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/senior_events
55 Alive (AARP Driver Safety Program classes) ................... 619-641-7020
   www.aarp.org/55alive
Aging & Independence Services ...................................... 800-510-2020
   (from outside California) .......................................... 800-677-1116
   Adult Day Care (call for nearest location)
   Adult Protective Services
   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

http://continuingcare-sandiego.kp.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.guhsd.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 and Advocacy Program) 858-565-8772
www.cahealthadvocates.org

Infoline of San Diego 211
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 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
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