

Office on Aging

5730 Chambertin Dr. San Jose, CA 95118

408.979.7915

Program Information and Phones Numbers



*Parks, Recreation and
Neighborhood Services*

The Office on Aging provides services for all community residents, with an emphasis on adults 50 years and above. These services include recreation, education, information and referral, travel opportunities, health and wellness, volunteer placement and specific one-on-one placements with the frail elderly. The Office on Aging is committed to improving the quality of life for all residents in San José.

OLDER ADULT RESOURCE PROGRAM

408.979.7904

The **Older Adult Resource Specialists** visit each community or senior center once a week to provide information and linkage to services and resources that promote independent living. The Specialists will work with the senior and/or their family to identify needs through an assessment process (can be conducted in the senior's home). Specialist will assist with reviewing options and coordinating resources to meet identified needs.

SENIOR COMPANION PROGRAM

408.979.7907

The **Senior Companion Program** recruits and trains senior aged 55+ to become companions to other elders who are home bound or in frail health. A Senior Companion volunteers 20 hours per week and receives a stipend. Senior Companion clients are elders who are the risk of becoming institutionalized without outside assistance. If you are interested in the SCP please contact us. The Senior Companion Program is associated with the Corporation for National Service.

SENIOR CITIZENS COMMISSION

408.979.7915

The fifteen member commission is appointed by City Council and advises the Mayor and City Council on matters of importance to San José seniors including housing, transportation, health and safety. The public is invited to attend the monthly meeting held the second Thursday of every month from 1:30-4:30pm at the Office on Aging.

RETIRED & SENIOR VOLUNTEER PROGRAM

408.979.7909

RSVP provides people (age 55+) with opportunities to volunteer at sites throughout the San José area including senior centers libraries and hospitals. Volunteers serve without compensation, but may be reimbursed for certain expenses such as mileage. All volunteers are covered by accident and liability insurance. The RSVP program also offers free income tax preparation assistance and home owners and renters assistance. Contact RSVP at 979-7906. RSVP is cosponsored through the Corporation for National Service.

SENIOR CENTERS

The Office on Aging administers 16 senior centers and senior program sites in San José that offer a variety of social and recreation services for adults 50 and over.

See listings and map on the reverse side of this page.