



San Diego community resource summary

CONTINUING CARE SERVICES

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.

Kaiser Permanente Appointment Line 800-290-5000

ABUSE/EMERGENCY

ADULT PROTECTIVE SERVICES & COUNTY SENIOR TEAM 800-510-2020

KP ON-CALL FOR MEDICAL QUESTIONS..... 888-576-6225

KP BEHAVIORAL HEALTHCARE HELPLINE..... 800-900-3277

SAN DIEGO POLICE DEPARTMENT..... 619-531-2000

EMERGENCY RESPONSE SYSTEMS

ALERT SAN DIEGO (KP member discount) 866-982-5378

LIFESTATION (KP member pricing) 855-322-5008

SENIOR EMERGENCY ALERT SYSTEM (sliding scale available) 858-560-0980

FINANCIAL SERVICES

KP FINANCIAL COUNSELOR 619-589-4920

KP MEDICAL FINANCIAL ASSISTANCE (RECORDED) 866-399-7696

ACCESS COUNTY OF SAN DIEGO CUSTOMER SERVICE CENTER 866-262-9881

CONSUMER CENTER FOR HEALTH EDUCATION AND ADVOCACY 877-734-3258

MEDICARE/SOCIAL SECURITY..... 800-772-1213

SAN DIEGO COUNTY VETERANS SERVICES..... 858-694-3222

FOOD, MEALS AND NUTRITION

HOME DELIVERED MEALS & NUTRITION SITES

AGING & INDEPENDENCE SERVICES..... 800-510-2020

JEWISH FAMILY SERVICES (FOODMOBILE) 619-229-2390

MEALS ON WHEELS: Central – 619-295-9501 East Co. 619-447-8782

North Co. – 760-736-9900 South Co..... 619-420-2782

SHOPPING SERVICES:

ELDERHELP of San Diego 619-284-9281

ALWAYS BUSY ERRANDS 619-813-8273

VONS www.vons.com

HOMEMAKER/ATTENDANTS

A BETTER SOLUTION # * @ - 619-585-9011	760-489-8253
ALL VALLEY HOME HEALTH CARE/1 HR MIN # * 619-276-8001	760-735-8899
AT YOUR HOME FAMILY CARE/2 HR MIN *#	858-625-0406
COMFORT KEEPERS /2 HR MIN # * (ask about KP discount)	866-450-3322
FIRSTAT NURSING SERVICES # * @ 619-220-7600	858-456-7600

*# Indicates 24 Hr caregivers available; * can provide transportation; @ can do medication set ups*

HOUSING

PLACEMENT ASSISTANCE SERVICES

SD CARE PLACEMENT – 619-660-8814	760-735-8814
SENIOR CARE REFERRAL SPECIALISTS	800-587-4410
North County	760-306-7778

SHARED HOUSING

CENTER FOR SOCIAL ADVOCACY (East County).....	619-444-5700
ELDERHELP OF SAN DIEGO – 619-284-9281	858-748-9675
GENERAL - HOUSING AUTHORITY (SD County)	858-694-4801
HUD	619-557-5305
SAN DIEGO HOUSING COMMISSION	619-231-9400

LEGAL SERVICES

ELDER LAW ADVOCACY	858-565-1392
IMPERIAL COUNTY.....	760-353-0223
HICAP (HEALTH INS. COUNSELING & ADVOCACY PROGRAM).....	800-434-0222
LAWYER REFERRAL SERVICES – 619-231-8585	760-758-4755
LEGAL AID SOCIETY OF SAN DIEGO	877-534-2524
SAN DIEGO VOLUNTEER LAWYER PROGRAM	619-235-5656

SPECIAL INTEREST

AGING & INDEPENDENCE SERVICES	800-510-2020
ALZHEIMER’S SAN DIEGO	858-492-4400
INFOLINE OF SAN DIEGO.....	“211” or 800-227-0997
MEDIC ALERT FOUNDATION	888-633-4298
MEDIC ALERT+ALZHIEMER’S ASSOC. SAFE RETURN	888-572-8566
PARKINSON’S INFORMATION & REFERRAL	858-273-6763
SAN DIEGO CENTER FOR THE BLIND – 619-583-1542	760-758-5956
SAN DIEGO COUNTY VETERANS SERVICES	858-694-3222
SOUTHERN CAREGIVER’S RESOURCE CENTER	800-827-1008

TRANSPORTATION

MTS ACCESS (ADA para transit services) Certification	844-299-6326
Schedule a ride	888-517-9627
NCTD LIFT schedule a ride	760-726-1111
RideFACT (M-F 8am-5pm)	888-924-3228
WHEELCHAIR TRANSPORT (private pay)	
SAN DIEGO MEDICAL TRANSPORT	619-531-8900
SUPREME MEDICAL (Gurney van also available)	619-508-8560
TLC Transport	619-284-7433