



# 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 Line .....	866-706-6358
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](http://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](http://www.alsasd.org)

Alzheimer’s Association 24/7 helpline .....
 800-272-3900 || [www.alz.org](http://www.alz.org) |  |

Alzheimer’s San Diego .....
 858-492-4400 || [www.alzsd.org](http://www.alzsd.org) |  |

American Heart Association (Stroke Club & Mended Hearts).....858-410-3850  
[www.americanheart.org](http://www.americanheart.org)

American Liver Foundation.....800-465-4837  
[www.liverfoundation.org](http://www.liverfoundation.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 (AIM support group) .....	858-454-9300
<i>http://amputeesinmotion.org</i>	
ARC of San Diego (Developmental Disabilities).....	619-685-1175
North Shores Vocational Center .....	858-715-3780
<i>www.arc-sd.com</i>	
Arthritis Foundation.....	800-283-7800
San Diego .....	858-492-1090
<i>www.arthritis.org</i>	
Behavioral Diabetes Institute .....	858-336-8693
<i>https://behavioraldiabetes.org</i>	
<b>Blind/Visually Impaired Services:</b>	
Access to Independence .....	619-293-3500
Vision Tech Connect	
<i>www.a2isd.org</i>	
Blind Community Center of San Diego .....	619-298-5021
<i>www.bccsd.org</i>	
Braille Institute of America (includes talking books) .....	858-452-1111
<i>www.brailleinstitute.org</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>	
<b>Breast Cancer Resources:</b> 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>	
<b>Cancer Resources:</b> See separate handout on our website:	
<i>http://continuingcare-sandiego.kp.org</i>	
Challenge Center.....	619-667-8644
<i>www.challengecenter.org</i>	
Crohn's and Colitis Foundation .....	619-497-1300
<i>www.cdfa.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](http://www.deafcommunityservices.org)

**Diabetes Information:**

American Diabetes Association ..... 800-342-2383  
[www.diabetes.org](http://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](http://www.ndss.org)

Epilepsy Foundation San Diego County.....619-296-0161  
[www.epilepsysandiego.org](http://www.epilepsysandiego.org)

Facial Paralysis & Bell's Palsy Foundation (local support group)  
[www.facialparalysisfoundation.org](http://www.facialparalysisfoundation.org)

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

Hemophilia Association of SD County .....619-325-3570  
[www.hasdc.org](http://www.hasdc.org)

Infoline of San Diego.....211  
Outlying Areas Only..... 800-227-0997  
[www.211sandiego.org](http://www.211sandiego.org)..... 858-300-1211

International Foundation for Functional GI Disorders..... 888-964-2001  
[www.iffgd.org](http://www.iffgd.org)

Kidney Foundation (National).....800-747-5527  
[www.kidneysocal.org](http://www.kidneysocal.org)

Lupus Foundation of Southern California .....858-278-2788  
[www.lupussocal.org](http://www.lupussocal.org)

Medic Alert Foundation ..... 888-633-4298  
Medic Alert + Alz. Assoc. Safe Return ..... 888-572-8566  
[www.medicalert.org](http://www.medicalert.org)

Multiple Sclerosis Society (National) .....800-344-4867  
[www.nationalmssociety.org](http://www.nationalmssociety.org) .....760-448-8400

Muscular Dystrophy Association..... 858-492-9792  
[www.mda.org](http://www.mda.org) ..... 800-572-1717

Myasthenia Gravis Foundation of California .....	800-574-7884
Support Group .....	858-822-9989
<a href="http://www.myasthenia-ca.org">www.myasthenia-ca.org</a>	
National Alliance for the Mentally Ill (NAMI-SD).....	619-543-1434
<a href="http://www.namisandiego.org">www.namisandiego.org</a> .....	800-523-5933
<b>Ostomy Associations:</b>	
United Ostomy Associations of America .....	800-826-0826
<a href="http://www.uoa.org">www.uoa.org</a>	
Parkinson's Association of San Diego .....	858-999-5671
<a href="http://www.parkinsonsassociation.org">www.parkinsonsassociation.org</a>	
PAWS (Pets are Wonderful Support).....	619-297-7297
<a href="https://www.sdhumane.org/programs/paws-san-diego/">https://www.sdhumane.org/programs/paws-san-diego/</a>	
Poison Center System, California .....	800-222-1222
<a href="http://www.calpoison.org">www.calpoison.org</a>	
ReMend (no cost mentoring to families and those affected by kidney disease)	
<a href="http://sdremend.com">http://sdremend.com</a> .....	858-650-5001
San Diego Brain Injury Foundation.....	619-294-6541
<a href="http://www.sdbif.org">www.sdbif.org</a>	
San Diego Regional Center (for developmentally disabled) .....	858-576-2996
Intake Line.....	858-576-2938
<a href="http://www.sdrc.org">www.sdrc.org</a>	
Southern Caregiver Resource Center.....	800-827-1008
<a href="http://www.caregivercenter.org">www.caregivercenter.org</a> .....	858-268-4432
Spina Bifida Association .....	800-621-3141
<a href="http://www.sbaofca.org">www.sbaofca.org</a>	
Spina Bifida of San Diego .....	619-992-0201
<a href="http://www.spinabifidasandiego.com">www.spinabifidasandiego.com</a>	
Triumph Foundation (support group and resources for people with Spinal cord injuries/disorders) .....	661-803-3700
<a href="https://triumph-foundation.org/outreach/support-groups">https://triumph-foundation.org/outreach/support-groups</a>	
Tourette Syndrome Association (National)	
<a href="http://www.tsa-usa.org">www.tsa-usa.org</a>	
United Cerebral Palsy of San Diego County .....	858-571-7803
<a href="http://www.ucpsd.org">www.ucpsd.org</a>	
WomenHeart (cardiac support meeting for women; call for info) .....	202-728-7199
<a href="http://www.WomenHeart.org">www.WomenHeart.org</a>	

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