



senior programs

CONTINUING CARE SERVICES

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>



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
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.....	619-590-3900 <i>http://eccc.guhsd.net</i>
Eldercare Locator (National).....	800-677-1116
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.....	858-756-4117 (Animeals, Pet Encounter Therapy) <i>www.animalcenter.org</i>
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)	
Mission Valley.....	619-881-6262
North County (Johnson Senior Ctr, Escondido)	760-839-6020 <i>www.oasisnet.org</i>
Osher Lifelong Learning Institute (SDSU)	619-594-2863 <i>www.ces.sdsu.edu/osher</i>
PAWS (Pets are Wonderful Support).....	619-297-7297
Rancho Bernardo Senior Services.....	858-487-2640
Radio Reading Service.....	619-594-8170 <i>www.kpbs.org/radio/reading-service</i>
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