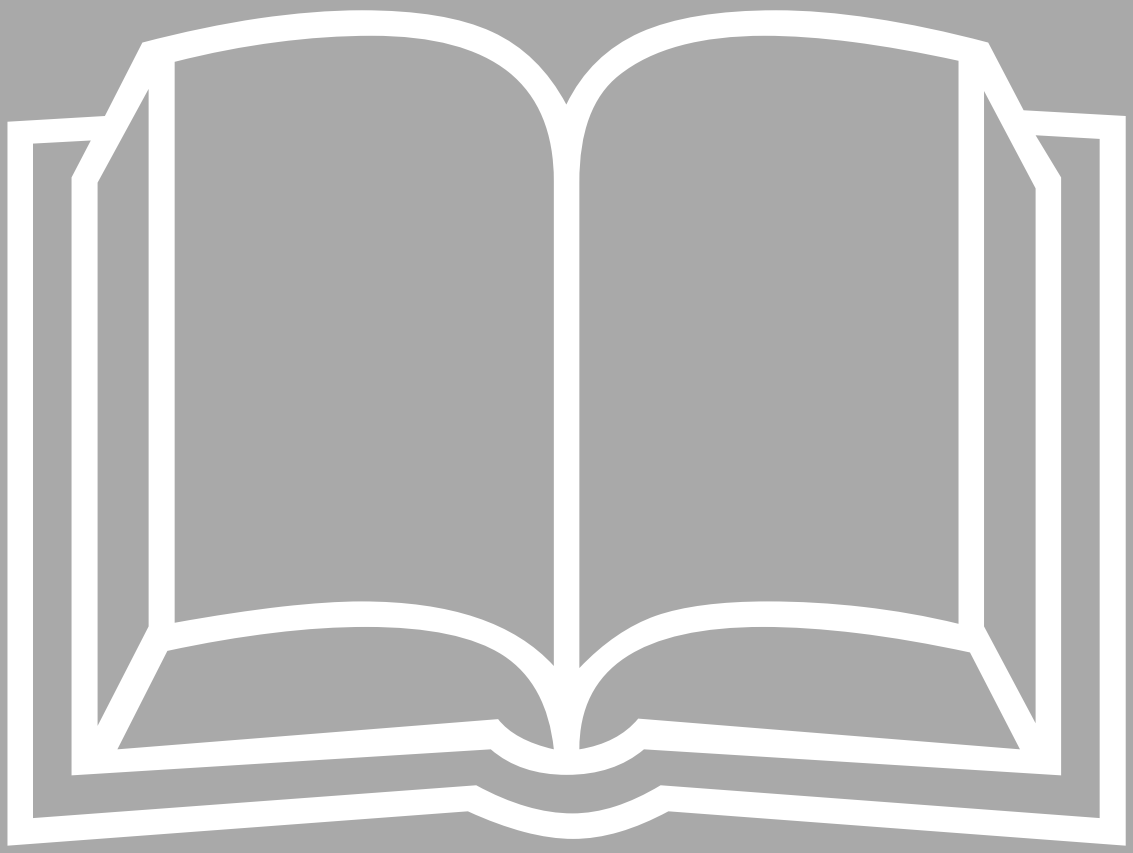
City of Alameda Commission on Disability Issues

DIRECTORY OF LOCAL COMMUNITY RESOURCES

Guide to Services & Resources for People with Physical and/or Cognitive Disabilities

October 24, 2009



City of Alameda

City of Alameda Commission on Disability Issues

Audrey Lord-Hausman, Chair

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Nielsen Tam

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Alameda City Hall

2263 Santa Clara Avenue • Alameda, California 94501 • 510-747-7400
www.ci.alameda.ca.us

Acknowledgements

Adrienne Longley-Cook, Commissioner (1946-2009)

Adrienne Longley-Cook was appointed to the Commission on Disability Issues in 2001 and served with distinction. Adrienne's commitment to service on behalf of persons with disabilities was one of compassion and dedication. She didn't let her own health challenges slow her down and she often helped others discover a newfound confidence in themselves.

We dedicate this *Special Needs-Special Services* Resource Fair in her memory.

