



City of
Mountain View

AGE FRIENDLY MOUNTAIN VIEW
SENIOR RESOURCE GUIDE



**HEALTH & GRIEF
SUPPORT CARE**

- All information is subject to change
- Please call to confirm pricing

**Revised December
2023**

HEALTH

Mountain View seniors have access to some of the best medical facilities in the country. The number of physicians and other medical/dental/vision specialists in Santa Clara County means that County residents have a higher density of these local providers than most areas of the country. Geriatricians, physicians specializing in treating older adults, are board-certified doctors who help people stay physically active and independent in the community for as long as possible. In collaboration with the interdisciplinary staff, they provide thorough medical, physical, nutritional and psychosocial evaluations. Neurologists may also help with health issues of older patients.

Health Insurance Services

In addition to Medicare and Medi-Cal, for low income adults, there are a multitude of supplemental insurance companies, called Medi-Gaps plans and Medicare Advantage plans, sometimes referred to as Part C plans. To purchase Medicare Supplement Insurance you must be enrolled in Medicare Part A and Part B. Medicare Supplement Insurance provides coverage for gaps in medical costs not covered by Medicare. Medicare Supplement plans are standardized and offer various benefits to help offset your healthcare cost. To find information on Medicare Supplement Insurance, the names of companies authorized to sell it and compare premiums, please visit [Guide to Medicare Supplement www.insurance.ca.gov](http://www.insurance.ca.gov). - If enrolled in a Medi Gap plan, it is also necessary to enroll in Part D, Prescription drug plan.

Medicare Advantage (MA) is an alternative to traditional Medicare Part A and Part B. Medicare Advantage Plans are approved by Medicare, but are run by private companies that include Health Maintenance Organizations (HMOs) or Preferred Provider Organizations (PPOs). If you have questions related to Medicare Advantage Plans, contact Medicare at 1-800-633-4227.

HICAP

(Health Insurance Counseling & Advocacy Program)

Offers free, one-on-one Medicare counseling. Trained volunteer counselors can answer your questions and help you understand your Medicare rights and benefits, including how to appeal denials of coverage; Medicare supplemental insurance (Medigap policies); Medicare Advantage plans; employee and retiree coverage; and long-term care insurance. Legal help and representation at Medicare appeals or administrative hearings are also available.

3100 De La Cruz Blvd., Suite 310.

San Jose, CA 95054

www.mysourcewise.com

(408) 350-3200, option 2



PRIMARY HEALTH CARE SYSTEMS

The following are the primary healthcare systems in Mountain View and the immediate surrounding area. Where patients go to receive care would depend upon their respective supplemental insurance or Medicare Advantage (MA) plan.

How to join one- <https://www.medicare.gov/sign-up-change-plans/types-of-medicare-health-plans/medicare-advantage-plans/how-to-join-a-medicare-advantage-plan>
www.medicare.gov

Palo Alto Medical Foundation

701 E. El Camino Real
Mountain View, CA 94040
www.pamf.org
(650) 934-7000

Santa Clara Family Health Plan

6201 San Ignacio Ave
San Jose, CA 95119
<https://www.scfhp.com/>
(408) 376-2000

El Camino Hospital

2500 Grant Rd,
Mountain View, CA 94040
<https://www.elcaminohealth.org/>
(650) 940-7000

Kaiser Permanente Senior Advantage

555 Castro St
Mountain View, CA 94041
<https://healthy.kaiserpermanente.org/shop-plans/ready-for-medicare>
(800) 777-1238

Stanford Health Care

Palo Alto, CA
<https://stanfordhealthcare.org>
(650) 498-3333



SPECIALIZED HEALTH SERVICES

Better Hearing Center of Menlo Park

695 Oak Grove Ave, Ste 200, Second Floor
Menlo Park, CA 94025

<https://www.betterhearing.com/location/menlo-park/>

(650) 241-3000

Trusted Response Urgent Support Team (TRUST)

Call 800-704-0900, press 1 (call 988 for local 408, 650 and 669 area codes) to reach TRUST if you, or someone around you, is experiencing concerning mental health or substance use symptoms.

The Byers Eye Institute at Stanford

2452 Watson Court
Palo Alto, CA 94303

www.stanfordhealthcare.org

(650) 723-6995

Mesothelioma + Asbestos Awareness Center

<https://www.mesotheliomadiagnosis.com>

(866) 823-4516

Get a Free Information Mesothelioma Guide mailed to you that includes the latest on patient treatment options, top doctors, and financial compensation assistance.

<https://www.asbestos.com/>

(800) 615-2270

Free guides, support, and resources for asbestos cancers and asbestos exposure.

Mid-Peninsula Dental Society

220 Main St., Suite 208A
Los Altos, CA 94022

www.mpdso.org

(650) 328-2242

How Addiction is Becoming a Risk for Seniors - Online Article

<https://www.seniorliving.org/research/substance-abuse-seniors/>

California Drug Use & Treatment Info.

<https://www.addicted.org/california-long-term-drug-rehab.html>

Pacific Hearing Service

496 First St., Suite 120
Los Altos, CA 94022

<https://pacifichearingsservice.com/>

<https://www.pacifichearingconnection.org/>

(650) 941-0664

Parkinson's Disease and Movement Disorders Center of Silicon Valley

512 Hamilton Avenue,
Palo Alto CA 94301

<https://parkinsonssiliconvalley.com/>

(650) 394-6690

Stanford/VA Alzheimer's Research Center

Palo Alto VA Health Care Center
Bldg 4, Rm C151A
3801 Miranda Ave.

