The County of Alameda

Fall Prevention Guide

FOR OLDER ADULTS

2026 - 2028

Alameda County Area Agency on Aging
Senior Information & Assistance Program
Ph: 510-577-3530 Web: seniorinfo.acgov.org

Product of the
Senior Injury Prevention Partnership

The Fall Prevention Guide is a product of the collaboration between Alameda County Emergency Medical Services Agency (EMS), Senior Injury Prevention Program and Alameda County Social Services Agency, Area Agency on Aging, through the EMS Senior Injury Prevention Partnership (SIPP).

Senior Injury Prevention Partnership (SIPP)

The SIPP is a network of public and private sector agencies determined to reduce the number of preventable injuries to older adults in Alameda County and raise awareness of the need for older adult injury prevention programs.

SIPP Members

- Accessible Home Occupation Therapy
- Afghan Elderly Association
- Alameda Alliance for Health
- Alameda County Area Agency on Aging
- Alameda County Behavioral Health Department
- Alameda County Commission on Aging
- Alameda County Community Food Bank
- Alameda County Emergency Medical Services Agency
- Alameda County Healthy Homes Department
- Alameda Health System
- Bone Health and Osteoporosis Foundation
- Center for Elders Independence
- City of Fremont Human Services
- City of Oakland Human Services
- City of San Leandro
- City Serve of the Tri-Valley
- Covia/Front Porch
- DayBreak Adult Care
- Falck USA
- Habitat for Humanity East Bay/Silicon Valley
- Home Safety Services, INC
- Institute on Aging
- J-Sei
- Korean Community Center of the East Bay
- Life Long Medical Care
- Rebuilding Together East Bay Network
- Spectrum Community Services
- St. Mary's Center
- Sutter Health, Eden Medical Center
- United Seniors of Oakland & Alameda County
- Vietnamese American Community Center of the East Bay
- Vital Link Medical Alert System

For more information on SIPP, or to become a member, contact Alameda County Emergency Medical Services Agency at 510-618-2050.

INTRODUCTION

Approximately one-third of community-dwelling individuals aged 60 and over will experience a fall annually, and one-in-five of those falls will result in serious injury.

The risk of falling increases when someone has:

- Fallen before
- Balance problems
- Chronic diseases, such as arthritis, diabetes, cardiovascular disease and cognitive diseases and disorders
- Depression
- Foot pain or poor footwear
- Hazards in the home
- Multiple medications
- Drug and alcohol use/abuse
- Memory problems
- Fear of falling
- Muscle weakness
- Problems with walking or unsteady gait
- Hearing problems
- Vision problems
- Vitamin D deficiency

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling. There is strong evidence suggesting interventions addressing multiple risk factors can reduce the number of falls.

In order to meet the ever-growing demand for fall prevention services, the number of evidence-based fall risk reduction/prevention programs has grown in Alameda County; older adults and service providers have an increasing array of program choices to fit a diverse set of needs and available resources.

This resource guide is intended to assist service providers and older adults in selecting programs that best suit their needs. It highlights organizations that offer resources and classes and is not exhaustive. Programs are evidence-based; programs listed within the guide are available free of charge or for a nominal fee. A few of the programs are particularly intended for frail individuals. Not all programs are available in languages other than English. Please call for information about language capacity. Many programs also post their class schedules online, so you may check their website for more information. You may also contact Alameda County Area Agency on Aging, Senior Information and Assistance Program for a conversation with a social worker with county-wide knowledge of resources at 510-577-3530.

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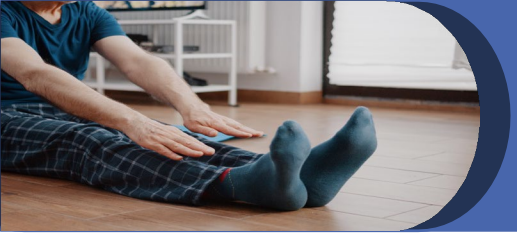


FALL PREVENTION EDUCATION

Experiencing a fall, regardless of whether it results in an injury, can greatly impact one's quality of life. It is common for older adults to be concerned about falling, which may lead to a reduction in activities and social interactions. This, in turn, can contribute to a decline in health, feelings of depression, increased social isolation, and a sense of helplessness.

