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

Alzheimer’s Association (24 hr helpline) ................................. 800-272-3900
   www.alz.org

Alzheimer’s San Diego ................................................................. 858-492-4400
   www.alzsd.org

Arthritis Foundation................................................................. 858-492-1090
   www.arthritis.org

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

Caregiver Action Network
   www.caregiveraction.org

Caregiver Coalition of San Diego (video library available on line)
   www.caregivercoalitionsd.org

Caregiving at Home Class (Sharp Healthcare - open to all) ..........800-827-4277
   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://continuingcare-sandiego.kp.org
The Glenner Memory Care Centers (Alzheimer's) .......................... 800-736-6674
Caregiver support groups listed on website
https://glenner.org

Legacy Corps (respite for families of veterans of any age) ........... 858-505-6305

National Caregiving Foundation ........................................... 800-930-1357
www.caregivingfoundation.org

Parkinson's Association of San Diego ......................................... 858-999-5671
www.parkinsonsassociation.org

San Diego Humane Society’s Welcome Waggin’ Program .......... 619-299-7012
(home visits with a certified therapy dog) ................................. ext. 2284
www.sdhumane.org/what-we-do/programs/pet-assisted-therapy

Senior Companions ............................................................. 858-483-4007

Southern Caregiver Resource Center ....................................... 858-268-4432
www.caregivercenter.org .................................................... 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