



San Diego Free/Low Cost Community Resources

Community Services

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San Diego Infoline 211 (Most up-to-date San Diego resources) Dial 211
 Calling from outside San Diego County 800-227-0997

Caregiving Support Programs/Respite

Alzheimer’s San Diego 858-492-4400
 In Home Support Services (paid caregiving through County, income based) 800-510-2020
 Legacy Corps (respite for families of veterans of any age) 858-505-6305
 Southern Caregiver Resource Center (Partner’s in Caring, case management, caregiver classes, respite, legal consultation and home modifications) 800-827-1008
 Senior Companions (through Jewish Family Services) 858-483-4007
 YMCA Kinship Program (grandparents caring for grandchildren)ext. 116.. 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
 Serving Seniors (senior nutrition centers, multiple locations, low cost meals) 619-235-6572
 Helping Others on Purpose (Ramona, low income or senior, delivers fresh fruit, vegetables, meat (as available) and canned goods 760-522-7019
 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
 Special Delivery (delivers meals to homebound patients with AIDS/HIV, CA or life threatening illness) 619-297-7373
 Serving Seniors (60+ yrs, donation based home delivered & 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

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 800-510-2020
Linkages (18+ yrs), MSSP (65+) and SOAR (60+) services for persons at risk of needing placement or institutionalization (outside of SD County call) 800-339-4661

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 877-637-3210
Kaiser Permanente Behavioral Health Line (answered 24/7)800-900-3277

Minor home repairs

JFS Fit-it 858-637-3040
Interfaith Community Services (North County) 760-489-6380
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

MTS Access certification (ADA para transit services, nominal fee for rides) 844-299-6326
Road to Recovery, American Cancer Society (rides to cancer therapy, four business days advance notice) 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 (available on County TV Network) ..619-595-4633
Silver Age Yoga (free, geared toward older persons) toll free number844-234-3110
Feeling Fit Club (countywide classes) 858-495-5500
Club Walk (mall-walking program in Bonita) 619-470-4346

Miscellaneous

Senior Center Without Walls (phone or online classes, conversation & activities for homebound seniors; over 70 groups each week) 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
Concierge Club: 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 (specialized telephones based on income) 866-272-0349
Welcome Waggin' (SD Humane Society, therapy dog home visit) ext. 2284..... 619-299-7012