Increasing one's physical strength and balance plays a vital role in reducing the risk of falling. Engaging in activities such as walking, gardening, and dancing are all excellent ways to maintain fitness and overall health, contributing to a more confident and active lifestyle.

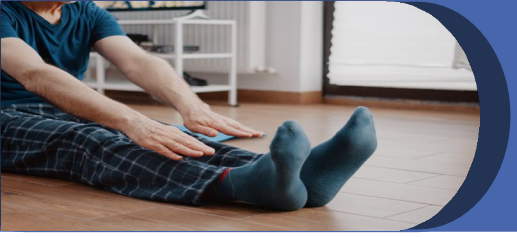
Evidence-based Fall Prevention Programs are specifically designed to reduce the risk of falling, safely increase physical activity levels, and improve balance and strength. Each of these programs meets the Older Americans Act criteria for evidence-based programs and are proven to be effective and appropriate for older adults. The following programs are offered locally by certified trainers. For more information on Evidenced-based Fall Prevention Programs, visit the National Council on Aging's website at www.ncoa.org.

A Matter of Balance (MOB) is an 8-week program designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to view falls as controllable, set goals to increase activity, identify and address fall risk factors at home, and exercise to increase strength and balance.

Bingocize® is a 10-week program that combines bingo with exercise and health education. The overall goal of the program is to improve mobility and independence, learn how to reduce falls and other health-related behaviors, and socially engage with other older adults.

Enhanced Fitness is an arthritis friendly group exercise and falls prevention program that is proven to support older adults at all fitness levels in becoming more active, energized, and empowered. Classes focus on four key components: low impact cardio, balance work, strength training and stretching.

Lifestyle Integrated Functional Exercise (LiFE) is an individual physical activity program that integrates strength and balance exercises into regular daily tasks. The program is designed to blend balance and strength training into the participants' everyday activities, effectively improving their overall functional fitness and well-being and in turn reducing the risk of fall.



FALL PREVENTION EDUCATION

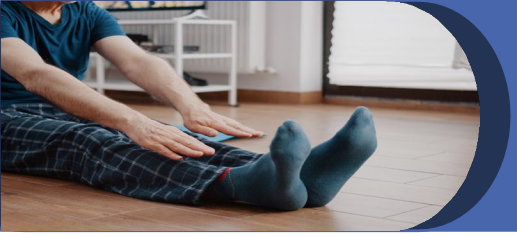
Tai Chi for Arthritis/Fall Prevention helps to improve muscular strength flexibility, balance, and stamina. Many studies have shown Tai Chi to be one of the more effective exercises for preventing falls.

Tai Ji Quan: Moving for Better Balance™ is a 24-week program delivered in two one-hour sessions each week. Sessions consist of warm-up exercises; core practices, which include a mix of practice of forms, variations of forms, and mini-therapeutic movements; and brief cool-down exercises.

Walk With Ease – developed by the Arthritis Foundation, this structured walking program is tailored to increase mobility and reduce stiffness and pain, especially for individuals dealing with arthritis or joint-related issues. The program focuses on three key components: walking, stretching, and exercises. Participants learn proper walking techniques, with a gradual progression in time and intensity to build endurance.

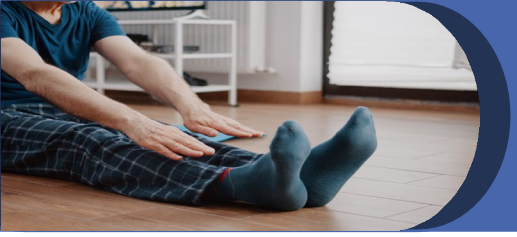
The following organizations offer classes specifically designed to reduce the risk of falling, safely increase physical activity levels, and improve balance and strength. Call local programs for more information. Contact local senior centers for additional information about group physical activity opportunities.

