



caregiver resources

CONTINUING CARE SERVICES

Kaiser Permanente Services

- Caregiver Support Groups.....619-641-4456
- Memory Class - call Neurology to schedule 877-236-0333
(for family/caregivers of persons with dementia/Alzheimer's)

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.

- * Aging and Independence Services..... 800-339-4661
<https://www.sandiegocounty.gov/hhsa/programs/ais/>
- Alzheimer's Association (24 hr helpline) 800-272-3900
www.alz.org
- * Alzheimer's San Diego..... 858-492-4400
www.alzsd.org
- Arthritis Foundation..... 800-283-7800
www.arthritis.org
- Caregiver Action Network 855-227-3640
www.caregiveraction.org
- * Caregiver Coalition of San Diego 858-505-6300
(video library available online)
www.caregivercoalitionsd.org
- Caregiving at Home Class (Sharp Healthcare - open to all) 800-827-4277
www.sharp.com/health-classes
- Case Management & Services (County Mental Health)..... 619-692-8715
- Eldercare Directory
sandiegouniontribune.com

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



Community Services continued

Family Caregiver Alliance.....	800-445-8106
<i>www.caregiver.org</i>	
The Glenner Memory Care Centers (Alzheimer's)	800-736-6674
Caregiver support groups listed on website	
<i>https://glenner.org</i>	
National Caregiving Foundation	800-930-1357
<i>www.caregivingfoundation.org</i>	
Parkinson's Association of San Diego	858-999-5671
<i>www.parkinsonsassociation.org</i>	
* Southern Caregiver Resource Center	858-268-4432
<i>www.caregivercenter.org</i>	
	800-827-1008

* Indicates respite services or information available

Helpful Term

Respite

Short-term or intermittent care for a frail, ill, or confused individual that allows the caregiver a break from the stresses of everyday care.

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