

HOME RESOURCE LIST FOR PATIENTS AND FAMILY

IN-HOME CAREGIVERS / ATTENDANTS

Provides workers who perform **non-medical** services, such as assistance with bathing, dressing, light, housekeeping, supervision or companionship. *These are typically not paid for by insurance companies.*

Home Care Assistance.....	(866) 454-8346
Chajinel.....	(650) 741-6107
24 Hr Home Care.....	(650) 209-3295
Apex Care.....	(650) 482-9111
Alegre Home Care.....	(650) 757-2000
LivHome.....	(650) 967-3326
Agility Home Care.....	(650) 453-5100
FirstLight Home Care.....	(650) 486-1310

PHYSICAL/OCCUPATIONAL THERAPY

If you want additional therapy before or after surgery and these are typically not paid for by insurance companies
Be Active Be Well.....www.beactivebewell.com.....(650)722-2766

EMERGENCY RESPONSE SYSTEMS

Emergency Medical Response.....	911
Lifeline.....	(800) 236-8550
Vital Link.....	(800) 752-5522

MEDICAL EQUIPMENT COMPANIES

Apria.....	(650) 330-2420
Bay City Medical Supplies.....	(650) 367-6900
California Home Medical Equipment.....	(800) 906-0626
Haller's Medical Supply.....	(510) 797-2221
American Medical & Equipment Supply.....	(408) 559-5800
Bischoff's Medical & Mobility.....	(408) 286-6651

FOOD SERVICES - Meals on Wheels (\$5 a day)

Belmont to Daly City.....	(650) 295-2173	San Carlos to Menlo Park.....	(650) 323-2022
Palo Alto.....	(408) 452-1134	Coastside (Montara to Pescader).....	(650) 726-9056
Santa Clara County.....	(408) 505-3367	Pacifica.....	(650) 738-7384

TRANSPORTATION

Redi-Wheels & Redi-Coast (through SamTrans) - for new applicants only.....	(650) 366-4856
Medex (wheelchair & gurney van private pay service).....	(650) 738-8100
United Plus (wheelchair & gurney van private pay service).....	650) 525-1295

Health & Wellness Community Partner Resources

70 Strong—A free program that connects older adults 60+ years old to activities and services in the community to help them stay healthy and engaged..... 70Strong.org

Sequoia Village—A nonprofit that provides services and community interactions that make it possible for older adults to continue to live in their own homes. It is membership based. (650) 260-4569

San Mateo County Area Agency on Aging.....<http://www.smhealth.org/aas>... (650) 573-3900

Falls Prevention Coalition of San Mateo County.....www.smcfallprevention.org... (844) 663-2557

CarePatrol.....www.CarePatrol.com

Sequoia Health District.....www.seqhd.org

New Life Styles Guide to Senior Living & Care.....www.NewLifeStyles.com

Resources

Medical Supplies: Amazon.com, Walmart.com, Walgreens, CVS and Rite Aid , ARJpharma.com (Fremont) equipment & pharmacy supplies

Medical Equipment Donation programs:

ReCares—<http://homecares.org>---510-251-2273 Oakland, San Francisco & Marin area

Center for Independence of Individual with Disabilities--<http://cidsanmateo.org>---650-645-1780 ext. 127

Medical Equipment Loan Program.....www.freemedequip.org..... (650) 590-9112

[GoHealth Urgent Care | Walk-In or Check-In Online! https://www.gohealthuc.com](https://www.gohealthuc.com)

WE SUGGEST YOU CHECK WITH YOUR COMMERCIAL PAYOR OR MEDICARE PROVIDER FOR ANY CO-PAYS OR ADDITIONAL OUT-OF-POCKET EXPENSES YOU MAY INCUR.

No endorsement is expressed or implied by the inclusion of any firm or organization. You are encouraged to investigate each firm carefully, to ensure that its products or services best meet your or your family's needs.