



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/senior_events

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

www.aarp.org/55alive

Aging & Independence Services 800-510-2020

(from outside of California) 800-677-1116

Adult Day Care (call for nearest location)

Adult Protective Services

<http://xnet.kp.org/sandiego/ccs>



Aging & Independence Services (continued)
 Elder Abuse Reporting (San Diego County)
 Long Term Care Ombudsman 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

American Association of Retired Persons (AARP)..... 888-687-2277
www.aarp.org

CarFit program
www.car-fit.org

Center for Social Advocacy.....619-444-5700
www.c4sa.org

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

East County Career Center..... 619-590-3950
<http://eccc.guhds.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

Foster Grandparent Program (Catholic Charities)..... 619-231-2828
www.ccdsd.org/programs/senior-services

Helen Woodward Animal Center..... 858-756-4117
 (Animeals, Pet Encounter Therapy)
www.animalcenter.org

HICAP (Health Ins. Counseling & Advocacy Program). 858-565-8772
www.cahealthadvocates.org

Infoline of San Diego211
 Outlying Areas Only.....800-227-0997
www.211sandiego.org 858-300-1211

- Jewish Family Services (in take line) 858-637-3040
 On The Go Excursions
www.jfssd.org
- OASIS (classes)
 Grossmont Center 619-881-6262
 North County (Johnson Senior Ctr, Escondido) 760-796-6020
www.oasisnet.org/san-diego-CA
- Osher Lifelong Learning Institute (SDSU) 619-594-2863
www.ces.sdsu.edu/osher
- PAWS (Pets are Wonderful Support)..... 619-297-7297
<http://pawssandiego.org>
- Rancho Bernardo Senior Services..... 858-487-2640
<http://rbseniorservices.com>
- Radio Reading Service..... 619-594-8170
www.kpbs.org/radio/reading-service
- Retired Senior Volunteer Program (RSVP)..... 858-505-6399
- SAGE Advocacy & Services for LGBT Elders
 SAGE LGBT Elder hotline888-234-7243
www.sageusa.org
- San Diego Eldercare Directory
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
- Senior Center Without Walls (for homebound seniors). 877-797-7299
www.seniorcenterwithoutwalls.org
- Senior Services, City of San Diego..... 619-236-6905
www.sandiego.gov/park-and-recreation/activities/seniorservices
- YMCA Kinship Program (ext. 12440) 619-543-9850

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