



# housing options

## CONTINUING CARE SERVICES

### Kaiser Permanente Services

- Continuing Care Services Department ..... 619-641-4456  
(List of nursing homes visited by Kaiser Permanente physicians available)
- Long Term Care ..... 619-528-1245
- Nursing Home Placement ..... 619-641-4452

### 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.*

*\* Information and services may be helpful for the homeless*

- 2-1-1 San Diego\* ..... 211  
For the most current shelter and rehab availability and info ..... 800-227-0997  
[www.211sandiego.org](http://www.211sandiego.org)
- Aging & Independence Long Term Care Ombudsman Program ..... 858-560-2507  
..... 800-640-4661
- Alpha Project\* ..... 619-542-1877  
[www.alphaproject.org](http://www.alphaproject.org)
- Alternatives for Seniors (information on senior living communities) . 800-350-0770  
[www.AlternativesForSeniors.com](http://www.AlternativesForSeniors.com)
- California Advocates for Nursing Home Reform..... 800-474-1116  
[www.canhr.org](http://www.canhr.org)
- California Residential Facility Search  
<https://secure.dss.ca.gov/CareFacilitySearch/Search/All>
- CalQualityCare.org (California Nursing Home Search)  
[www.calqualitycare.org](http://www.calqualitycare.org)
- CARR Consumer Advocates for RCFE Reform  
Assisted living facilities fair rating system for the state of CA  
[www.rcfereform.org](http://www.rcfereform.org)

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



## Community Services continued

Catholic Charities* .....	619-231-2828	
<i>www.ccdsd.org</i>		
Center for Social Advocacy.....	800-954-0441	
Fair housing, Landlord/Tenant Counseling, Shared Housing.....	619-444-5700	
<i>www.c4sa.org</i>		
Choose Well - reviews assisted living facilities in SD County .....	619-795-2165	
<i>http://choosewellsandiego.org</i>		
Community Care Licensing.....	619-767-2300	
<i>www.cclid.ca.gov</i>		
County of San Diego Housing Resource Directory* (2016-2018) ....	877-478-5478	
<i>www.sandiegocounty.gov/content/sdc/sdhcd/housing-directory.html</i>		
ElderHelp of San Diego (shared housing extension #127) .....	619-284-9281	
<i>www.elderhelpofsandiego.org</i> (Poway office) .....		858-748-9675
Father Joe's Villages * (includes St. Vincent de Paul Village) .....	619-233-8500	
<i>https://my.neighbor.org/housing</i>		
Housing and Urban Development – HUD ombudsman .....	619-578-7553	
Low-rent apartment search (below)		
<i>www.hud.gov/apps/section8/index.cfm</i>		
Interfaith Shelter Network* .....	619-702-5399	
<i>http://interfaithshelter.org</i>		
Neil Good Day Center*, 299 17 <sup>th</sup> Str., San Diego 92101 .....	619-230-7390	
Single men/women point of entry to other shelters, mail service, safe day environment		
New Lifestyles (senior living and care options; view guide online) ...	800-869-9549	
<i>www.NewLifeStyles.com</i>		
PATH* (People Assisting the Homeless) San Diego .....	619-810-8600	
Street outreach and intake for Connections Housing 1250 6 <sup>th</sup> Ave., San Diego, CA 92101 <i>www.epath.org/site/PATHSanDiego/home.html</i>		

## Placement Assistance Agencies

A Place for Mom.....	619-567-8070
Preferred vendor list available on website <i>www.aplaceformom.com/assisted-living/california/san-diego</i>	
A Placement to Call Home .....	619-920-4662
<i>www.aplacementtocallhome.com</i>	
Always Best Care San Diego .....	619-757-1114
<i>www.alwaysbestcare.com/ca/san-diego</i>	
Assisted Living Specialists.....	619-561-3805

## Placement Assistance Agencies continued

Care Placement.....	800-821-7598
<i>www.careplacement.com</i>	
Elder Care Placement Agency of San Diego .....	858-522-9454
Finding Home for Older Adults .....	619-886-4026
<i>http://seniorsfindinghome.com</i>	
Senior Care Referral Specialists .....	800-587-4410
<i>https://srcareinfo.com</i>	
Salvation Army Family Services* (social service intake desk) .....	619-699-2216
San Diego Eldercare Directory	
<i>www.sandiegoeldercare.com</i>	
San Diego Housing Commission* .....	619-231-9400
SDHC Rental Assistance Call Center .....	619-578-7777
Affordable housing resource guide; homelessness prevention programs	
<i>www.sdhc.org/resources/affordable-housing-guide</i>	
San Diego Rescue Mission* .....	619-687-3720
<i>www.sdrescue.org</i>	
Seniorly (senior living listings including assisted living, memory care or independent living; can filter for short-term stay or by cost)	
<i>www.seniorly.com</i>	
Serving Seniors*(transitional housing) .....	619-235-6572
<i>www.servingseniors.org</i>	
South Bay Community Services* (24-hr hotline) .....	800-640-2933
<i>https://southbaycommunityservices.org</i>	
Veterans Village of San Diego*(transitional housing available) .....	619-497-0142
4141 Pacific Highway, San Diego, CA 92110	
<i>www.vvvsd.net</i>	

## Helpful Terms

### Assisted Living Facility

A facility licensed by the state of California to provide a living arrangement for people with special needs, especially seniors with disabilities. It provides help with everyday tasks such as bathing, dressing and taking medication. The services provided may vary. The cost is not covered by medical insurance, but may be covered by long-term care insurance.

### Board and Care Home

A home licensed by the state of California to provide services such as meals, medication supervision, and assistance with bathing, dressing and eating. Most facilities are licensed for six or fewer residents, but some are larger. The cost is not covered by medical insurance.

**Housing and Urban Development (HUD)**

A federal government program of low-income housing for persons who qualify.

**Placement**

A term used to describe moving a person to a care facility.

**Placement Assistance Agencies**

Agencies that assist people in locating care facilities that meet their needs.

**Shared Housing**

An option for an elderly person to share his or her home with another person in exchange for rent or services such as housekeeping, cooking, companionship, etc.

**Skilled Nursing Facility** (also Nursing Home, Convalescent Home or Rehabilitation Hospital)

An inpatient facility, licensed by the State of California, that provides 24-hour nursing services to persons in need of extended care.