

What is Tele-Care?

Tele-Care is a **FREE** telephone program that provides daily calls to people who are homebound, isolated, or at risk.

Tele-Care, one of the original telephone contact programs in the nation, was started in June of 1970 at Herrick Hospital in Berkeley. It has received national and local recognition through the years for its program of caring.

Tele-Care callers are volunteers, and our service is free of charge.

Tele-Care offers friendly, familiar voices that can provide you with a daily source of comfort and caring.

Tele-Care:
510.204.4487


Alta Bates Summit Medical Center continues to provide vital services for people who need them most, ranging from a friendly phone call from Tele-Care to the most advanced life-saving treatments. Donations to Tele-Care are gratefully accepted and help defray program costs. Donations are tax-deductible as the law allows.

**Alta Bates Summit Medical Center
Tele-Care Program**

Herrick Campus
2001 Dwight Way
Berkeley, CA 94704

510.204.4487

www.altabatessummit.org

 #294-HG-070708

Tele-Care

Caring Calls Since 1970



With You. For Life.

**Alta Bates Summit
Medical Center**

A Sutter Health Affiliate



Tele-Care: A Daily Source of Comfort

“Tele-Care means a friendly voice on the phone every morning, just being there for me, through sickness and health, depression and joy, emergencies and clear sailing.”

Tele-Care Member

Who's Eligible?

If you live alone, are homebound, disabled, or convalescing from an illness, especially if you are retired, widowed, or a senior citizen, Tele-Care can be a source of comfort to you. Residents of Alameda, Contra Costa, and San Francisco counties are eligible to participate in the program.

How it Works

A Tele-Care volunteer will call you each morning that you specify (including weekends and holidays) at a pre-arranged time. If we are unable to reach you, the Tele-Care volunteer will attempt to phone your designated alternate contact (a neighbor, relative, or emergency services for example) who can go to your home to check on you personally. Contact between Tele-Care volunteers and our members is by telephone only.

How to Enroll

Call the Tele-Care office Monday through Friday between 8:30 am - 11:00 am at:

(510) 204-4487

You may also leave a message at any time.

You will be sent program information and a registration form. You will be asked to provide some basic information, including the names of two or more alternate contacts. With your consent, your family, a case worker, or friend can enroll you. All information provided is kept confidential.

Tele-Care services are provided FREE of charge. Along with your daily call, you'll receive a monthly newsletter, greeting cards, and birthday announcements.

About Tele-Care

- Tele-Care has been serving members of our community since 1970. Through our daily phone service, our clients receive caring support, concern and friendship from dedicated volunteers, 365 days a year.
- Our program of caring encourages and supports our clients' connections to our community, helps them stay in their own homes as long as possible and provides resources and referrals when necessary.
- Tele-Care comforts clients and their families and has often saved lives, but more importantly it offers a life-affirming service based on kindness and friendship. To join Tele-Care, whether as a client or a volunteer, is easy – all you have to do is call.

How to Volunteer

If you are interested in becoming a Tele-Care volunteer, we welcome your call for more information. All calls to clients are made in the morning, and from our Berkeley location.

