

**Brisbane Village Helping Hands has compiled a list of resources for seniors regarding help at home, food services, transportation and emergency alert services.**

## **RESOURCE GUIDES**

**The San Mateo County Commission** on Aging publishes a booklet, updated every year or two, called "Help at Home". The booklet is a directory and reference guide containing information about resources and services available to older San Mateo County residents. The Help at Home website and a PDF of the booklet can be found online at:

<http://www.smchealth.org/helpathome>

**Peninsula Family Service** have created a website as a resources guide for seniors in San Mateo County. Some of the resources listed are available for residents of Brisbane.

650) 780-7547

<https://www.peninsulafamilyservice.org/our-programs/older-adult-services/70-strong/>

**Network of Care** Resources for San Mateo County

<https://www.smcgov.org/senior-resources>

## **FOOD SERVICES**

**The City of Brisbane** is partnering with **Samaritan House** to offer lunches to Seniors on Mondays. Reservations must be made by Friday for the following week. Drive-by pick-ups are available between 12-12:45pm outside the Senior Sunrise Room (2 Visitation Ave). Home delivery is available.

415-508-2144.

**Brisbane Food Share** (food delivery once or twice a month, depending on need).

650-291-2400

**Second Course Program** (thru San Mateo County Aging and Adult Services) provides home delivered meals for older adults who meet income eligibility requirements.

1-800-675-8437

**Meals on Wheels** San Mateo County delivers a hot meal Monday-Friday to homebound seniors and people with disabilities who are unable to prepare their own meals.

800-675-8437

## **TRANSPORTATION**

**San Mateo County Transit (SamTrans)** provides Redi-Wheels, public paratransit for persons with disabilities who cannot independently use regular SamTrans bus service some of the time or all of the time.

650-366-4856

**Go Go Grandparent** allows older adults to utilize on demand transportation companies like Lyft while keeping family and loved ones notified.

(855) 464-6872

[https://gogograndparent.com/gogostart?gclid=Cj0KCQjwt-6LBhDIARIsAIPRQcKU-4AWH4kZg-VXJTArBWSOSwEP8WHuPsImRz-WgL4BVkPNVRATd-caAgGtEALw\\_wcB](https://gogograndparent.com/gogostart?gclid=Cj0KCQjwt-6LBhDIARIsAIPRQcKU-4AWH4kZg-VXJTArBWSOSwEP8WHuPsImRz-WgL4BVkPNVRATd-caAgGtEALw_wcB)

## **PERSONAL EMERGENCY ALERT DEVICE**

**Personal safety devices** are used to connect seniors with emergency personnel to get the help they need. These can be life saving for seniors living alone or those without daily contact with friends and family.

Sutter Health

(650) 265-0566

<https://www.sutterhealth.org/services/senior-geriatric/sutter-safe-at-home-mpmc>

Bay Area Medical

866-816-2130

[https://www.bayalarmmedical.com/?gclid=Cj0KCQjwt-6LBhDIARIsAIPRQcKGJKyuiW6SWa7SA\\_wfXTdaEmBj0WinIJ-uxAnNdivYI9jwViGyk6waAkYyEALw\\_wcB](https://www.bayalarmmedical.com/?gclid=Cj0KCQjwt-6LBhDIARIsAIPRQcKGJKyuiW6SWa7SA_wfXTdaEmBj0WinIJ-uxAnNdivYI9jwViGyk6waAkYyEALw_wcB)

**The above information is provided as an informational convenience; it does not constitute an endorsement by our nonprofit organization.**