



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 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
- 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