Special Needs-Special Services Work Group

Leslie Krongold, Event Coordinator, Commission on Disability Issues

Jim Franz, Community Development Coordinator, City of Alameda

Jerry Juhala, Community Emergency Response Team, Disaster Registry

Jackie Krause, Mastick Senior Center

Audrey Lord-Hausman, Commission on Disability Issues

John McCahan, American Red Cross, Commissioner Public Utilities Board

Thanks to our wonderful Volunteers

American Red Cross Youth and Joanne Robinson

Amateur Radio Club of America (ARCA) of Alameda

Community Emergency Response Team (CERT) of Alameda

Community Organizations & Businesses

For information regarding the City of Alameda's ADA Transition Plan, contact Lucretia Akil at 747-4762 or lakil@ci.alameda.ca.us

ALAMEDA ALLIANCE FOR HEALTH

1240 South Loop Road **747-4500**
Alameda, CA
www.alamedaalliance.org
We are a health plan that serves individuals on Medi-Cal, Healthy Families and Medicare. Our Medicare Advantage Special Needs Plan is designed for low-income seniors and persons with disabilities, and we have an array of services designed to meet their needs.

ALAMEDA COUNTY COMMUNITY FOOD BANK

7900 Edgewater Drive **636-4909**
Oakland, CA
The Alameda County Community Food Bank can help connect residents with free food programs and help you apply for the food stamp program.

ALAMEDA COUNTY DEVELOPMENTAL DISABILITIES COUNCIL

1000 Broadway, **267-3261**
Suite 500
Oakland, CA
The Developmental Disabilities Council provides a forum for discussion, advocacy and planning for services for persons with developmental disabilities. Its efforts are coordinated with agencies working on behalf of persons with developmental disabilities such as the Area Board 5, Regional Center of the East Bay and local school districts.

ALAMEDA COUNTY TRANSPORTATION IMPROVEMENT AUTHORITY (ACTIA)

1333 Broadway **267-6120**
Suite 300
Oakland, CA
www.acta2002.com
ACTIA administers the Measure B half-cent sales tax in Alameda County. Measure B funds multi-modal transportation improvements including highway, street, and road improvements, transit operations and expansions, bicycle and pedestrian improvements, and special transportation for seniors and people with disabilities.

ALAMEDA EAST BAY MIRACLE LEAGUE

1322 Sherman St. **521-9371**
Alameda, CA
www.alamedaebmiracle.org
Alameda East Bay Miracle League is a local non-profit planning to build an adaptive sports field with organized team sports for all youth and adults.

ALAMEDA FIRE DEPARTMENT

1300 Park Street **337-2132**
Alameda, CA
www.alamedafire.org
Community Emergency Response Team training (CERT) is available free though the Alameda Fire Department. It is a six course series offered four times a year. You may sign up online at the website above.

ALAMEDA FOOD BANK

1900 Thau Way **523-5850**
Alameda, CA
www.alamedafoodbank.org
The Food Bank mission is to provide nutritious food at no cost to the low-income residents of the City of Alameda in a compassionate manner.

ALAMEDA HEAD START

2325 Clement Ave. **629-6350**
Alameda, CA
Our Alameda Head Start program requires that 10% of our children should be those with special needs. We assist and encourage support for special children under five years of age with a variety of pre-school activities..

ALAMEDA HOSPITAL

2070 Clinton Ave. **814-4362**
Alameda, CA
www.alamedahospital.org
Alameda Hospital has served Alameda and nearby communities with quality and personalized health care for over 100 years. It's capabilities include a full range of services to care for you and your family. Please visit our website.

ALAMEDA MEALS ON WHEELS & ALAMEDA FRIENDLY VISITORS

P.O. Box 2534 **865-6131**
Alameda, CA
Meals on Wheels delivers nourishing daily meals to Alameda residents seven days each week. We deliver to all ages and incomes who may be housebound or who need temporary or long-term meal assistance. Alameda Friendly Visitors offer a friendly visitor once each week to Alameda residents who are housebound.

ALAMEDA MUNICIPAL POWER

2000 Grand St. **748-3947**
Alameda, CA
www.alamedamp.com
Alameda Municipal Power offers a Medical Discount for customers with operating life-support and critical health maintenance electrical equipment. We also have low income programs for qualifying customers and energy efficiency rebate programs and services.

Community Organizations & Businesses

AMERICAN RED CROSS

451 Stardust Place **814-4200**
Alameda, CA
The American Red Cross – Alameda Service Center provides free Disaster Preparedness training to all Alamedans. They also administer Alameda Municipal Power Energy Assistance programs for Alamedans with disabilities.

ALAMEDA TRINITY SENIORS PROGRAM

1323 Central Avenue **522-5220**
Alameda, CA
A weekly program for all seniors 55+ years old. Sponsored by Alameda Adult School and Trinity Lutheran Church. Classes in Tai Chi, needlework & quilting, individual computer instruction, blood pressure, special speakers – legal, medical, community, musical. Special trips by bus. Great home-cooked meals for $4 donation.

