



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/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>



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.....	619-590-3950 <i>http://eccc.guhsd.net</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)	619-231-2828 <i>www.ccdsd.org/programs/senior-services</i>
Helen Woodward Animal Center..... (Animeals, Pet Encounter Therapy) <i>www.animalcenter.org</i>	858-756-4117
HICAP (Health Ins. Counseling and Advocacy Program).....	858-565-8772 <i>www.cahealthadvocates.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>www.oasisnet.org/san-diego-CA</i>
Osher Lifelong Learning Institute (SDSU)	619-594-2863 <i>www.ces.sdsu.edu/osher</i>
PAWS (Pets are Wonderful Support).....	619-297-7297 <i>http://pawssandiego.org</i>
Rancho Bernardo Senior Services.....	858-487-2640 <i>http://rbseniorservices.com</i>

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