AGENCY NAME	PROGRAM(S)	SHORT DESCRIPTION	CONTACT
Alameda County Emergency Medical Services Senior Injury Prevention Program *Serving: Alameda County*	❖ A Matter of Balance ❖ Bingocize ❖ Tai Chi for Arthritis/ Fall Prevention ❖ Fall Prevention Education ❖ Emergency Preparedness	Classes offered: In-person and Virtual. Provides information and educational presentations designed to reduce preventable injuries among the older population.	Phone: 510-618-2050



FALL PREVENTION EDUCATION

AGENCY NAME	PROGRAM(S)	SHORT DESCRIPTION	CONTACT
Alameda Health System *Serving: Alameda County*	❖ A Matter of Balance	Classes offered: In-person. Set goals for increasing activity levels, reduce fall risks and learn ways to increase strength and balance.	Phone: 510-535-7648 Email: skaplanes@alamedahealthsystem.org Website: www.alamedahealthsystem.org
DayBreak Adult Care *Serving: Alameda County*	❖ Fitness from Home	Classes offered: Virtual. All our services are free for qualified seniors.	Phone: 510-926-0798 Email: info@daybreakac.org Website: www.daybreakac.org
Institute on Aging *Serving: Alameda County*	❖ Fall Prevention Education	Call for more information and class details.	Phone: 415-750-4111 Website: www.ioaging.org
Korean Community Center of the East Bay (KCCEB) *Serving: Alameda County*	❖ Tai Ji Quan: Moving for Better Balance	Classes offered: In-person. Call for current class schedule.	Phone: 510-547-2662 Website: https://kcceb.org
Spectrum Community Services *Serving: Alameda County*	❖ A Matter of Balance ❖ Enhance Fitness ❖ Walk with Ease	Classes offered: In-person. Call for current class locations.	Phone: 510-881-0300 Website: www.spectrumcs.org



FALL PREVENTION EDUCATION

AGENCY NAME	PROGRAM(S)	SHORT DESCRIPTION	CONTACT
St. Mary's Center *Serving: Northern Alameda County*	❖ Tai Chi for Arthritis	Classes offered: Virtual. Low-impact, senior friendly exercise to improve balance and well-being.	Phone: 510-629-1484 Email: echen@stmaryscenter.org Website: www.stmaryscenter.org
Sutter Health, Eden Medical Center Trauma Services, Injury Prevention *Serving: Central, Southern, and Eastern Alameda County*	❖ A Matter of Balance ❖ Bingocize ❖ Tai Chi for Arthritis	Classes offered: In-person and Virtual. Educational seminars, lectures, and webinars on fall prevention topics.	Phone: 510-727-8485 Email: pamela.stoker@sutterhealth.org Website: www.sutterhealth.org/eden
Vietnamese American Community Center of the East Bay (VACCEB) *Serving: Alameda County*	❖ Tai Chi – Moving for Better Balance	Call for more information.	Phone: 510-891-9999 Email: info@vacceb.org Website: www.vacceb.net

SIPP MEMBER- PRIVATE PAY PROVIDER:

AGENCY NAME	PROGRAM(S)	SHORT DESCRIPTION	CONTACT
Accessible Home, Occupational Therapy *Serving: Alameda County and Greater East Bay*	❖ Custom programming for Wellness and Fall Prevention	Classes offered: In-person (in client's home or assisted facility). Design and implement tailored programs for individuals and groups, focusing on promoting wellness and preventing falls.	Phone: 510-391-5050 Email: ninareaOT@accessiblehomeOT.com Website: www.accessiblehomeot.com

HOME SAFETY & MODIFICATIONS

Older adults can prevent falls and continue to live safely at home by making home safety modifications. Making a few simple modifications can turn a home into a safe and comfortable place. Some home safety modifications may require a professional or housing contractor and can be quite expensive, but most home modifications needed to improve safety have a low to moderate cost. Home safety modifications can include adding grab bars, improving lighting, and removing or repairing trip hazards.

Fall Prevention classes provide information about simple home safety and distribute related safety checklists. These classes provide education supporting good safety habits, such as improving lighting and eliminating or moving furniture and rugs. The Alameda County EMS, Senior Injury Prevention Program also provides a home safety checklist on their website at https://ems.acgov.org/CommtyResources/SIPP.page.

Medical Alert Systems and emergency response devices can add additional home safety support by monitoring and detecting falls. Go to the Additional Community Resources section for more information on medical alert systems.

