



# San Diego Free/Low Cost Resources

## Community Services

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San Diego Infoline 211 (Most up-to-date San Diego resources) Dial ...211.or ... 800-227-0997

### **Caregiving Support Programs/Respite**

- Alzheimer’s San Diego ..... 858-492-4400
- In Home Support Services (paid caregiving through County, income based) .... 866-351-7722
- Legacy Corps (respite for families of veterans of any age) ..... 858-505-6305
- Southern Caregiver Resource Center (case management, caregiver classes, respite and legal consultation) ..... 800-827-1008
- Senior Companions (Lutheran Social Services) ..... 858-483-4007
- YMCA Kinship Program (grandparents caring for grandchildren) ..... 619-281-8313
- VA Aid & Attendance (veteran/spouse require help of another to perform ADLs) 858-552-8585

### **Food & Meals**

- San Diego Food Bank (food distribution throughout SD County) ..... 866-350-3663
- Catholic Charities (multiple food resource centers for those in need) ..... 619-231-2828
- Foodmobile JFS (home delivered meals to seniors or disabled adults sliding scale) .....619-229-2390
- Mama’s Kitchen (delivers 3 meals a day to AIDS or CA patients who are unable to prepare their own meal) ..... 619-233-6262
- Meals-On-Wheels (low cost home delivered meals, multiple locations) ..... 619-295-9501
- Meals with Love, Oceanside/Vista (low cost meals delivered, any age) .....760-726-1225
- Mom’s Meals NourishCare (KP approved vendor) .. [www.momsmealsnc.com](http://www.momsmealsnc.com) .. 888-860-9424
- Special Delivery (delivers meals to homebound patients with AIDS/HIV, CA or life-threatening illness) ..... 619-297-7373
- Serving Seniors (60+ yrs, home delivered meals & multiple nutrition ctrs) ..... 619-235-6572
- South Bay Community Services (food distribution, hot meals, 16+ yrs) ..... 619-420-3620
- Salvation Army (multiple locations, downtown serves homeless) ..... 619-699-2200
- Animeals Helen Woodward Animal Center (dog and cat food for homebound seniors and persons with disabilities) ..... 858-756-4117

### **Legal Assistance/Financial Questions**

- Elder Law & Advocacy (caregivers needing legal assistance) ..... 858-565-1392
- Consumer Center for Health Education and Advocacy (help with Medi-Cal forms and other financial resources) .....877-734-3258

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



### **Case Management Services throughout SD County**

Aging & Independence Services (AIS) Multiple programs for senior and people with disabilities to help keep them safely in their home ..... 800-339-4661  
Linkages (18+ yrs), MSSP (65+) and SOAR (60+) services for persons at risk of needing placement or institutionalization

### **Housing**

ElderHelp (homeshare program for homeowners willing to have a roommate and those seeking a place to live in exchange for household help) .....619-284-9281  
South Bay Community Services (emergency or transitional housing) .....800-640-2933

### **Mental Health**

ACCESS and Crisis Line (SD County mental health resources 24/7) ..... 888-724-7240  
Jewish Family Services ..... 877-537-1818  
Kaiser Permanente Behavioral Health Line (answered 24/7) .....800-900-3277

### **Minor home repairs**

JFS Fix-It Service ..... 858-637-3354  
Interfaith Community Services (North County) ..... 760-941-0140  
ElderHelp ..... 619-284-9281

### **Placement Help**

Finding Home for Older Adults (free help finding assisted living facility or board and care setting) ..... 619-886-4026  
Senior Care Referral Specialists (services are free, facility pays fee) .....800-587-4410

### **Transportation**

MTM (members with Medi-Cal assigned to Kaiser Permanente ONLY) ..... 844-299-6230  
MTS Access certification (ADA para transit services, nominal fee for rides) ..... 844-299-6326  
Road to Recovery, American Cancer Society (rides to cancer therapy) .....800-227-2345  
Rides & Smiles, JFS (age 60+; donation based; reserve 1 week in advance) ... 858-637-3210  
Seniors A Go Go, ElderHelp (60+, able to get in and out of car with minimal assistance; free)..... 619-284-9281

### **Exercise**

Feeling Fit Club, Silver Age Yoga & Tai Chi (multiple locations and County TV)..858-495-5500  
[www.healthierlivingsd.org](http://www.healthierlivingsd.org) (schedule available)  
Silver Age Yoga (free, geared toward older persons) toll free number .....844-234-3110  
Club Walk (mall-walking program at Plaza Bonita: T, Th and Sat 8:00 a.m.) ..... 619-470-4346

### **Miscellaneous**

Well Connected (formerly Senior Center Without Walls; phone or online classes, conversation & activities for homebound seniors 365 day a year) ..... 877-797-7299  
RSVP (Retired Senior Volunteer Program) welfare checks ..... 858-505-6399  
San Diego Center for the Blind (many resources for persons with low vision or blindness) .....619-583-1542 or .....760-758-5956  
ElderHelp (60+, donation based, must be able to self advocate) .....619-284-9281  
Care Coordination Services: Grocery shopping, friendly visits, check-in calls, escorted transportation, minor home repairs, mail sorting, gardening, pet care  
Books by Mail (San Diego County library) ..... 866-279-9629  
California LifeLine (reduced rates for phone service based on income) ..... 866-272-0349  
California Telephone Access Program ..... 800-806-1191  
Welcome Waggin' (SD Humane Society, therapy dog home visit) ext. 2284..... 619-299-7012