



# senior programs

## CONTINUING CARE SERVICES

### Kaiser Permanente Services

Audiology (self-referral)

Garfield Specialty Care, Otay Mesa, San Marcos ... 858-616-5100

Bioethics Department ..... 619-528-5213

Continuing Care Services ..... 619-641-4456

Long Term Care Services (nursing home list avail). 619-528-1245

Senior Care Management ..... 619-641-4027

Life Care Planning class (plan health care decisions) .. 619-641-4194

Senior Advantage (to enroll) ..... 800-921-2900

Senior Advantage Member Services ..... 800-443-0815

(for current KPSA Members)

Travel Advisory Clinic ..... 619-528-3184

Utilization Management (Hospital Case Managers) ..... 619-528-3146

### 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.*

211 San Diego (all listings free and open to the public)

<http://211sandiego.org/events/>

55 Alive (AARP Driver Safety Program classes)..... 619-641-7020

[www.aarp.org/55alive](http://www.aarp.org/55alive)

Age Well Services, City of San Diego..... 619-236-6905

[www.sandiego.gov/park-and-recreation/activities/seniorservices](http://www.sandiego.gov/park-and-recreation/activities/seniorservices)

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



**KAISER PERMANENTE®**

Aging & Independence Services ..... 800-339-4661  
     Adult Day Care (call for nearest location)  
     Adult Protective Services  
     Elder Abuse Reporting (San Diego County)  
     Long Term Care Ombudsman ...858-560-2507 or... 800-640-4661  
     Project Care (call for local phone number)  
     Senior Centers in San Diego County (call for nearest location)  
     Telephone Reassurance Programs (list available from AIS)  
         <http://sandiego.networkofcare.org>

Administration on Aging/National Institute on Aging  
     [www.aoa.gov](http://www.aoa.gov)

American Association of Retired Persons (AARP)..... 888-687-2277  
     [www.aarp.org](http://www.aarp.org)

CarFit program  
     [www.car-fit.org](http://www.car-fit.org)

Center for Social Advocacy.....619-444-5700  
     [www.c4sa.org](http://www.c4sa.org)

Deaf Seniors Club (must be able to sign, age 40+) .... 619-525-8247  
     [www.sandiego.gov/park-and-recreation/activities/seniorservices](http://www.sandiego.gov/park-and-recreation/activities/seniorservices)

East County Career Center..... 619-873-9300  
     <http://eccc.guhdsd.net>

Eldercare Locator (National)..... 800-677-1116  
     <https://eldercare.acl.gov/Public/Index.aspx>

Elder Help of San Diego..... 619-284-9281  
     [www.elderhelpofsandiego.org](http://www.elderhelpofsandiego.org)

Foster Grandparent Program (Catholic Charities)..... 619-323-2841  
     <https://www.ccdsd.org/foster-grandparents>

Helen Woodward Animal Center..... 858-756-4117  
     (Animeals, Pet Encounter Therapy)  
     [www.animalcenter.org](http://www.animalcenter.org)

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

- Jewish Family Services (in take line) ..... 858-637-3040  
 On The Go Excursions  
[www.jfssd.org](http://www.jfssd.org)
- OASIS (classes)  
 Grossmont Center ..... 619-881-6262  
 North County (Johnson Senior Ctr, Escondido) ..... 760-796-6020  
<https://san-diego.oasisnet.org/>
- Osher Lifelong Learning Institute (SDSU) ..... 619-594-2863  
[www.ces.sdsu.edu/osher](http://www.ces.sdsu.edu/osher)
- PAWS (Pets are Wonderful Support).....(ext. 2100).619-299-7012  
<https://www.sdhumane.org/programs/paws-san-diego/>
- Rancho Bernardo Senior Services..... 858-487-2640  
<http://ranchobernardoseniorservices.com/>
- Radio Reading Service..... 619-594-8170  
[www.kpbs.org/radio/reading-service](http://www.kpbs.org/radio/reading-service)
- Retired Senior Volunteer Program (RSVP)..... 858-505-6399
- SAGE Advocacy & Services for LGBT Elders  
 SAGE LGBT Elder hotline .....888-234-7243  
[www.sageusa.org](http://www.sageusa.org)
- San Diego Eldercare Directory  
[www.utsandiego.com/guides/eldercare](http://www.utsandiego.com/guides/eldercare)
- San Diego Senior Games Assoc. (Senior Olympics) ... 858-292-5812  
<http://sdseniorgames.org>
- SeniorJournal.com (Web Site Links for Senior Citizens)  
[www.seniorjournal.com/seniorlinks.htm](http://www.seniorjournal.com/seniorlinks.htm)
- Well Connected (for homebound seniors) ..... 877-797-7299  
<https://covia.org/services/well-connected>
- YMCA Kinship Program (ext. 12440) ..... 619-543-9850

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