



# caregiver resources

## CONTINUING CARE SERVICES

### Kaiser Permanente Services

Caregiver Support Groups..... 619-641-4456

### Community Services

*This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.*

Aging and Independence Services.....800-339-4661  
[www.sandiego.networkofcare.org/aging](http://www.sandiego.networkofcare.org/aging)

Alzheimer’s Association (24 hr helpline) ..... 800-272-3900  
[www.alz.org](http://www.alz.org)

Alzheimer’s San Diego ..... 858-492-4400  
[www.alzsd.org](http://www.alzsd.org)

Arthritis Foundation..... 858-492-1090  
[www.arthritis.org](http://www.arthritis.org)

Books-by-Mail (San Diego County Library) ..... 866-279-9629  
[www.sdcl.org/booksbymail.html](http://www.sdcl.org/booksbymail.html)

Caregiver Action Network  
[www.caregiveraction.org](http://www.caregiveraction.org)

Caregiver Coalition of San Diego (video library available on line)  
[www.caregivercoalitionsd.org](http://www.caregivercoalitionsd.org)

Caregiving at Home Class (Sharp Healthcare - open to all) ..... 800-827-4277  
[www.sharp.com/health-classes](http://www.sharp.com/health-classes)

Case Management & Services (County Mental Health)..... 619-692-8715

Eldercare Directory  
<http://sd.sandiegouniontribune.com/guides/eldercare>

Family Caregiver Alliance..... 800-445-8106  
[www.caregiver.org](http://www.caregiver.org)

<http://continuingcare-sandiego.kp.org>



The Glenner Memory Care Centers (Alzheimer's)	800-736-6674
Caregiver support groups listed on website	
<i><a href="https://glenner.org">https://glenner.org</a></i>	
Legacy Corps (respite for families of veterans of any age)	858-505-6305
National Caregiving Foundation	800-930-1357
<i><a href="http://www.caregivingfoundation.org">www.caregivingfoundation.org</a></i>	
Parkinson's Association of San Diego	858-999-5671
<i><a href="http://www.parkinsonsassociation.org">www.parkinsonsassociation.org</a></i>	
San Diego Humane Society's Welcome Waggin' Program	619-299-7012
(home visits with a certified therapy dog)	ext. 2284
<i><a href="http://www.sdhumane.org/what-we-do/programs/pet-assisted-therapy">www.sdhumane.org/what-we-do/programs/pet-assisted-therapy</a></i>	
Senior Companions	858-483-4007
Southern Caregiver Resource Center	858-268-4432
<i><a href="http://www.caregivercenter.org">www.caregivercenter.org</a></i>	
	800-827-1008

## Helpful Terms

### Adult Day Care

Supervised care for frail, impaired, elderly and disabled adults on weekdays. Structured activities and programs for socialization are provided. Assistance with transportation may be available.

There are two types of programs: Medical (Adult Day Health Care) and Social (Adult Day Care).

Adult Day Care Center – Cost is not covered by insurance.

Adult Day Health Care – Nurses and rehabilitation therapists (Physical Therapists, Occupational Therapists, Speech Therapists) are available. Medi-Cal is accepted.

### Respite

Short-term or intermittent care for a frail, ill, or confused individual that allows the caregiver a break from the stresses of everyday care.

*For corrections or additions to this handout, please call (619) 641-4456*