



senior programs

CONTINUING CARE SERVICES

Kaiser Permanente Services

Audiology (self-referral)

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

Bioethics Department 619-528-5213

Continuing Care Services 619-641-4456

Long Term Care Services (nursing home list available) 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 (current KPSA members).. 800-443-0815

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

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

www.sandiego.gov/park-and-recreation/activities/seniorservices

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 toll free... 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>

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



KAISER PERMANENTE®

Administration on Aging/National Institute on Aging <i>www.aoa.gov</i>	
American Association of Retired Persons (AARP).....	888-687-2277 <i>www.aarp.org</i>
CarFit program <i>www.car-fit.org</i>	
Center for Social Advocacy.....	619-444-5700 <i>www.c4sa.org</i>
Deaf Seniors Club (must be able to sign, age 40+)	619-525-8247 <i>www.sandiego.gov/park-and-recreation/activities/seniorservices</i>
East County Career Center.....	619-873-9300 <i>https://www.workforce.org/</i>
Eldercare Locator (National).....	800-677-1116 <i>https://eldercare.acl.gov/Public/Index.aspx</i>
Elder Help of San Diego.....	619-284-9281 <i>www.elderhelpofsandiego.org</i>
Foster Grandparent Program (Catholic Charities)	619-323-2841 <i>https://www.ccdsd.org/foster-grandparents</i>
Helen Woodward Animal Center.....	858-756-4117 (Animeals, Pet Encounter Therapy) <i>www.animalcenter.org</i>
Infoline of San Diego.....	211
Outlying Areas Only.....	800-227-0997
<i>www.211sandiego.org</i>	858-300-1211
Jewish Family Services (in-take line)	858-637-3040
On The Go Excursions <i>www.jfssd.org</i>	
OASIS (classes)	
Grossmont Center	619-881-6262
North County (Johnson Senior Ctr, Escondido)	760-796-6020 <i>https://san-diego.oasisnet.org/</i>
Osher Lifelong Learning Institute (SDSU)	619-594-2863 <i>www.ces.sdsu.edu/osher</i>
PAWS (Pets are Wonderful Support).....(ext. 2100).	619-299-7012 <i>https://www.sdhumane.org/programs/paws-san-diego/</i>
Rancho Bernardo Senior Services.....	858-487-2640 <i>http://ranchobernardoseniorservices.com/</i>
Radio Reading Service.....	619-594-8170 <i>www.kpbs.org/radio/reading-service</i>

Retired Senior Volunteer Program (RSVP)..... 858-505-6399
SAGE Advocacy & Services for LGBT Elders
SAGE LGBT Elder hotline 888-234-7243
www.sageusa.org
San Diego Eldercare Directory
www.utsandiego.com/guides/eldercare
San Diego Senior Games Association (Senior Olympics) 858-292-5812
http://sdseniorgames.org
SeniorJournal.com (Web Site Links for Senior Citizens)
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