



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)	800-339-4661
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) ..ext. 10743.....	619-543-9850
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 ..	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 (schedule available)
Silver Age Yoga (free, geared toward older persons) toll free number844-234-3110
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 or760-758-5956
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