AXIS DANCE COMPANY

1428 Alice Street **625-0110**
Suite 200
Oakland, CA
www.axisdance.org
AXIS Dance Company actualizes the unique collaboration between dancers with and without disabilities through physically integrated dance, a refreshing contemporary dance form that transforms perceived limitations into endless possibilities. AXIS performs, promotes and teaches this dance for bringing dance to everybody.

B

BAY AREA ASSOCIATION OF DISABLED SAILORS (BAADS)

1150 Ballena Blvd **495-5965**
Slip 68
Alameda, CA
www.baads.org
The Bay Area Association of Disabled Sailors provides sailing opportunities on San Francisco Bay in keelboats and dinghies. Our dinghies (small boats) sail every Saturday and our keelboats (larger boats) sail every Sunday fro South Beach Harbor, next to AT & T Park.

BAY AREA COMMUNITY SERVICES – FOUR BRIDGES CLC

1912 Central Avenue **750-8810**
Alameda, CA
www.bayareacs.org
We offer a psychosocial rehabilitation program for adults with severe and persistent mental illness. Four Bridges offers a wide range of prevocational, social, educational, and recreational activities.

BAY AREA OUTREACH AND RECREATION PROGRAM (BORP)

600 Bancroft Way **849-4663**
Suite B
Berkeley, CA
www.borp.org
BORP offers a variety of choices in sports for kids with disabilities. This allows participation at various levels of intensity. There is a Bike House, Power Soccer, Wheelchair Basketball, and Outdoor Adventure Program.

BRAIN INJURY CONNECTION

Alameda, CA **865-4953**
www.braininjuryconnection.org
Our mission is to enrich the lives of people affected by an acquired brain injury (ABI) through education and connection to community resources.

C

CALIFORNIA TELEPHONE ACCESS PROGRAM

1970 Broadway **302-1123**
Suite 650
Oakland, CA
The California Telephone Access Program distributes telecommunications equipment and services for California residents certified as having functional limitations of hearing, vision, mobility, speech, and/or interpretation of information.

CENTER FOR ACCESSIBLE TECHNOLOGY

2547 8th Street **841-3224**
Suite 12-A
Berkeley, CA
The Center for Accessible Technology (CforAT) is a non-profit organization that is a resource and demonstration site for computer adaptive technology (AT). This includes a wide range of hardware and software. Our focus is on facilitating computer access for children and adults with disabilities.

CENTER FOR INDEPENDENT LIVING

2539 Telegraph Ave. **841-4776**
Berkeley, CA
www.cilberkeley.org
The Center for Independent Living empowers people with all types of disabilities and seniors through our advocacy and wide array of independent living services. CIL's services are offered in Northern Alameda County.

CENTERS FOR MEDICARE & MEDICAID SERVICES

90 7th Street **415-744-3662**
Suite 5-300 (5W)
San Francisco, CA
www.cms.hhs.gov
Centers for Medicare and Medicaid Services (CMS) – US Federal agency which administers Medicare, Medicaid and the Children's Health Insurance Program. Provides information for health professionals, regional governments, and beneficiaries.

Community Organizations & Businesses

CITY OF ALAMEDA – PARATRANSIT

1155 Santa Clara Ave. 747-7506
Alameda CA
www.alamedaparatransit.com
The City of Alameda Paratransit Program is designed to supplement and complement the ADA-mandated services provided by East Bay Paratransit (EBP). This program offers transportation options to assist people with disabilities as well as seniors. In addition, transportation is provided for the Leisure Club, Mastick Senior Center's Travel Program, and the Annual Nursing Home picnic. This program is funded by Measure B.

CITY OF ALAMEDA – HOUSING REHAB PROGRAMS

950 West Mall Square 749-5814
Alameda CA
The City of Alameda Housing Rehabilitation Program assists eligible persons with disabilities in making modifications to their residence. Financial assistance is available for low-income households focusing on immediate needs as they relate to improving safety and accessibility.

D

DESIGNS FOR INDEPENDENT LIVING

Kathy Bate 925-937-6296
ASID, CID, CAPS
Walnut Creek CA
Designs for Independent Living provides aesthetically beautiful solutions to make your home more accessible and functional. We partner with healthcare professionals and licensed contractors to assess current and future needs and to bring safety and ease into your living spaces through Universal, Adaptable, Accessible, and Visitable design.

E

EAST BAY CENTER FOR THE BLIND

2928 Adeline Street 843-6935
Berkeley, CA
The East Bay Center for the Blind offers classes and activities for the benefit of its members and those in surrounding area. Ours is a unique organization because it is operated for blind people by its members most of whom are themselves blind or visually impaired.

