

## HEALTH SERVICES



- **Stanford Hospital** (650) 723-4000  
300 Pasteur Drive Palo Alto, CA
- **El Camino Hospital** (650) 940-7000  
2500 Grant Road Mountain View, CA

A program, sponsored by the El Camino Hospital Auxiliary, offers daily check-in and supportive phone calls to seniors.  
Call (650)-723-4000, at ext. 7124.

El Camino Hospital has a **Health Library and Resource Center**.  
It is located on the first floor of the main hospital building on the El Camino Hospital campus.

It is open Monday through Friday, 8:00 AM to 5:00 PM  
Phone (650) 940-7210 Fax (650) 940-7174

Information on the following services is available at this site:  
E-mail [healthlib@elcaminohospital.org](mailto:healthlib@elcaminohospital.org) (see next page)

1. **Library Resources** including nearly 3,400 full-text journals covering virtually all areas of medicine.
2. **Family Caregiver Assistance (Eldercare)** This professional service can help develop a long-range care plan based on your unique situation, evaluate your family's financial circumstances, identify your needs and concerns, locate local and nationwide caregiver resources and set priorities and find practical solutions to relieve caregiver stress.
3. **Advance Health Care Directive Assistance**
4. **HICAP Health Insurance Counseling for Seniors**  
Counselors are knowledgeable about Medicare A and B, Medi-Cal, Medicare Prescription Drug Plans (Part D), and comparisons of Medicare supplemental and long-term care insurance policies. They can also explain hospital or doctor bills, how to appeal denials of coverage and how to complete claims and appeals.
5. **Wellness Programs** including blood pressure screenings, consultation with a Dietitian and "Ask the Pharmacist".
6. **The El Camino Hospital Health Line** at (800) 216-5556 can give information about the following **Support Groups** available:
  - Alzheimer's Disease Family Support Group
  - Arthritis and Fibromyalgia Education and Support Group
  - Better Breathers' Club and Support Group
  - Cancer Support Group
  - Caregivers Support Group

- Diabetes Support Group
  - Eating Disorders Support Group
  - Heart to Heart
  - Idiopathic Pulmonary Fibrosis Support Group
  - Lupus Support Group
  - Prostate Cancer Support Group
  - Seizure Support Group
- **Rota Care**, a program offering medical services to those with financial limitations, is located at El Camino Hospital, Park Pavilion on the ground floor. Contact (650) 968-0836
  - **Palo Alto Medical Foundation/Camino Medical Group**  
(650) 321-4121  
745 El Camino Real Palo Alto, CA  
Provides physicians in many specialties
  - **Palo Alto Medical Foundation/Camino Medical Group**  
(650) 934-7000  
701 E. El Camino Real Mountain View, CA  
Provides physicians in many specialties
  - **Community Services Agency of Mountain View/Los Altos**  
204 Stierlin Rd. Mountain View  
(650) 968-0836  
<http://www.csacares.org>

Their case manager/ social workers assist seniors on a short-term and/or long-term basis. They deliver services in a client's home with an initial and then subsequent follow-up home visits. They work to empower seniors through different stages of interventions that keep them living at home.

- **Los Altos Senior Center**  
97 Hillview Ave. Los Altos  
(650) 947-2797  
[www.losaltosrecreation.org](http://www.losaltosrecreation.org)

**Provides:**

- Blood Pressure readings
  - Medication disposal
  - Medical equipment Loan Closet
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- **Rose Kleiner Senior Day Health Center**  
270 Escula Ave. Mountain View  
(650) 289-5494

**Provides:**

Adult day care, including nursing, social work, therapies and activities.

- **Avenidas Village**  
A plan modeled after Boston's successful Beacon Hill Village organization. Their goal is to simplify life's complexities with a one-call resource for your needs. Fee based.  
[www.avenidas.org/village](http://www.avenidas.org/village)
- **Adult Protective Services**  
(408) 975-4900  
Report any abuse of an older adult—physical, mental, financial.

- **Friendship Line**  
1-800-971-0016  
Emotional support, grief counseling, and referrals for older adults.
  
- **California Telephone Access Program**  
1-800-806-1191  
[www.ddtp.org](http://www.ddtp.org)  
Free phone equipment for seniors and people with disabilities.
  
- **Vista Center for the Blind and Visually Impaired**  
1-800-660-2009  
Ideas and support for living with vision loss.
  
- **Home Safety Council**  
[www.homesafetycouncil.org](http://www.homesafetycouncil.org)  
  
Tips to make your home safer.
  
- **New Lifestyles** 1-800-869-9549  
[www.newlifestyles.com](http://www.newlifestyles.com)  
  
An easy way to find available alternatives for all levels of senior housing and care.
  
- **Alternatives for Seniors** 1-888-533-INFO  
[www.alternativesforseniors.com](http://www.alternativesforseniors.com)  
  
A good source of Senior housing and care in the area

- **California Healthcare Foundation**  
<http://www.calqualitycare.org>

The California Healthcare Foundation's goal is to ensure that all Californians have access to affordable quality health care. Along with the Department of Social and Behavioral Sciences at the University of California, San Francisco, the Foundation sponsors a free web site that provides ratings of long-term care providers in the state. It helps individuals to choose among options such as assisted living facilities, home health care agencies and skilled nursing homes. It is easy to use and will search for facilities by ZIP code.

- **Medicare** 1-800-633-4227
- **Medi-Cal Field Office** (415) 904-9600
- **Funeral Consumers Alliance**  
[www.fcpeninsula.org](http://www.fcpeninsula.org)

Provides pre-need planning assistance and materials. Serves as a consumer advocate for legal and regulatory reform, giving advice on or lobbying for necessary changes locally, statewide or nationally. Provides at-need assistance in finding death care providers and resources.

- **Silicon Valley Council on Aging**  
<http://careaccess.org>

**Provides a comprehensive compendium of resources for seniors. A useful guide to local (county wide) senior organizations, consumer assistance, social resources and useful websites.**

- **Benefits Check Up**  
[www.benefitscheckup.org](http://www.benefitscheckup.org)

**Does screenings to help seniors with limited income find programs to help pay for prescription drugs, energy assistance, food stamps, Alzheimer's care and more.**

- **2-1-1**  
[211@uwsv.org](mailto:211@uwsv.org)  
Fax (408) 345-4301

**2-1-1 is the dialing code for free, non-emergency community, health and disaster information in Santa Clara County. 2-1-1 has been set aside by the Federal Communications commission for the public to easily access community information. Callers receive personalized information from a live phone specialist who can answer questions about a variety of nonprofit services and agencies. Phone specialists can also help callers find out where to go to volunteer or donate to their favorite cause.**

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