The programs listed below provide free home modifications, mostly to low-income seniors, and most programs have a cap on costs per household. Some programs will assist tenant-occupied homes but may require owner approval. Make sure to discuss all eligibility requirements and program guidelines to ensure that your residence qualifies.

AGENCY NAME	PROGRAM(S)	SHORT DESCRIPTION	CONTACT
Afghan Elderly Association *Serving: Fremont, Newark, Union City*	❖ Home Modifications	Residential modifications, including minor repairs/renovations for individuals 60+.	Phone: 510-574-2065 Website: www.afghanelderlyassociation.org
Alameda County Healthy Homes *Serving: Albany, Emeryville, Oakland, Piedmont, Unincorporated Areas, Newark, Union City*	❖ Minor Home Repair Program	You must be the homeowner, be 62+ or disabled and income must be below 80% AMI. Grant is capped at $1,500 and services are available once in a 2-year period.	Phone: 510-567-8280 Website: https://achhd.org

HOME SAFETY & MODIFICATIONS

AGENCY NAME	PROGRAM(S)	SHORT DESCRIPTION	CONTACT
City Serve of the Tri-Valley *Serving: Dublin, Pleasanton, Livermore, Sunol*	❖ Minor Home Modifications	A variety Fall Prevention Programs aimed to reduce the risk of falling and maintain/increase functionality.	Phone: 925-222-2273 Email: seniors@cityservecares.org Website: www.cityservecares.org
Habitat for Humanity East Bay/Silicon Valley *Serving: Alameda County*	❖ Home Repair Program ❖ Renew Alameda County	Repair service grants: available at no cost to homeowners, incl. mobile homes. Renew AC program- large scale projects:1% interest loans w/ no mthly payments. Available for $15,000 - $150,000.	Phone: 510-803-3388 Email: HomeRepair@HabitatEBSV.org Website: www.habitatebsv.org
Institute on Aging *Serving: Central and Southern Alameda County*	❖ Minor Home Modifications	Fall risk screenings and minor home repairs/ renovations to address health and safety issues.	Phone: 415-750-4111 Website: www.ioaging.org
Rebuilding Together East Bay North *Serving: Albany, Berkeley, Emeryville and Contra Costa County*	❖ Safe at Home ❖ Gateway ❖ Home Rehabilitation	Home Safety Modifications, Rehabilitation, Small Repairs. Eligibility: Meet income; Senior 62+, Person w/ disability, or Veteran.	Phone: 510-644-8979 Email: info@rtebn.org Website: www.rtebn.org

HOME SAFETY & MODIFICATIONS

SIPP MEMBER PRIVATE PAY PROVIDERS:

AGENCY NAME	PROGRAM(S)	SHORT DESCRIPTION	CONTACT
Accessible Home, Occupational Therapy *Serving: Alameda County and Greater East Bay*	❖ Home Modification Assessment and Recommen-dations	In-depth assessments from an occupational therapist point of view to personally customize your home modification that extends beyond grab bars and wider doors.	Phone: 510-391-5050 Email: ninareaOT@accessiblehomeOT.com Website: www.accessiblehomeot.com
Home Safety Services, Inc. *Serving: Alameda County and Greater Bay Area*	❖ Falls Prevention through Home Modifications	Assessments and installation of grab bars, ramps, railings, lifts, bed/bath safety items.	Phone: 888-388-3811 Email: info@homesafety.net Website: www.homesafety.net

MEDICATION SAFETY

Medications, including those purchased over the counter, can cause side effects that increase the risk of a fall. Prescribed medications for blood pressure, heart, and pain management are associated with these kinds of side effects. The body's reaction to medications can change over time, resulting in some medications that were fine in the past may now cause adverse side effects. Having your physician or pharmacist review your medicines and make changes, if necessary, can reduce the risk of side effects that can contribute to a fall.

Medicare, Part D, has a program called Medications Therapy Management (MTM). Part D drug plans must, at a minimum, offer annual comprehensive reviews of medications for eligible plan members (typically people that take several medications for more than one chronic health condition) at no additional cost. Reviews are typically scheduled with a pharmacist or health care provider.

