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

- ALERT SAN DIEGO (*KP member discount*) (866) 982-5378
- LIFESTATION (*KP 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 – (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
- AALL CARE/4 HR MIN *- (619) 297-9601 No County 760-471-7033
- A BETTER SOLUTION # *@ - 619-585-9011; 760-489-8253
- ALL VALLEY HOME HEALTH CARE/1 HR MIN #* 619-276-8001; 760-735-8899

HOMEMAKER/ATTENDANTS CONT.

- 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
* Indicates can provide transportation
@ Indicates can do medication set ups

HOUSING

- PLACEMENT ASSISTANCE SERVICES
  ALWAYS BEST CARE - 1 (619) 757-1114
  SD CARE PLACEMENT - (619) 660-8814
  (760) 735-8814
  SR. CARE REFERRAL SPECIALISTS
  (800-587-4410)
- SHARED HOUSING
  CENTER FOR SOCIAL ADVOCACY
  (EAST COUNTY) (619) 444-5700
  ELDERHELP OF SAN DIEGO –
  (619) 284-9281

HOUSING Continued

- 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 AIDE SOCIETY OF SAN DIEGO – (877) 534-2524
- SAN DIEGO VOLUNTEER LAWYER PROGRAM - (619) 235-5656

SPECIAL INTEREST

- AGING & INDEPENDENCE SERVICES – (800) 510-2020

SPECIAL INTEREST cont.

- ALZHEIMER'S SAN DIEGO – (858)-492-4400
- 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 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) CERTIFICATION – (844) 299-6326 SCHEDULE A RIDE – (888) 517-9627 NCTD LIFT – (760) 726-1111

TRANSPORTATION cont.

- RideFACT (M-F 8am-5pm) (888) 924-3228
- 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