, family re-unification, and enforcement of related laws.

Immigration Legal Services of Catholic Charities (408) 944-0691
www.ccsj.org/services/immigration_refugee/immigration.html
Includes the: Gilroy Citizenship Line (408) 914-8337
This affordable program of Catholic Charities is fully accredited by the federal Board of Immigration Appeals to provide professional legal consultations, and a full range of immigration legal services for low income people. Other languages: Chinese, Farsi, Italian, Ilocano, Mandarin, Spanish, Tagalog, Vietnamese. Gilroy office: Spanish and English only.

International Rescue Committee (408) 453-3536
www.theirc.org/where/united_states_san_jose_ca/the_irc_in_san_jose.html 1450 Koll Circle, Suite 107, San Jose, CA 95112
Provides discounted immigration and citizenship services to immigrants and refugees. Board of Immigration Appeals Accredited. Other languages: Arabic, Bosnian, Farsi, Laotian, Somali, Spanish, Vietnamese.

St. Joseph the Worker Center (408) 993-0837
http://svdp.org/santaclara/day_workers.html 749 Story Rd (at Remillard St.), San Jose, CA 95112 Hours: Tuesday – Saturday 6:30 a.m. to 2:00 p.m. A program of the St. Vincent de Paul Society, The purpose of the Day Worker Center is to bring employers and day immigrant laborers together. The Day Worker Center also provides health screening to a population with little access to health care.

16. Childcare

a. 4 C's Council (408) 487-0749 www.4c.org
Referrals to childcare and subsidies for childcare.

b. Choices for Children (408) 297-3295 www.choices4children.org
Childcare subsidies for people on welfare within the last two years.

c. Head Start PreSchool (408) 453-6900 or (800) 820-8182
www.sccoe.org/depts/headstart/

d. San Juan Bautista Sick Child Care (408) 293-1168
Child care for mildly ill children.

e. YWCA Child Care Centers (408) 295 4011 ext. 237
www.ywca-scv.org/programs/childcare_centers.php

17. Abuse Reporting and Crisis Hotlines:

Adult Protective Services Reporting Line: (24-Hr)
(800) 414-2002
Child Abuse Reporting Line (24-Hr) (408) 299-2071, 650 493-1186, 408 683-0601
CONTACT Cares Help Line (24 Hr) (408) 850-6125
Crisis lines for parental stress, teen issues, anti-hate, jobkeeper and Centercares for AIDS/HIV, etc.
24/7 Teen Line (888) 247-7717 A helpline/hotline for ages 7 to 24.

18. Websites on Health, Nutrition, Diet & Exercise

Nutrition and Diet

1. www.calorieking.com/foods/. The CalorieKing.com Food Database holds the nutritional information for over 50,000 American generic and brand name foods (including over 260 fast-food chains).

2. www.CalorieLab.com Has a free search feature for finding the calorie content in American foods, including complete popular restaurant complete menus with calories.

3. www.CookingLight.com This website of the Cooking Light magazine is filled with hundreds of great recipes with nutritional food counts of each serving listed. Has exercise plans, and menu and event planning ideas.

4. www.eatingwell.com This website has lots of free recipes for healthy food that tastes good.

5. www.EveryDiet.org An encyclopedia-like compilation of information on all sorts of diet plans. (Not a substitute for medical or professional advice.

6. www.fruitsandveggiesmatter.gov Website of the Centers for Disease Control and Prevention. Much information on fruits and vegetables, many recipes.

7. www.hsph.harvard.edu/nutritionsource/ This is the nutrition website of the Harvard School of Public Health.

8. www.Nutrition.gov This huge site contains national resource information by the federal government, with links to other sites about healthy eating, exercise, etc.

Fitness and Exercise

9. www.americansinmotion.org. This website is "Americans in Motion", a fitness program of the American Academy of Family Physicians. Has downloadable, printable information on fitness.

10. www.fitness.gov This fitness website of the U.S. Department of Health and Human Services has an Adult Fitness Test. Contains extensive links to fitness resources of the federal and state governments, and fitness organizations.

11. www.presidentschallenge.org The National President's Challenge is a nationwide call to action for a healthier America. It's fun and it's free! All you have to do is be active five days a week for six out of eight weeks, and log your activity.

12. www.Prevention.com This website of the Prevention magazines contains lots of up to date information on the latest findings and trends in health, diet, fitness, recipes and nutrition.

Children's Health

13. www.bcm.edu/cnrc/consumer/archives/childweight1.html, also www.kidsnutrition.org/consumer. Both are the website of Baylor College of Medicine USDA/ARS Children's Nutrition Research Center. Hundreds of articles on topics ranging from helping children develop healthy eating habits to nutrition for vegetarian teens. Also has extensive nutrition web links to sites for children and for parents.

14. www.kidshealth.org Website of the Nemours Foundation on kids' health, with special sections for kids, for teens and for parents.

General Medical and Disease Information

15. www.americanheart.org Website of the American Heart Association, with links to American Stroke Association. Section in Spanish also.

16. www.cdc.gov: Website of the Centers for Disease Control and Prevention. Much information on health and diseases.

17. www.diabetes.org Website of the American Diabetes Association, with information on weight loss, exercise, nutrition and diabetes.

18. www.drugs.com/ Extensive consumer information on medications, and an excellent drug interaction calculator.

19. www.mayoclinic.com/ Website of the Mayo Clinic, containing health information and Health Tools, such as a BMI (Body Mass Index) calculator and a calorie calculator.

20. www.medicinenet.com Part of the WebMD network, this website is doctor-produced by a network of over 70 U.S. Board Certified Physicians. It provides easy-to-read, in-depth, medical information for consumers via its user-friendly, interactive web site.

21. www.nlm.nih.gov/medlineplus/druginformation.html The U.S. National Library of Medicine's guide to prescription and over-the-counter medications.

22. www.ncbi.nlm.nih.gov/PubMed This is the **PubMed** website, a free search engine for accessing the MEDLINE database of citations and abstracts of biomedical research articles, with some links to free full text articles. Provided by the United States National Library of Medicine.

23. www.noah-health.org/ A website of New York On-line Access to Health. Contains high quality full-text consumer health information in English and Spanish that is accurate, timely, and relevant.

24. www.webmd.com Website with extensive health and disease information.

Please note: Resources and websites listed are for informational purposes only. This resource list focuses on primary organizations, and for reasons of space, does not include all available resources. Inclusion on this list does not imply endorsement by Santa Clara Valley Medical Center. Additional resources may be found by contacting the referral lines listed on the top of page 1 of the Patient Resource List. Please contact programs directly, as information is subject to change. Please provide feedback or changes to kathleen.lynch@hhs.sccgov.org.