



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.

*Indicates respite services or information available

- *Aging and Independence Services.....800-339-4661
<https://www.sandiegocounty.gov/hhsa/programs/ais/>
- Alzheimer's Association (24-hour 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 Network855-227-3640
www.caregiveraction.org
- *Caregiver Coalition of San Diego858-505-6435
(video library available online)
www.caregivercoalitionsd.org
- Caregiver support group & Caregiver basics workshop.....800-827-4277
(Sharp Healthcare - open to all) www.sharp.com/health-classes
- Case Management & Services (County Mental Health).....619-692-8715

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



Community Services continued

Eldercare Directory

www.sandiegouniontribune.com/eldercare/

Family Caregiver Alliance..... 800-445-8106
www.caregiver.org

The Glenner Memory Care Centers (Alzheimer's) 800-736-6674
Caregiver support groups listed on website
<https://glenner.org>

National Caregiving Foundation 800-930-1357
www.caregivingfoundation.org

Parkinson's Association of San Diego 858-210-5674
www.parkinsonsassociation.org

*Southern Caregiver Resource Center 858-268-4432
www.caregivercenter.org 800-827-1008

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