Palo Alto, CA 94304

www.med.stanford.edu/svalz.html

(650) 858-3915

Vista Center for the Blind & Visually Impaired

2500 El Camino Real Suite 100
Palo Alto, CA 94306

www.vistacenter.org

(650) 858-0202



SPECIALIZED HEALTH SERVICES – continued

North County Mobile Health Center

Mobile clinic providing outreach specialists, psychiatrists, psychologists, medical doctors, nurses, and medical social workers. Check website for locations and times.

<https://scvmc.scvh.org/hospitals-clinics/valley-homeless-health-care-program-vhhp/north-county-mobile-health-center>

(408) 885-5000

TTY: (408) 971-4068

CARE MANAGEMENT

Home assessments, care plans and referrals by clinical social workers. Focus is helping older adult to live independently in their home when appropriate.

Avenidas Care Partners

Clinical social workers with Avenidas are available to make home assessments with older adults and create a geriatric care plan to discuss with the family. Low income and homebound services are also available.

450 Bryant St, Palo Alto, CA 94301

www.avenidas.org

(650) 289-5400

Community Services Agency- Mountain View, Los Altos and Los Altos Hills

As part of the Senior Case Management program, geriatric social workers and case manager are available to give in-home assessments, counseling and referrals to community resources to assist older adults in living independently.

204 Stierlin Road

Mountain View, CA

www.csacares.org

(650) 968-0836



CARE MANAGEMENT-continued

Institute on Aging

Community Living Connection (CLC) connects clients with home and community-based services, or a combination of goods and services, that help individuals who are currently or at risk of being institutionalized. The Community Living Connection program (CLC) assists Santa Clara County individuals with limited incomes to transition out of nursing facilities and back to living independently in the community. CLC also provides services to individuals living in the community, or those who are in acute care settings, that are at imminent risk of institutionalization. CLC staff work to ensure that individuals are connected to all available community resources, stable housing, and appropriate healthcare services to support their ability to live at home safely.

Peninsula Location

881 Fremont Ave.

Suite A2

Los Altos, CA 94024

<https://www.ioaging.org/>

(415) 750-4111

Nurse Registry

Works closely with each patient's healthcare team to provide the most appropriate level of care.

125 University Ave. Suite 260

Palo Alto, CA

www.nurseregistry.com

(650) 462-1001

Seniors At Home

Part of Jewish Family and Children Services, the program offers, among other service, care management to assist seniors in leading safe, healthy and independent lives in their homes.

(415) 449-3700

Koret Family Resources Center

200 Channing Ave.

Palo Alto, CA 94301

<https://seniorsathome.jfcs.org/>

(650) 688-3030

Sourcewise

Focus is on helping individuals to remain in their home or to return home after a hospitalization, or a stay in a skilled nursing or intermediate care facility.

3100 De La Cruz Blvd

Suite 310

Santa Clara, CA 95054

www.mysourcewise.com

(408) 350-3200

CAREGIVER SUPPORT

Avenidas Caregiver Support Programs

4000 Middlefield Rd. #I-2

Palo Alto, CA

www.avenidas.org

(650) 289-5433

1 Plus 1 Senior Care

3031 Tisch Way STE 110 PW

San Jose, CA 95128

www.1plus1seniorcare.com

(888) 321-4711

Avenidas Rose Kleiner Center

Adult Day Care to relieve the caregiver of his or her duties while ensuring that the care recipient will still receive the proper care.

270 Escuela Ave.

Mountain View, CA 94040

www.avenidas.org

(650) 289-5499

Care.com

LONELINESS SUPPORT

El Camino Hospital Auxiliary

Tele-Care Service provides daily calls to those needing personal contact and support.

2500 Grant Road

Mountain View, CA 94040

<https://www.elcaminohealth.org/give-back/auxiliary>

(650) 940-7214

Institute on Aging

Friendship Line

(800) 971-0016

(888) 670-1360

Mon Ami

Activity Companions for hire. The person they are visiting will do fun, leisurely activities, like games, walks, memoir writing, etc. Companions are like your friends or neighbors, spending quality time with you or your loved one.

Price may vary

2627 Hanover St

Palo Alto, CA 94304

<https://www.monami.io/>

(650) 267-2474

GRIEF SUPPORT

HOSPICE

Hospice of the Valley

Center for Grief & Loss

4850 Union Ave.

San Jose, CA

<https://www.sutterhealth.org/services/home-health-hospice/grief-bereavement-support>

(408) 559-5600 or (408) 559-5614

Kara

457 Kingsley Ave.

Palo Alto, CA

www.kara-grief.org

(650) 321-5272

GRIEF SUPPORT - continued

Kaiser Hospice Program

900 Veterans Blvd., Suite 400,

Redwood City, CA 94063

<https://thrive.kaiserpermanente.org/>

(650) 299-3970

Pathways Home Health & Hospice

585 N. Mary Ave.

Sunnyvale, CA 94085

www.pathwayshealth.org

(888) 664-9115

Sutter Care at Home Hospice

1700 S. Amphlett Blvd.

Unit 110

San Mateo, CA 94402

www.suttercareathome.org/hospice/

(650) 685-2800

VA Hospice Care Program

3801 Miranda Ave.

Palo Alto, CA 94304

<https://www.paloalto.va.gov/hospice.asp>

(650) 849-0176

Saint Joseph Catholic Church

Grief Support

582 Hope Street

Mountain View CA 94041

www.sjpmv.org

(650) 967-3831

