



# dementia resources

## CONTINUING CARE SERVICES

### Kaiser Permanente Services

Behavioral Health Care Helpline (24 hour).....	800-900-3277
Caregiver Support Groups .....	619-641-4456
Memory Class - call Neurology to schedule .....	877-236-0333
<i>(for family/caregivers of persons with dementia/Alzheimer's)</i>	
Psychiatry .....	877-496-0450
Senior Care Management .....	619-641-4027
<i><a href="http://continuingcare-sandiego.kp.org/PDFs/SCM%20Brochure.pdf">http://continuingcare-sandiego.kp.org/PDFs/SCM%20Brochure.pdf</a></i>	

### 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.*

Alzheimer's Association (helpline 24/7) .....	800-272-3900
<i><a href="http://www.alz.org">www.alz.org</a></i>	
Safety Center	
<i><a href="http://www.alz.org/care/alzheimers-dementia-safety.asp">www.alz.org/care/alzheimers-dementia-safety.asp</a></i>	
Facts, Figures and Handouts	
<i><a href="http://www.alz.org/alzheimers_disease_publications.asp">www.alz.org/alzheimers_disease_publications.asp</a></i>	
Alzheimer's Disease Education & Referral Center (ADEAR) .....	800-438-4380
<i><a href="https://www.alz.org/alzheimers-dementia/facts-figures">https://www.alz.org/alzheimers-dementia/facts-figures</a></i>	
Alzheimer's San Diego .....	858-492-4400
Early Stage Support Group (brief interview required)	
<i><a href="http://www.alzsd.org">www.alzsd.org</a></i>	
The Alzheimer's Store .....	800-752-3238
<i><a href="http://alzstore.com">http://alzstore.com</a></i>	
Bright Focus Foundation .....	800-437-2423
<i><a href="http://www.brightfocus.org">www.brightfocus.org</a></i>	

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



## Community Services continued

### Dementia Friends USA

Changing the way people think, act and talk about dementia

<https://dementiafriendsusa.org>

### Dementia Support Groups:

Alzheimer's Association ..... 800-272-3900

[www.alz.org/sandiego](http://www.alz.org/sandiego)

Alzheimer's San Diego ..... 858-492-4400

[www.alzsd.org/services/support-discussion-groups](http://www.alzsd.org/services/support-discussion-groups)

George G. Glenner Alzheimer Family Centers, Inc (Hillcrest) .... 619-543-4704

Chula Vista ..... 619-420-1703

Encinitas and Escondido ..... 760-635-1895

<https://glenner.org/services/caregiver-support-groups/>

UCSD Shiley-Marcos ADRC ..... 858-822-4800

[www.adrc.ucsd.edu](http://www.adrc.ucsd.edu)

MedicAlert Foundation & Safe Return ..... 800-432-5378

[www.medicalert.org/safereturn](http://www.medicalert.org/safereturn)

Out & About (Jewish Family Services) ..... 858-637-7320

Weekly outings for persons with dementia, call for details

[www.jfssd.org/outandabout](http://www.jfssd.org/outandabout)

Parkinson's Disease Association of San Diego ..... 858-999-5671

[www.parkinsonsassociation.org](http://www.parkinsonsassociation.org)

Respite Well Program with Coast Care Partners .....(La Mesa).....619-354-2544

Escondido.....858-322-6299

<https://coastcarepartners.com/respite-well/>

San Diego Alzheimer Project (San Diego unites for a cure & care)

[www.SDalzheimersproject.org](http://www.SDalzheimersproject.org)

Southern Caregivers Resource Center..... 800-827-1008

[www.caregivercenter.org](http://www.caregivercenter.org) ..... 858-268-4432

### Take Me Home Program

(photo data base for persons with dementia, Alz and more, hosted by sheriff's dept. available to all law enforcement in SD)

[www.sdsheriff.net/tmh](http://www.sdsheriff.net/tmh)

The Association for Frontotemporal Degeneration (AFTD helpline)..866-507-7222

Caregiver respite grants offered

[www.theaftd.org](http://www.theaftd.org)

UCSD Shiley-Marcos Alzheimer's Disease Research Center ..... 858-822-4800  
Early Stage Support Group (brief interview required) ..... 858-249-0563  
Lewy Body and frontotemporal caregiver support groups  
Memories at the Museums  
Younger caregiver support group (under 60 yrs of age)  
Individual/families interested in research studies .....858-822-4800  
(Ask for Tracey Truscott, LCSW)  
[www.adrc.ucsd.edu](http://www.adrc.ucsd.edu)

*For further information call 619-641-4456*