

HOMEMAKER/ATTENDANTS

COUNTY IN HOME SUPPORTIVE SERVICES (IHSS)	800-339-4661
COMFORT KEEPERS /3 HR MIN # * (KP contracted vendor)	866-450-3322
A BETTER SOLUTION # * @	619-585-9011
ALL VALLEY HOME HEALTH CARE/4 HR MIN # * 619-276-8001	760-735-8899
AT YOUR HOME FAMILY CARE/2 HR MIN #*	858-625-0406
FIRSTAT NURSING SERVICES # * @	619-220-7600

Indicates 24 Hr caregivers available; * can provide transportation; @ can do medication set ups

HOUSING

PLACEMENT ASSISTANCE SERVICES

SD CARE PLACEMENT	800-821-7598
SENIOR CARE REFERRAL SPECIALISTS	800-587-4410

SHARED HOUSING

CENTER FOR SOCIAL ADVOCACY	619-444-5700
ELDERHELP OF SAN DIEGO – 619-284-9281	858-748-9675
GENERAL - HOUSING AUTHORITY (SD County)	877-478-5478
Housing and Urban Development (HUD Ombudsman)	619-578-7553
SAN DIEGO HOUSING COMMISSION (rental assistance call center)	619-578-7777

LEGAL SERVICES

ELDER LAW ADVOCACY	858-565-1392
IMPERIAL COUNTY.....	760-353-0223
HICAP (HEALTH INS. COUNSELING & ADVOCACY PROGRAM).....	800-434-0222
LAWYER REFERRAL SERVICES – 619-231-8585	760-758-4755
LEGAL AID SOCIETY OF SAN DIEGO	877-534-2524
SAN DIEGO VOLUNTEER LAWYER PROGRAM	619-235-5656

SPECIAL INTEREST

AGING & INDEPENDENCE SERVICES	800-339-4661
ALZHEIMER’S SAN DIEGO	858-492-4400
INFOLINE OF SAN DIEGO.....	“211” or 800-227-0997
MEDIC ALERT FOUNDATION	888-633-4298
MEDIC ALERT+ALZHIEMER’S ASSOC. SAFE RETURN	888-572-8566
PARKINSON’S ASSOCIATION OF SAN DIEGO	858-999-5671
SAN DIEGO CENTER FOR THE BLIND – 619-583-1542	760-758-5956
SAN DIEGO COUNTY VETERANS SERVICES	858-694-3222
SOUTHERN CAREGIVER’S RESOURCE CENTER	800-827-1008

TRANSPORTATION

MTS ACCESS (ADA para transit services) Certification	844-299-6326
Schedule a ride	888-517-9627
NCTD LIFT schedule a ride	760-726-1111
RideFACT (M-F 8am-5pm)	888-924-3228
WHEELCHAIR TRANSPORT (private pay)	
SAN DIEGO MEDICAL TRANSPORT	619-531-8900
SUPREME MEDICAL (Gurney van also available)	619-508-8560
TLC Transport	619-284-7433