



HOW CAN A CARE MANAGER HELP ME?



It might help to talk with our Care Manager if you:

- Need information about family issues or conflicts
- Struggle with physical limitations or feelings of anger, loneliness or sadness
- Need short or long-term counseling
- Want to talk about health care issues or advance health care decisions
- Have questions about Medi-Cal or Medicare
- Need help paying your bills or balancing your checking account
- Need assistance with house chores, meal preparation, shopping
- Have concerns about living alone or staying independent
- Need information about community services
- Think you might be eligible for services you are not receiving
- Have concerns about alcohol or drug dependence for yourself or others
- Have legal concerns
- Need help with transportation or housing resources
- Have food insecurity and are too embarrassed to talk about it
- Are in danger of losing your house due to eviction or foreclosure
- Need information about support groups - grief, cancer, stroke, etc.
- Feel others are taking advantage of you or your money
- Would like information regarding next-step living facilities
- Have concerns of any kind and are not sure who to talk to

CONTRACOSTA
COUNTY

EMPLOYMENT &
HUMAN SERVICES

To schedule a **free, confidential** consultation with a Care Manager call:
Concord Senior Center • 2727 Parkside Circle, Concord, CA 94519
925.671.3320, Ext. 1 - Hablamos Español