EAST BAY INNOVATIONS

303 West Joaquin Ave 618-1580
Suite 110
San Leandro, CA
EBI provides services to assist adults with developmental disabilities to live on their own and to work in their communities.

F

FAMILY RESOURCE NETWORK

5232 Claremont Ave. 547-7322
Oakland, CA
The Family Resource Network (FRN) is a community-based parent organization that serves families of children with disabilities and special health care needs in Alameda County. FRN provides family-friendly information and training that parents can better access healthcare and emotional support.

G

GOLDEN HOUSE ADULT DAY CENTER

730 Central Ave. 922-4260
Alameda, CA
The program offers continuing adult education activities for individuals with a developmental disability. The program is funded by the Regional Center of the East Bay and offers 1:3 staff ratio (consumer age between 18-59 years).

K

KELLER WILLIAMS REALTY

Stephen Beard 364-6795
4341 Piedmont Avenue
Suite 200
Oakland, CA
www.stephenbeard.net
The Beard Realty Team provides real estate services for people with disabilities and their families.

L

CECILIA LINDSAY, SPEECH LANGUAGE PATHOLOGIST

2381 Mariner Square Dr., Ste. 180
415-559-9349 or 415-577-4210
Alameda CA
Margaret Bourne and Cecilia Lindsay – Speech Language Pathologists – who specialize in pediatric feeding, oral motor, language, and Down Syndrome treatment

M

MASTICK CENTER

1155 Santa Clara Ave. 747-7500
Alameda, CA
www.mastickcenter.com
Mastick Senior Center, a division of the City

of Alameda Recreation and Park Department, provides a well-rounded social recreation program encompassing the areas of health and wellness, education, recreation, and support services, resulting in life enhancement and enrichment for the growing senior community (50+ population). Mastick Senior Center operates in conjunction with the Mastick Senior Center Advisory Board.

N

NORTHERN CALIFORNIA MULTIPLE SCLEROSIS SOCIETY SUPPORT GROUP

Alameda Hospital **553-9349**
Alameda, CA
We provide support and information for people diagnosed with Multiple Sclerosis.

P

PIEDMONT YOGA STUDIO

3999 Piedmont Ave. **652-3336**
Oakland, CA
www.piedmontyoga.com
Piedmont Yoga Studio offers yoga classes for people with disabilities, special needs, those living with cancer and other illnesses.

PUBLIC AUTHORITY FOR IN-HOME SUPPORTIVE SERVICES

6955 Foothill Blvd. **559-9349**
3rd floor
Oakland, CA
The Public Authority for In-Home Supportive Services (IHSS) is a public agency that enhances IHSS through services for seniors and people with disabilities and the providers who assist them. Our services include a registry of homecare care providers, training and outreach programs for IHSS consumers and providers, enrollment of IHSS providers in health benefits, an emergency worker replacement program and advocacy opportunities for IHSS consumers.

T

THERAPY WORKS

1717 Minturn Street **220-2077**
Alameda, CA
Therapy Works is a non-public agency registered with the State of California which provides occupational therapy services to children ages 0-22 years old. The company is owned and directed by Margaret Duggan Maceda, OTR/L and consists of a group of occupational therapists.

TOOLWORKS

25 Kearny Street **415-733-0990**
Suite 400
San Francisco, CA
www.toolworks.org
Toolworks is a non-profit organization that provides independent living services, supported living services, community integration and employment services to individuals (deaf or hearing) with disabilities living in Contra Costa, Alameda, and San Francisco counties.

W

WELCOME TRANSPORTATION

638 Eagle Ave. **522-8911**
Alameda, CA
www.welcometransportgroup.com
Welcome Transportation has provided quality transportation for the entire Bay Area for over 15 years. Our fleet includes: Taxis, Town Cars, Vans, and Ramp Vans. Welcome Transportation is a part of the East Bay Paratransit and the American Disability Association.

Thank you to the following organizations and businesses for their raffle prize donations:

Alameda Fire Department

Alameda Hospital

Alameda Meals on Wheels

Alameda Municipal Power

American Red Cross

AXIS Dance Company

Bay Area Community Services – Four Bridges CLC

Caregiver Magazine

Center for Independent Living

Designs for Independent Living

East Bay Center for the Blind

Keller Williams Realty

Massage Envy

Mastick Senior Center

Panera Bread

Public Authority for In-Home Supportive Services in Alameda County

Special thanks to Alameda Municipal Power and Alameda Alliance for Health for underwriting the printing of this Resource Directory.

ALAMEDA MUNICIPAL POWER

A Department of the City of Alameda

Alliance FOR HEALTH

CompleteCare (HMO)

One simple plan for your health

Printed by Alameda Copy