

What is Senior Care Management?

Senior Care Management is a program of the Continuing Care Department. Social workers provide long term care management assistance to at-risk members 65 and older.

Senior Care Management provides:

- Information and referrals to community services and resources including:
 - Home delivered meals
 - Transportation
 - Help at home
 - Financial programs and services
- Counseling to address health and social changes affecting daily living.
- Planning for future care needs.



Additional Services



Senior Care Calls - friendly volunteer phone calls on a regular basis

Caregiver Support Groups – for anyone providing care for an ill or elderly person. The group provides a safe and caring place to share feelings and concerns along with options and solutions for common problems. Groups are led by a social worker and a nurse. There is no charge.

To Make a Referral

Anyone may refer a Kaiser Permanente member for Senior Care Management. Referrals are screened by the Program Services Coordinator, a Social Worker or the RN Case Manager.

Phone: 619-641-4027 - or

Fax: 619-641-4340



Caregiver Support Groups

For information call 619-641-4456.

Bostonia

1620 East Main St., El Cajon
Lobby Area, Group Room 7
2nd & 4th Thursdays, 2 - 3 pm

SDMR 1

10990 San Diego Mission Rd
Check lobby screen for classroom
1st & 3rd Wednesdays, 2 – 3 pm

Vista

780 Shadowridge Dr., Vista
2nd Floor, Classroom 1 & 2
1st & 3rd Wednesdays, 2:30 – 4 pm

Helping older members to
manage their care at home



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**Senior Care
Management Program**
Continuing Care Services