

# Alameda Alliance for Health Health Care Services Local Resources



## YOUR HEALTH CARE

### Help with Your Health Care



#### Alliance Member Services Department

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

Call for help with:

- Finding a doctor
- Getting a language interpreter
- Mental or behavioral health care services
- Questions about your health plan
- Support with getting health care and community services

### Advice Nurse Line



#### Alliance Medi-Cal Member\*

Toll-Free: **1.888.433.1876**

#### Alliance Group Care Member\*

Toll-Free: **1.855.383.7873**

If you have a health problem, call your doctor.

If you cannot reach your doctor, the Alliance offers an Advice Nurse Line that you can call any time.

### Transportation to Health Care Visits



#### ModivCare

Toll-Free: **1.855.891.7171**

For Medi-Cal members, the Alliance covers transportation that meets your health care needs. Please call to schedule three (3) business days ahead, or as soon as you can when you have an urgent health care visit.

## OTHER SERVICES

### Food



#### Alameda County Community Food Bank

Phone Number: **1.510.635.3663**

Toll-Free: **1.800.870.3663**

**foodnow.net** (English, Spanish)

Find groceries, hot meals, and help signing up for CalFresh, a program that can help you buy food.

### Housing, Phone Bills, and Utilities



#### 211\*

Toll-Free: **211**

**www.211alamedacounty.org**

Find housing, shelter, and programs to help pay rent, or your bills. You can also ask your utility company about their assistance programs.

Language interpreters are offered for all phone numbers.

Resources with a (\*) are open 24 hours a day, 7 days a week.

## OTHER SERVICES (CONT.)

### Abuse



#### Alameda County Family Justice Center

Phone Number: **1.510.267.8800**

**www.acfjc.org** (English, Spanish, Chinese)

Get help if you experience abuse.

#### Adult Protective Services\*

Phone Number: **1.510.577.3500**

Toll-Free: **1.866.225.5277**

Report abuse of adults with disabilities or elders at any time. Abuse is hurtful words or actions, like hitting, yelling, stealing money, or ignoring needs.

#### Child Abuse Reporting Hotline\*

Toll-Free: **1.510.259.1800**

Report child abuse at any time.

#### National Domestic Violence Hotline\*

Toll-Free: **1.800.799.7233**

Get help for partner abuse at any time.

### Child Development



#### Help Me Grow

Phone Number: **1.888.510.1211**

**www.alamedakids.org** (English, Spanish, Chinese)

Call with questions about the growth and development of your children five (5) years of age or younger. Connect with resources for children.

## ALAMEDA Alliance FOR HEALTH

### Questions?

Please call the Alliance Member Services Department  
Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments  
(CRS/TTY): **711/1.800.735.2929**

**www.alamedaalliance.org**

### In-Home Supportive Services (IHSS)



#### Alameda County Department of Adult and Aging Services IHSS

Phone Number: **1.510.577.1800**

**www.alamedasocialservices.org**

Help with personal care and household chores for people who are aged, blind or have disabilities.

### Older Adults



#### Alameda County Senior Information

Phone Number: **1.510.577.3530**

Toll-Free: **1.800.510.2020**

**seniorinfo.acgov.org**

Find services for adults 60+ years of age, such as adult day care, food & nutrition, health insurance, fall prevention, transportation, and more.

### People with Disabilities



Find resources and programs to support you in living independently.

#### Center for Independent Living

Phone Number: **1.510.841.4776**

Videophone: **1.510.356.2662**

**www.thecil.org** (English, Spanish)

Serves the Alameda, Berkeley, and Oakland area.

#### Community Resources for Independent Living

Phone Number: **1.510.881.5743**

People with hearing and speaking impairments  
(TTY): **1.510.881.0218**

**www.crilhayward.org** (all languages)

Serves the Fremont, Hayward, and Livermore area.