



*San Diego*  
**Low Income Resources**  
**CONTINUING CARE 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.*

2-1-1 San Diego .....211 or 800-227-0997  
*(San Diego resource and information hub)*

**FINANCIAL RESOURCES**

Health Consumer Alliance .....888-804-3536  
*www.healthconsumer.org*

Legal Aid Society of San Diego ..... 877-534-2524  
 Consumer Center for Health Education and Advocacy ..... 877-734-3258  
*www.lassd.org*

Public Assistance:

*(MediCal/Healthy Families/CalFresh/CalWORKS Medicare-Part B)*

CalFresh/SNAP Supplemental Nutrition Assistance Program .....877-847-3663  
*www.cdss.ca.gov/food-nutrition/calfresh*

California Department of Health Care Services (ombudsman) ... 888-452-8609  
*www.dhcs.ca.gov/pages/default.aspx*

ACCESS County of San Diego Customer Service Center..... 866-262-9881  
*www.mybenefitscalwin.org*

SDG&E Assistance Programs ..... 800-411-7343  
*www.sdge.com/residential*

Social Security ..... 800-772-1213  
*www.ssa.gov*

State Disability Insurance..... 800-480-3287  
*www.edd.ca.gov/Disability*

Telephone Access Programs:

California LifeLine Program .....866-272-0349  
*www.californialifeline.com*

California Telephone Access Program (deaf/disabled program) .800-806-1191  
 1455 Frazee Road, Suite 406, San Diego, CA 92108  
 (M-F 9:00 - 6:00 p.m., no appointment necessary)  
*http://ddtp.cpuc.ca.gov*

The Organizer II, Inc. (Medicare/Medi-Cal Rep. Payee).....800-990-8339  
 (M-W 9:00-1:00 and Th 9:00-12:00)

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



## Veterans Resources:

- CA Department of Veterans Affairs.....800-952-5626  
[www.calvet.ca.gov](http://www.calvet.ca.gov)
- Department of Veterans Affairs Telephone Assistance Services..800-827-1000  
[www.va.gov](http://www.va.gov)
- Interfaith Community Services (Veterans Service Center) .....760-529-9979  
1617 Mission Ave, Oceanside, 92058  
[www.interfaithservices.org](http://www.interfaithservices.org)
- San Diego County Veterans Services.....858-694-3222  
[www.sdcounty.ca.gov/hhsa/programs/ais/veterans\\_services/index.html](http://www.sdcounty.ca.gov/hhsa/programs/ais/veterans_services/index.html)
- VeteranAid.org ..... 866-584-7191  
Find forms and information on how to apply  
[www.veteranaid.org](http://www.veteranaid.org)
- Veterans Village of San Diego (transitional housing available) ... 619-393-2000  
4141 Pacific Highway, San Diego, CA 92110  
[www.vvvd.net](http://www.vvvd.net)
- Victim Witness Assistance Program (district attorney office) ..... 619-531-4041

## **FOOD & COMMODITIES**

- Catholic Charities ..... 619-231-2828
- Food Bank (USDA commodities) .....866-350-3663  
[www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)
- Salvation Army (\* Club 60 senior dining and social centers)
- Chula Vista \* ..... 619-422-7027
- El Cajon \* .....(senior nutrition info ext. 413)..... 619-440-4683
- Escondido .....760-745-8616
- Lakeside \* .....619-443-2494
- Oceanside \* .....760-631-8212
- Pine Valley (serving east rural back country) ..... 619-473-0165
- Ray & Joan Kroc Corps Community Center (social services). 619-269-1428
- San Diego Centre City (downtown, serves homeless) ..... 619-699-2200
- San Diego Citadel \* ..... 858-483-1831  
[www.sandiego.salvationarmy.org](http://www.sandiego.salvationarmy.org)

## **HEALTH CARE & DENTAL**

- County Medical Services..... 800-587-8118
- Dental Health Initiative of San Diego (community dental clinics and directions)  
[http://sharethecaredental.org/STC\\_V2/resources/community-dental-clinics/](http://sharethecaredental.org/STC_V2/resources/community-dental-clinics/)
- Family Health Centers of San Diego .....619-515-2300  
<http://www.fhcscd.org/dental-services>
- FreeDentalCare  
[http://www.freedentalcare.us/ci/ca-san\\_diego](http://www.freedentalcare.us/ci/ca-san_diego)
- Health Center Partners of Southern California (low income clinics)..619-542-4300  
<https://hcpsocal.org/>
- UC Pre-Dental Society  
<https://ucsdpds.org/low-income-clinics-in-san-diego>

## HOUSING RESOURCES

2-1-1 San Diego .....	211 or 800-227-0997
For the most current shelter and rehab availability and info <i><a href="https://211sandiego.org">https://211sandiego.org</a></i>	
Alpha Project .....	619-542-1877
<i><a href="http://www.alphaproject.org">www.alphaproject.org</a></i>	
Catholic Charities.....	619-323-2841
<i><a href="https://www.ccdsd.org">https://www.ccdsd.org</a></i>	
County of San Diego Housing Resource Directory (2016-2018) .....	858-694-4801
<i><a href="http://www.sandiegocounty.gov/content/sdc/sdhcd/housing-directory.html">www.sandiegocounty.gov/content/sdc/sdhcd/housing-directory.html</a></i>	
Father Joe's Villages	
St. Vincent de Paul Village (Travelers Aid) .....	ext.1157..... 619-233-8500
<i><a href="https://my.neighbor.org/housing">https://my.neighbor.org/housing</a></i>	
Homeless Outreach Team .....	211
Homeless Shelter Directory .....	<i><a href="http://www.homelessshelterdirectory.org">www.homelessshelterdirectory.org</a></i>
Interfaith Shelter Network .....	619-702-5399
<i><a href="http://interfaithshelter.org">http://interfaithshelter.org</a></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	
PATH* (People Assisting the Homeless) .....	619-810-8600
Street outreach and intake for Connections Housing <i><a href="http://www.epath.org">www.epath.org</a></i>	
<u>Placement Assistance Agencies</u>	
Always Best Care Senior Services.....	619-757-1114
<i><a href="http://www.alwaysbestcare.com/ca/san-diego">www.alwaysbestcare.com/ca/san-diego</a></i>	
Care Placement.....	800-821-7598
<i><a href="http://www.careplacement.com">www.careplacement.com</a></i>	
Senior Care Referral Specialists .....	800-587-4410
<i><a href="https://srcareinfo.com">https://srcareinfo.com</a></i>	
Safe Parking Program (help when living out of a car) .....	619-497-0236
<i><a href="http://www.dreamsforchange.org">www.dreamsforchange.org</a></i>	
Salvation Army Family Services .....	619-699-2216
San Diego Housing Commission (City of San Diego).....	619-231-9400
Affordable housing resource guide including single room occupancy list <i><a href="http://sdhc.org/wp-content/uploads/2018/07/affordable-housing-resource-guide.PDF">http://sdhc.org/wp-content/uploads/2018/07/affordable-housing-resource-guide.PDF</a></i>	
San Diego Rescue Mission.....	619-687-3720
<i><a href="http://www.sdrescue.org">www.sdrescue.org</a></i>	
Serving Seniors (transitional housing) .....	619-235-6572
<i><a href="http://www.serving seniors.org">www.serving seniors.org</a></i>	
South Bay Community Services (24-hr hotline) .....	800-640-2933
<i><a href="http://www.southbaycommunityservices.org">www.southbaycommunityservices.org</a></i>	