



## **CONTINUING CARE SERVICES (619) 641-4456**

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Kaiser Permanente Appt. 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

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

## **EMERGENCY RESPONSE SYSTEMS**

- LIFESTATION (*KP contracted vendor*)  
(855) 322-5008
- ALERT SAN DIEGO (*KP member discount*)  
(866) 982-5378
- 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 – (800) 573-6467
- SHOPPING SERVICES  
ELDERHELP of San Diego  
(619) 284-9281  
ALWAYS BUSY ERRANDS  
(619) 813-8273  
VONS *www.vons.com*

## **HOMEMAKER/ATTENDANTS**

- County In Home Supportive Services (IHSS)  
(800) 510-2020
- COMFORT KEEPERS/ 2 HR MIN (KP  
contracted vendor)\*# 866-450-3322
- AALL CARE/4 HR MIN \*- (619) 297-9601  
No County 760-471-7033
- A BETTER SOLUTION # \*@ -  
619-585-9011; 760-489-8253

## **HOMEMAKER/ATTENDANTS CONT.**

- 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
- FIRSTAT NURSING SERVICES #\* @  
619-220-7600, 858-456-7600

*#Indicates 24 Hr Caregivers Available*

*\* Indicates can provide transportation*

*@ Indicates can do medication set ups*

## **HOUSING**

- PLACEMENT ASSISTANCE SERVICES  
ALWAYS BEST CARE - 1 (619) 757-1114  
SD CARE PLACEMENT - (800) 821-7598  
SR. CARE REFERRAL SPECIALISTS  
(800-587-4410)
- SHARED HOUSING  
CENTER FOR SOCIAL ADVOCACY  
(800) 954-0441  
ELDERHELP OF SAN DIEGO –  
(619) 284-9281
- GENERAL HOUSING AUTHORITY (SD  
COUNTY) – (877) 478-5478

## **HOUSING Continued**

- HUD (OMBUDSMAN) - (619) 578-7553
- SAN DIEGO HOUSING COMMISSION –  
CALL CENTER (619) 578-7777

## **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 AIDE 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

## **SPECIAL INTEREST cont.**

- INFOLINE OF SAN DIEGO “211” OR  
(800) 227-0997
- MEDIC ALERT ID BRACELET –  
(888) 633-4298
- MEDIC ALERT+SAFE RETURN –  
(888)-572-8566
- PARKINSON’S ASSOCIATION OF SAN  
DIEGO - (858) 999-5671
- 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)  
CERTIFICATION – (844) 299-6326  
SCHEDULE A RIDE – (888) 517-9627  
NCTD LIFT – (760) 726-1111
- RideFACT (M-F 8am-5pm) (888) 924-3228

## **TRANSPORTATION cont.**

- WHEELCHAIR/GURNEY VAN TRANSPORT  
(private pay)
- SAN DIEGO MEDICAL TRANSPORT  
(619) 336-2780
- SUPREME MEDICAL (Gurney transport  
available) (619) 508-8560
- TLC TRANSPORT  
(619) 284-7433