



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 June 2024

## **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](http://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](http://www.medicare.gov)

### **Palo Alto Medical Foundation**

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

### **El Camino Hospital**

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

### **Mayview Community Health Center**

Provides primary health services from its three clinic locations to low-income families.  
900 Miramonte Avenue  
2<sup>nd</sup> Floor  
Mountain View, CA 94040  
<https://ravenswoodfhn.org/>  
(650) 327-8717

### **Santa Clara Family Health Plan**

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

### **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](http://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.mpds.org](http://www.mpds.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](http://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](http://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](http://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](http://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](http://www.nurseregistry.com)

(650) 462-1001

### **Seniors At Home**

Part of Jewish Family and Children Services, the program offers, among other services, 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](http://www.mysourcewise.com)

(408) 350-3200

## **CAREGIVER SUPPORT**

### **Avenidas Caregiver Support Programs**

4000 Middlefield Rd. #I-2

Palo Alto, CA

[www.avenidas.org](http://www.avenidas.org)

(650) 289-5433

### **1 Plus 1 Senior Care**

3031 Tisch Way STE 110 PW

San Jose, CA 95128

[www.1plus1seniorcare.com](http://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](http://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](http://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](http://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/](http://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](http://www.sjpmv.org)

(650) 967-3831

