



# 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**

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**

MOM'S MEALS NOURISHCARE (KP contracted vendor) ..... 888-860-9424

*www.MomsMealsNC.com*

#### 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*

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



**HOMEMAKER/ATTENDANTS**

COMFORT KEEPERS /2 HR MIN # * (KP contracted vendor) .....	866-450-3322
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
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 .....	800-821-7598
SENIOR CARE REFERRAL SPECIALISTS .....	800-587-4410

**SHARED HOUSING**

CENTER FOR SOCIAL ADVOCACY .....	800-954-0441
ELDERHELP OF SAN DIEGO – 619-284-9281 .....	858-748-9675
GENERAL - HOUSING AUTHORITY (SD County) .....	877-478-5478
Housing and Urban Development (HUD Ombudsman) .....	619-578-7553
SAN DIEGO HOUSING COMMISSION (rental assistance 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 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