



medical illness & disability

CONTINUING CARE SERVICES

Kaiser Permanente Services

Center for Healthy Living (General Information)	619-641-4194
Continuing Care Services.....	619-641-4456
Diabetes Education	619-641-4194
Flu Shot Clinic Information <i>kp.org/flu</i>	
HIV Information, Education & Testing	877-236-0333
Making Today Count (Cancer Support Group; Debra Stern-Ellis)	619-528-3152
Women’s Cancer Support Group	619-641-4456

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.

Access to Independence (San Diego, Escondido & Imperial Valley)..619-293-3500
www.a2isd.org

AIDS Information: Please see HIV/AIDS Resources handout on our website:
http://continuingcare-sandiego.kp.org

ALS Association.....858-271-5547
www.alsasd.org

Alzheimer’s Association 24/7 helpline

800-272-3900

www.alz.org

Alzheimer’s San Diego

858-492-4400

www.alzsd.org

American Heart Association (Stroke Club & Mended Hearts).....858-410-3850
www.americanheart.org

American Liver Foundation.....800-465-4837
www.liverfoundation.org

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



American Lung Association.....	619-297-3901
<i>www.lung.org/about-us/local-associations/california.html</i>	800-586-4872
American Red Cross.....	858-309-1200
<i>www.redcross.org/local/california/san-diego</i>	
Amputee Coalition of America	888-267-5669
<i>www.amputee-coalition.org</i>	
Amputees In Motion (very limited phone visits only)	858-454-9300
ARC of San Diego (Developmental Disabilities).....	619-685-1175
<i>www.arc-sd.com</i>	
Arthritis Foundation.....	800-283-7800
<i>www.arthritis.org</i>	
Behavioral Diabetes Institute	858-336-8693
<i>https://behavioraldiabetes.org</i>	
Blind/Visually Impaired Services:	
Access to Independence	619-293-3500
Vision Tech Connect (in Imperial Valley)	
<i>www.a2isd.org</i>	
Blind Community Center of San Diego	619-298-5021
<i>https://bccsd.org</i>	
Braille Institute of America (includes talking books)	858-452-1111
<i>www.brailleinstitute.org</i>	
Bright Focus Foundation	800-437-2423
<i>www.brightfocus.org</i>	
National Library Service (NLS) for the blind and print disabled ...	888-657-7323
<i>https://www.loc.gov/nls/resources/</i>	
Radio Reading Service.....	619-594-1515
<i>www.kpbs.org/radio/reading-service</i>	
San Diego Center for the Blind (and vision impaired)	619-583-1542
North County	760-758-5956
<i>www.sdcb.org</i>	
Breast Cancer Resources: See separate handout on our website:	
<i>http://continuingcare-sandiego.kp.org</i>	
California State Dept. of Rehab	619-767-2100
7575 Metropolitan Dr., Suite 107, San Diego, CA 92108	
<i>www.dor.ca.gov</i>	
Cancer Resources: See separate handout on our website:	
<i>http://continuingcare-sandiego.kp.org</i>	
Challenge Center.....	619-667-8644
<i>www.challengecenter.org</i> or for more recent updates <i>ChallengeCenterFacebook</i>	
Crohn's and Colitis Foundation	619-497-1300
<i>www.ccf.org</i>	800-932-2423

Cystic Fibrosis Center (UCSD Adult CF Program) 858-657-7073

Deaf/Hearing Impaired Services:

CA Telephone Access Program (equipment through DDTP) 800-806-1191
<http://ddtp.cpuc.ca.gov>

Deaf and Disabled Services (California Relay Services) 800-735-2922

Deaf Community Services of San Diego, Inc. 619-398-2441
www.deafcommunityservices.org

Diabetes Information:

American Diabetes Association 800-342-2383
www.diabetes.org

Taking Control of Your Diabetes (TCOYD) 800-998-2693
<https://tcoyd.org>

Down's Syndrome Society (National)..... 800-221-4602
www.ndss.org

Epilepsy Foundation San Diego County.....619-296-0161
www.epilepsysandiego.org

Facial Paralysis & Bell's Palsy Foundation (local support group)
www.facialparalysisfoundation.org

Family Health Centers of San Diego 619-515-2300
<https://www.fhcsd.org/>

Health Center Partners of Southern California (community clinics) ..619-542-4300
<http://hcpsocal.org>

Hemophilia Association of SD County619-325-3570
www.hasdc.org

Infoline of San Diego.....211
Outlying Areas Only..... 800-227-0997
www.211sandiego.org..... 858-300-1211

International Foundation for Functional GI Disorders..... 888-964-2001
www.iffgd.org

Kidney Foundation (National).....818-783-8153
www.kidneysocal.org

Lupus Foundation of Southern California858-278-2788
www.lupussocal.org

Medic Alert Foundation 888-633-4298
Medic Alert + Alz. Assoc. Safe Return 888-572-8566
www.medicalert.org

Multiple Sclerosis Society (National)800-344-4867
www.nationalmssociety.org760-448-8400

Muscular Dystrophy Association..... 858-966-8108
www.mda.org 800-572-1717

Myasthenia Gravis Foundation of California	800-574-7884
Support Group	858-822-9989
www.myasthenia-ca.org	
National Alliance for the Mentally Ill (NAMI-SD).....	619-543-1434
www.namisandiego.org	800-523-5933
Ostomy Associations:	
United Ostomy Associations of America	800-826-0826
www.uoa.org	
Parkinson's Association of San Diego	858-999-5671
www.parkinsonsassociation.org	
Poison Center System, California	800-222-1222
www.calpoison.org	
ReMend (no cost mentoring to families and those affected by kidney disease)	
http://sdremend.com	858-810-7437
San Diego Brain Injury Foundation.....	619-294-6541
www.sdbif.org	
San Diego Humane Society (programs and support services).....	619-299-7012
https://www.sdhumane.org/programs/support-services/	
San Diego Regional Center (for developmentally disabled)	858-576-2996
Intake Line.....	858-576-2938
www.sdrc.org	
Southern Caregiver Resource Center.....	800-827-1008
www.caregivercenter.org	858-268-4432
Spina Bifida Association	800-621-3141
www.sbaofca.org	
Spina Bifida of San Diego	619-992-0201
www.spinabifidasandiego.com	
Triumph Foundation (support group and resources for people with Spinal cord injuries/disorders)	661-803-3700
https://triumph-foundation.org/outreach/support-groups	
Tourette Syndrome Association (National)	
www.tsa-usa.org	
United Cerebral Palsy of San Diego County	858-571-7803
www.ucpsd.org	
WomenHeart (cardiac support meeting for women; call for info)	202-728-7199
www.WomenHeart.org	

For corrections or additions to this handout, please call (619) 641-4456