



ELDERHELP

Community Resource List

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The agencies listed are not endorsed by ElderHelp.
They are listed for informational purposes only.

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Information & Referral Lines

211 San Diego

Dial 2-1-1

Dial 2-1-1 from your landline phone or visit 211sandiego.org for personalized information on: community services, mental health resources, MediCal/Medicare health providers, disaster relief and more.

Aging and Independence Services

800-510-2020

AIS provides services to older adults, people with disabilities and their families. Contact AIS for information on In Home Supportive services, elder abuse, cool zones and more.

Access to Independence Center

619-293-3500

This is the primary resource for San Diegans with disabilities. They provide: information and referrals, support networks, assistive technology, housing resources and more.

Southern Caregiver Resource Center

858-268-4432

SCRC can help you with information, support, counseling, respite care and finding the best options for you and your loved ones free or charge.

Alzheimer's Association

800-272-3900

24 hour Helpline that provides appropriate community resources, information and support.

Emergency Telephone Numbers

For Any Emergency Please Call 9-1-1

Elder Abuse

800-510-2020

Report suspected elder abuse and self-neglect to Aging and Independence Services' Adult Protective Services.

Access & Crisis Line

800-479-3339

24 hour crisis line, multiple languages available.

Domestic Violence Hotline

619-234-3164

Health Insurance Resources

The Consumer Center **877-734-3258**

For questions related to Medicare, Medical, Medicare Part D and more. Also, please call if you need help accessing health services or applying for benefit programs.

HICAP **800-434-0222**

Provides assistance and information regarding Medicare health insurance program.

Legal Aid Society of San Diego **(855) 501-3077**

For questions related to Cal MediConnect. Denials, accessibility, understanding of options, etc.

Medicare **800-MEDICARE/ 800-633-4227**

For questions related to Medicare.

Medi-Cal **800-541-5555**

For questions related to this health coverage program covering low income individuals (California's Medicaid).

Legal Help

Elder law and Advocacy **858-565-1392**

Free legal services for individuals 60 and older. Call to schedule an appointment.

Legal Aid Society of San Diego **877-534-2524**

Free legal help for low income residents of San Diego County.

Tenants Legal Center **858-571-7100**

Provides guidance to tenants regarding legal/housing issues. There is also a 24 hour information line available at 858-571-1166.

Utility Assistance Programs

CARE Energy Bill Discount Program **800-411-7343**

20% discount on your SDG&E bill, for low income individuals.

California Telephone Access Program

800-806-1191

Free adaptive phones for the hearing and vision impaired.

Health Services

In Home Support Services

800-510-2020

IHSS provides homemaker and personal care assistance to low income individuals who are in need of assistance with personal care.

Family Health Centers of San Diego

619-515-2300

Accepts a range of insurance plans and fee's are determined on a sliding scale basis.

Neighborhood House Association

619-684-6680

Geriatric specialty program that offers mental health services for seniors in San Diego and neighboring communities.

Seasons Hospice

877-643-0401

For end of life care and support and bereavement services.

St. Paul's PACE

619-677-3800

A non-profit Program of All-Inclusive Care for the Elderly (PACE) health plan for low-income seniors age 55 and older. Medical and in-home services available.

Minor Home Repairs

SDG&E Energy Team

866-597-0597

Minor home repairs and weatherization projects at no cost.

San Diego Safe and Healthy Homes Project

858-694-7000

Free assistance for seniors age 62+ to improve the health and safety conditions of the home.

Financial Services

San Diego Financial Literacy Center

858-751-2606

Non-Profit organization to help with financial literacy including debt management, budgeting living on a fixed income, identity theft, reverse mortgages and more. Counselors available as well as workshops.

Senior Leisure

Serving Seniors **619-235-6572**

Gary and Mary West Senior Wellness Center downtown provides opportunities for socializing and participating in activities. Other services include congregate meals, physical, mental health and social services.

Ed Brown Senior Center at Rancho Bernardo **858-487-9324**

The Ed Brown Center offers a wide range of activities and programs for older adults including fitness classes, dancing, various clubs and professional services.

www.edbrowncenter.org

Scripps Ranch 50 Plus **858-397-5747**

Scripps Ranch 50 Plus is a nonprofit volunteer organization that focuses on social and educational activities for Scripps Ranch baby boomers and seniors.

www.scrippsranh50plus.org

Retired and Senior Volunteer Program **858-505-6399**

RSVP facilitates matches between local agencies and volunteers. Many placements available. Volunteers opportunities for seniors 55+.

OASIS Lifelong Learning **619-574-0674**

OASIS offers a very wide variety of classes and trips. Call to have a catalog of classes sent to you.

Adult Day Programs

LiveWell San Diego **858-483-5100**

Provides an Adult Social Day Care program for those living with memory loss and early stages of Alzheimers. Activities offered include: music, Art Therapy, fitness program, walks and more.

The Glenner Memory Care Centers **800-736-6674**

Provides quality adult day care and support services to families and others affected by Alzheimer's and memory impairment diseases.

Transportation

FACT

888-924-3228

FACT provides a comprehensive list of transportation services (private and through social service agencies). This information can be accessed through their website at www.stridesd.org

In-Home Help

Keepsake Companions

858-371-1437

Provides care givers to assist with light housekeeping, shopping & errands, meal preparation and personal care needs.

Senior Helpers

619-450-4686

Provides assistance with personal care needs as well as shopping, errands, and housekeeping. Live-in care givers also available.

In-Home Physicians

Home Physicians Medical Group

858-279-1212

Services include urgent care visits, detailed physical exams, x-rays, EKG's, immunizations, diabetic care, lab tests, minor surgical procedures and follow up visits. Medicare, Medi-Cal, PPO insurances and private pay accepted.

Visiting MD

760-480-4310

Board certified physicians and technicians to your home. Accept Medicare, PPO and private pay.

Medical Alerts

LiveWell SEAS

858-483-5100

Senior Emergency Alert System (SEAS) provides an emergency alert button.

Medical Equipment

San Diego Homecare Supplies

619-667-3700

Carry a complete line of products including lift chairs, scooters, walkers, wheelchairs, bathroom safety equipment, post-mastectomy products, compression garments and more. Provide personalized advice, professional fittings, home deliveries, and equipment rentals.

General Contractors

Grondin Consturction

858-349-9001

Certified Aging-in-Place specialists who provide home modifications including grab bars, roll-in showers, easy grip controls, stair lifts, ramps, handrails and hall widening.

Rehabilitation

Challenge Center

619-667-8644

Offers a wide array of services focused on improving health, function and quality of life. Services include adapted fitness training, aquatics fitness (in warm water), circuit training, physical therapy and more.

Home Delivered Meals

Meals on Wheels

619-295-9501

Offers choice of one or two nutritious meals provided 7 days a week (including holidays).

Jewish Family Services Food Mobile

858-637-3230

Home delivered meal service.