Kaiser Permanente Services
Advance Directive for Health Care (class) ............................ 619-528-3296

Audiology (self referral)
  Garfield Specialty Care ...................................................... 858-616-5100
  Otay Mesa ................................................................. 858-616-5100
  San Marcos ................................................................. 760-591-4276

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

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
  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
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 ......................................................... 619-590-3900
http://eccc.guhsd.net
Eldercare Locator (National) ..................................................... 800-677-1116
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)
Mission Valley ........................................................................ 619-881-6262
North County (Johnson Senior Ctr, Escondido) ...................... 760-839-6020
www.oasisnet.org
Osher Lifelong Learning Institute (SDSU) ................................. 619-594-2863
www.ces.sdsu.edu/usher
PAWS (Pets are Wonderful Support) ......................................... 619-297-7297
Rancho Bernardo Senior Services ............................................ 858-487-2640
Radio Reading Service ............................................................... 619-594-8170
www.kpbs.org/radio/reading-service
Retired Senior Volunteer Program (RSVP) ............................... 858-505-6399
SAGE Services & Advocacy for Gay, Lesbian, Bisexual & Transgender Elders
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/seniorservices

YMCA Kinship Program……………………………………………… 619-543-9850

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