



## **Community Resource List**

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

## Information & Referral Lines

### **211 San Diego**

**Dial 2-1-1**

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

### **Aging and Independence Services**

**800-339-4661**

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. Website: [Aging&IndependenceServices](http://Aging&IndependenceServices)

### **Access to Independence Center**

**619-293-3500**

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

## Emergency Telephone Numbers

**For Any Emergency Please Call 9-1-1**

### **Elder Abuse**

**800-339-4661**

Report suspected elder abuse and self-neglect to Adult Protective Services, through the County of San Diego's Aging and Independence Services.

### **Access & Crisis Line**

**800-479-3339**

24 hour crisis line, multiple languages available.

### **Domestic Violence Hotline**

**619-234-3164**

## Family Caregiver Support

**Southern Caregiver Resource Center** **858-268-4432**

Southern Caregiver Resource Center (SCRC) provides education, support groups, counseling, respite care and more for families caring for a loved one.

**Alzheimer's San Diego** **858-492-4400**

Alzheimer's San Diego is a local nonprofit organization that supports families caring for a loved one living with Alzheimer's or another form of Dementia, through education, support groups and respite care services.

## 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 unbiased information regarding Medicare health insurance programs.

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

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

## 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.

## Minor Home Repairs

**SDG&E Energy Team** **866-597-0597**

Minor home repairs and weatherization projects at no cost.

**Jewish Family Service Fix- It Program** **858-637-3210**

Free assistance for seniors age 60+ 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.

**Money Management International** **866-889-9347**

Credit/Budget Counseling, debt mngmt, foreclosure prevention, reverse mortgages, bankruptcy, financial workshops

## 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.factsd.org](http://www.factsd.org)

## Health Services

### In Home Support Services

**800-339-4661**

IHSS provides homemaker and personal care assistance to low income individuals in need of assistance at home. Must qualify for medi-cal to be eligible.

### Family Health Centers of San Diego (PACE)

**619-515-2445**

PACE (Program of All-inclusive Care for the Elderly) is an alternative to nursing facilities for people 55 and over by providing customized health care and social engagement to older adults to help them stay independent and in their homes.

### Neighborhood House Association

**619-684-6680**

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

### St. Paul's PACE

**619-677-3800**

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 to help the PACE participants remain living in their homes. *St. Paul's PACE program is available in Banker's Hill, Chula Vista, El Cajon and Encinitas.*

## Adult Day Programs

### 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.

## 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 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.

## **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.

## 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](http://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.scrippsranch50plus.org](http://www.scrippsranch50plus.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.