

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://peninsulafamilyservice.org/programs/older-adult-services/>

Network of Care Resources for San Mateo County

<https://aging.networkofcare.org/sanmateo>

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

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

800-675-8437

Kaiser Permanente and Medline at Home have partnered to provide a quarterly over-the-counter health and wellness benefit covered under a Medicare health plan.

<https://athome.medline.com/kpnca/>

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

SamTrans Senior Mobility Guide is available at local libraries or by calling

800-660-4287

<https://aging.networkofcare.org/SanMateo/services/agency?pid=SeniorMobilityGuide> 44 1 0

Peninsula Family Service Agency offers eligible seniors 6 cab rides a month for \$5 each within the geographic area and SF International Airport.

<https://peninsulafamilyservice.org/got-wheels/>

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=Cj0KCQjwjt-6LBhDIARIsAIPRQcKU-4AWH4kZg-VXJTArBWSOSwEP8WHuPslmRz-WgL4BVkPNVRATd-caAgGtEALw_wcB

HOUSING

Human Investment Project (HIP Housing) provides housing information & referral services, home sharing program and operates affordable rental housing.

(650) 348-6660

<https://www.hiphousing.org>

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

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