The programs listed below offer medication reviews by a pharmacist for older adults at risk for falls.

AGENCY NAME	PROGRAM(S)	SHORT DESCRIPTION	CONTACT
Afghan Elderly Association *Serving: Southern Alameda County*	❖ Medication Safety (Home Meds)	Evidence-Based Medication Management program designed to address medication-related problems.	Phone: 510-574-2065 Website: www.afghanelderlyassociation.org
City Serve of the Tri-Valley *Serving: Eastern, Central, and Southern Alameda County*	❖ Medication Safety (Home Meds)	Services offered: In-person and Virtual	Phone: 925-222-2273 Email: seniors@cityservecares.org Website: www.cityservecares.org
Institute on Aging *Serving: Central and Southern Alameda County*	❖ Medication Safety	Medication management and resources for safe medication use and creating medicine list	Phone: 415-750-4111 Website: www.ioaging.org

	❖		
United Seniors of Oakland and Alameda County *Serving: Alameda County*	❖ Medication Management Safety Program	Services offered: Phone and Virtual We offer one-on-one trainings to older adult, so they can learn the right way to manage their medication.	Phone: 510-604-2377 Email: elderata@yahoo.com Website: www.usoac.org

NUTRITION SUPPORT

Nutrition is a key factor in the prevention of falls among older adults, as an inadequate diet can lead to muscle weakness, impaired coordination, limited mobility, and both visual and cognitive impairment. These factors make individuals more susceptible to falling. A balanced diet that includes protein, calcium, vitamin D, and an adequate intake of fluids helps maintain muscle mass, strength, supports proper nerve-muscle function, and ensures overall health, reducing the risk of falls and related injuries in older adults. The programs and organizations below offer nutritious meals and food options, including nutrition education classes.

Senior group (congregate) dining sites throughout Alameda County serve nutritious lunches to older adults providing an opportunity to socialize with others. Many sites also offer nutrition education classes led by a dietitian. A variety of ethnic meals are also available. Call Alameda County Senior Information and Assistance for local site information at 510-577-3530.

Meals on Wheels (MOW) programs are available throughout Alameda County to serve healthy home-delivered meals to older adults, 60+ years of age, who are unable to prepare their own meals and have difficulty with mobility. Some programs can accommodate special dietary needs. For local program information, contact Meals on Wheels of Alameda County by calling or texting 510-777-9560, or visit the website www.feedingseniors.org.

Mercy Brown Bag distributes grocery bags filled with fresh produce, healthy grains, canned goods, and lean protein throughout Alameda County, twice a month. Contact Mercy Brown Bag: 510-269-9640.

Alameda County Community Food Bank provides connections to different food sources throughout Alameda County; from emergency groceries to home-delivered groceries and CalFresh assistance to help buy groceries every month.

For more information about food and nutrition resources, check out the Senior Food & Nutrition Resource Guide provided by the Alameda County Senior Information and Assistance Program. To obtain a copy, call 510-577-3530 or log onto their website at https://seniorinfo.acgov.org.

HEALTH SCREENINGS

VISION

Routine vision screening can help minimize falls. Vision impairment can include blurry vision and glare, poor depth perception, and /or problems going from light to dark. These conditions can increase the risk of falling because they affect balance and decrease the ability to see clearly. Vision problems can more than double the likelihood of falling. It is recommended to have a routine eye exam annually. The cost of vision exams varies, and not all insurance programs cover the cost.

Original Medicare, Part A and Part B, does not cover routine eye exams for glasses or contact lenses. For more information on Medicare coverage, contact the Health Insurance Counseling and Advocacy Program (HICAP) at 510-832-3040.

