

## What is Senior Care Management?

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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

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**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

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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

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For information call 619-641-4456.

### **Bostonia**

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

### **SDMR 1**

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

### **Vista**

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

## Senior Care Management Program Continuing Care Services

Helping older members to  
manage their care at home

