

Senior Resources

长者服务资源 Recursos para Adultos Mayores

Mga Mapagkukunan para sa Matanda موارد كبار

ធនធានចាស់ជរា Các Nguồn Trợ Giúp Người Cao Niên



FREE HELP & CONNECTION PROGRAMS FOR SENIORS

Sheltering in place is critical to our safety at this time, but it can be overwhelming, and bring isolation and loneliness. Friendly conversation, social connections, entertainment and crisis support are all just a telephone call away. While we are staying safe--washing hands, not touching our face, keeping 6 feet away from others when we are outside our home--remember being connected is good for our health too!

COVIA

Activities, education, support groups, and friendly conversation over the phone or online. Social Call program offers friendly callers. **877-797-7299**

24-HOUR FRIENDSHIP LINE

24-hour warm-line/friendly conversation, ongoing outreach calls, crisis support and referrals for people aged 60 years and older and adults living with disabilities. **888-670-1360**

MON AMI

National volunteer phone bank matches seniors with younger volunteers for friendly conversations to build a kinder, more cohesive community. **650-267-2474**

CRISIS SUPPORT SERVICES

24-hour crisis line offers support to people of all ages and backgrounds during times of crisis and to those feeling hopelessness. **800-209-2131**

ARE YOU IN NEED OF OTHER SUPPORT?

The community is full of resources to help. Food deliveries, transportation, caregiver services, legal assistance and more. All you need to do is call one of the following:

ALAMEDA COUNTY INFORMATION & REFERRAL MULTI-LINGUAL HOTLINE

Dial 211

AREA AGENCY ON AGING INFORMATION & ASSISTANCE LINE

510-577-3530 or 800-510-2020

FREMONT SENIOR HELP LINE

For Fremont, Newark, Union City & Hayward **510-574-2041**





SUPPORT IS ONLY A PHONE CALL AWAY IN YOUR LANGUAGE

中文 (CHINESE)

如果您正在照顾年长的亲人，社区拥有足够的资源来支持您。欲与家庭照护者联盟/湾区联系，请致电**1-415-434-3388**或**1-800-445-8106**。欲与阿滋海默症协会联系，请随时拨打24小时咨询专线**1-800-272-3900**。欲联系当地长者资讯与协助专线，请致电**1-510-577-3530**或**1-888-510-2020**

ESPAÑOL (SPANISH)

La protección en el lugar es importante para la seguridad en este momento, pero no tenemos que estar solos. Para conversaciones amistosas y conexión social, llame al Mon Ami (**1-650-267-2474**). Para clases interesantes y discusiones grupales, llame a Covia Well Connected (**1-877-797-7299**). Para asistencia en caso de crisis, llame a los Servicios de asistencia en caso de crisis (**1-800-309-2131**).

فارسی (FARSI)

ماندن در خانه در این دوره از زمان برای حفظ ایمنی بسیار حائز اهمیت است، اما لازم نیست تنها بمانیم. برای بهره مندی از مکالمات دوستانه و با Mon Ami ارتباط و معاشرت اجتماعی، با شماره (**1-650-267-2474**) تماس بگیرید. برای دریافت کمک و پشتیبانی در شرایط بحرانی، با خدمات پشتیبانی شرایط بحرانی (Crisis Support Services) به شماره (**1-800-309-2131**) تماس بگیرید.

TIẾNG VIỆT (VIETNAMESE)

Việc trú ẩn tại chỗ hiện rất quan trọng để bảo vệ an toàn, tuy nhiên chúng ta không nhất thiết phải đơn độc. Để trò chuyện thân mật và giao lưu kết nối, gọi Mon Ami (**1-650-267-2474**). Nếu quý vị cần trợ giúp giải quyết khủng hoảng, gọi ban Dịch Vụ Trợ Giúp Khắc Phục Khủng Hoảng (**1-800-309-2131**).

TAGALOG (TAGALOG)

Sa ngayon, mahalaga ang pananatili sa bahay para sa kaligtasan, nguni't hindi natin kailangang maging mag-isa. Para sa magiliw na mga pag-uusap at pakikipag-ugnayan, tumawag kay Mon Ami (**1-650-267-2474**). Para sa suporta sa krisis, tumawag sa Crisis Support Services (**1-800-309-2131**).

ភាសាខ្មែរ (CAMBODIAN)

ការស្នាក់នៅក្នុងទីជម្រក មានសារៈសំខាន់ចំពោះសុវត្ថិភាពនៅពេលនេះ ប៉ុន្តែយើងមិនត្រូវនៅតែឯងទេ។ ដើម្បីធ្វើការសន្ទនាមិត្តភាព និងទំនាក់ទំនងសង្គម សូមហៅទូរស័ព្ទមក Mon Ami (**1-650-267-2474**)។ ចំពោះការគាំពារពេលមានវិបត្តិ សូមហៅទូរស័ព្ទមក Crisis Support Services (**1-800-309-2131**)។