The following resources may be able to connect you to low-cost eye care:

AGENCY NAME	PROGRAM(S)	SHORT DESCRIPTION	CONTACT
UC Berkeley School of Optometry *Serving: Northern Alameda County and San Francisco*	❖ Centers of Eye and Vision Health	Provides comprehensive eye care to the local community. Clinics are located on the Berkeley campus and in San Francisco.	Phone: 510-642-2020 Website: https://eyecare.berkeley.edu
Life Long Medical Care *Serving: Oakland, Berkeley, and West Contra Costa County*	❖ Senior Independence	Offers a range of older adult services, including Optometry Services.	Phone: 510-981-4100 Website: https://lifelongmedical.org
Lighthouse for the Blind and Visually Impaired *Serving: North Alameda County, San Francisco, and North Bay*	❖ Low Vision & Optometry Clinic ❖ Blind & Low Vision Skills Training ❖ Access Technology	Provides eye exams, skills training, and adaptive devices.	Phone: 415-431-1481 Video Phone: 415-255-5906 Email: info@lighthouse-sf.org Website: https://lighthouse-sf.org

HEALTH SCREENINGS

AGENCY NAME	PROGRAM(S)	SHORT DESCRIPTION	CONTACT
Center for Adaptive Technology *Serving: Berkeley and Northern Alameda County*	❖ Assistive Technology ❖ Augmentative and Alternative Communication	Offers classes for seniors with vision loss.	Phone: 510-841-3224 Email: info@C4AT.org Website: www.c4at.org

BONE DENSITY TESTING

When preventing falls, bone density testing plays a key role. A bone density test is often performed using Dual-Energy X-ray Absorptiometry (DXA) scans, that measures strength and density of bones. While most insurance companies do not require prior authorization for DXA, insurance coverage varies by plan. For more information visit the Bone Health and Osteoporosis Foundation (BHOF) website at… www.bonehealthandosteoporosis.org

PODIATRY SERVICES

Overall foot health and treating common foot problems, such as calluses, bunions, and ingrown toenails can help prevent issues that can cause unsteadiness while standing and at risk of a fall. Wearing proper footwear can also help to prevent falls.

Bay Area Community Health (BACH) provides podiatry services at the City of Fremont's Age Well Center at Lake Elizabeth on the 2nd Wednesday of the month. Adults 55 and older can access toenail and callus care by calling BACH at 510-252-5845 to schedule an appointment.

Contact your healthcare provider for additional foot care resources.

SOCIAL ISOLATION & SUPPORT

Living alone or having limited social interactions can have significant impact on the physical health and well-being of older adults. Studies have found that there's an association between social isolation and a heightened risk of falls among older adults.

The following programs and services provide socialization support to older adults that are homebound throughout Alameda County. Contact local senior centers for additional information about social activity opportunities.

AGENCY NAME	PROGRAM(S)	SHORT DESCRIPTION	CONTACT
Afghan Elderly Association *Serving: Fremont, Newark, Union City*	❖ Friendly Visting ❖ Telephone Reassurance	Healthy aging programs that promote positive health outcomes, reduce isolation, and create an atmosphere of support.	Phone: 510-574-2065 Website: www.afghanelderlyassociation.Org
City of Oakland *Serving: Oakland*	❖ Senior Companion Program	Provides assistance and companionship to older adults promoting independence.	Phone: 510-238-3080 Website: www.oaklandca.gov/topics/senior-services
City Serve of the Tri-Valley *Serving: Dublin, Livermore, Pleasanton, Sunol*	❖ Caring Visitor Program	Matches trained volunteers and care advocates with seniors for companionship and socialization.	Phone: 925-222-2273 Email: connect@cityservecares.com Website: https://cityservecares.org
Covia / Front Porch *Serving: Alameda County and Greater Bay Area*	❖ Well Connected ❖ Social Call	Well Connected – virtual and phone activities promoting group conversations, games, and education. Social Call – creates 1-on-1 connections by phone.	Phone: 1-877-797-7299 Website: https://covia.org
Family Bridges *Serving: Northern Alameda County*	❖ Friendly Visitors	Provides companionship to homebound, socially isolated Cantonese or Mandarin speaking seniors.	Phone: 510-763-9017 Website: www.familybridges.org

