

Resource Hot Lines

THESE ORGANIZATIONS CAN ASSIST LOS GATOS RESIDENTS TO CONNECT WITH VARIOUS PROGRAMS AND SERVICES RANGING FROM HEALTHCARE PROVIDERS TO LEGAL ASSISTANCE.

211 FOR SANTA CLARA COUNTY

Referral service hotline phone: 211

Available in 170+ languages 24 hours a day, Santa Clara County 211 is a United Way of Silicon Valley free, confidential, multi-lingual referral service available to all residents of Santa Clara County.

211 | <http://www.211bayarea.org/>

SENIOR SERVICES INFORMATION (SOURCEWISE)

Hot line available in English from 8 am to 5 pm, Monday through Friday. Website search capability available 24 hours a day. Sourcewise provides information on coordinating services and support systems for all adults, including seniors, their families, and caregivers, in Santa Clara County.

(408) 350-3200 | <http://www.mysourcewise.com/>

DEMENTIA CARE HELPLINE (ALZHEIMER'S ASSOCIATION)

Available in English toll-free 24 hours a day, 7 days a week, the Alzheimer's Association Helpline provides reliable information and support to all those who need assistance. The Helpline serves people with memory loss, caregivers, health care professionals and the public and can help with:

- Understanding memory loss, dementia and Alzheimer's
- Medications and other treatment options
- General information about aging and brain health
- Skills to provide quality care and to find the best care from professionals
- Legal, financial and living-arrangement decisions

(800) 272-3900 | <http://www.alz.org/we-can-help-24-7-helpline.asp>

FRIENDSHIP LINE FOR SENIORS (INSTITUTE FOR AGING)

Confidential call in service for discussion for people aged 60 or older, their caregivers and younger disabled adults who may be lonely, isolated, bereaved, depressed, anxious, and/or thinking about death or suicide.

(800) 971-0016 |

<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>