SOCIAL ISOLATION & SUPPORT

AGENCY NAME	PROGRAM(S)	SHORT DESCRIPTION	CONTACT
Institute on Aging *Serving: Central and Southern Alameda County*	❖ Friendly Visitors	Provides companionship to homebound seniors in Alameda County.	Phone: 415-750-4111 Email: connect@ioaging.org Website: www.ioaging.org
J-Sei *Serving: Northern Alameda County*	❖ Friendly Visitors & Callers	Volunteer visitors and callers are matched with an older adult, 60+ who would benefit from lively conversation and companionship.	Phone: 510-654-4000 ext. 103 Email: hannah.shever@j-sei.org Website: https://j-sei.org
Spanish Speaking Unity Council *Serving: Northern Alameda County*	❖ Telephone Reassurance	Provides conversation and companionship for older adults, 60+.	Phone: 510-535-6123 Email: seniors@unitycouncil.org Website: https://unitycouncil.org
St. Mary's Center *Serving: West Oakland, Oakland, and Alameda County*	❖ Community Center	Services offered: In-person, Online and Hybrid Social and recreational activities like bingo, field trips, digital trainings, peer support and workshop series.	Phone: 510-923-9600 Email: admin@stmaryscenter.org Website: www.stmaryscenter.org
Swords to Plowshares *Serving: Alameda County and San Francisco County*	❖ Telephone Reassurance	Provides support for Veterans, 60 and older.	Phone: 415-727-VETS (8387) Website: www.swords-to-plowshares.org

ADDITIONAL COMMUNITY RESOURCES

Below are some of the local for-profit companies/businesses that provide fall prevention support services. Additionally, there are many nationwide companies that specialize in the categories mentioned below that provide valuable fall prevention resources.

HOME CARE

AGENCY NAME	PROGRAM(S)	SHORT DESCRIPTION	CONTACT
Alice Home Care *Serving: Alameda and Contra Costa Counties*	❖ Home Care Services and Support	Home Care Services – caregivers who speak Cantonese and Mandrin also available.	Phone: 510-924-8529 Email: info@alicehomecare.com Website: https://alicehomecare.com
Asian Network Pacific Home Care *Serving: Alameda County and the Greater Bay Area*	❖ Home Care and Home Health Services	Home Health, Home Care and Hospice Services. Multilingual caregivers in Cantonese, Mandarin, Vietnamese, and other Asian dialects.	Phone: 510-268-1118 Website: www.asiannetwork.com
BrightStar Home Care *Serving: Alameda County*	❖ Home Care Services and Support	Services including personal care, companion care and skilled nursing.	Phone: 925-570-2021 Website: www.brightstarcare.com
Senior Alternatives *Serving: Alameda and Contra Costa Counties*	❖ Home Care and Care Management Services	Comprehensive care and support services, including peer care.	Phone: 510-482-3379 Email: webinfo@senalt.com Website: https://bayareaseniorcare.com

ADDITIONAL COMMUNITY RESOURCES

MEDICAL ALERT SYSTEMS

AGENCY NAME	PROGRAM(S)	SHORT DESCRIPTION	CONTACT
Vital Link Medical Alert Systems *Serving: Alameda County and the Greater Bay Area*	❖ Medical Alert Systems Services	Wearable buttons and devices that can be used to get help in any type of emergency.	Phone: 510-338-3466 Email: info@vital-link.com Website: www.vital-link.com

*PROGRAMS FOR ALL-INCLUSIVE CARE FOR THE ELDERLY (PACE)

Coordinated healthcare plan for frail elders, 55 years and older. Helps individuals receive skilled nursing level care while remaining comfortably at home.

AGENCY NAME	PROGRAM(S)	SHORT DESCRIPTION	CONTACT
Center for Elders Independence (CEI) *Serving: Alameda County and the Greater Bay Area*	❖ PACE Program	Coordinated Medical Care to give ability to live safely and independently at home. Medi-Cal Eligible recipients.	Phone: 844-319-1150 Email: info@cei.elders.org Website: https://cei.elders.org
On Lok *Serving: Southern Alameda County, Peninsula and South Bay Areas*	❖ PACE Program	Full-service healthcare and Senior Services to support your quality of life and empower your independence. Medi-Cal recipients.	Phone: 855-973-1110 Website: https://onlok.org

* Federal and state funded programs

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Alameda County Area Agency on Aging
Senior Information & Assistance Program
Call us at 510-577-3530

Find out more about the wide variety of supportive services available for older adults and persons with disabilities through the Area Agency on Aging by logging onto http://aaa.acgov.org