



dementia resources

CONTINUING CARE SERVICES

Kaiser Permanente Services

Behavioral Health Care Helpline (24 hour)..... 800-900-3277

Caregiver Support Groups 619-641-4456

Coping with a Loved One's Dementia (Memory Class): a virtual workshop designed for family/caregivers of persons with dementia/Alzheimer's. A one-time class offered the 1st and 3rd Tuesday of every month from 10:00am – 11:00am. This class covers information regarding the diagnosis and progression of the disease, provided behavioral and communication strategies, and community resources that can provide further support. No registration required, simply click the link below to join.

**NOTE: Link not compatible with Internet Explorer; works best with Google Chrome.
www.positivechoice.org/coping-with-a-loved-ones-dementia/*

Neurology 877-236-0333

Psychiatry 877-496-0450

Senior Care Management619-641-4027
What is Senior Care Management

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.

Alzheimer's San Diego 858-492-4400

Programs include early-stage support for patients, activities/outings, educational classes, and caregiver support groups.

www.alzsd.org

Alzheimer's Association (helpline 24/7) 800-272-3900

www.alz.org

Safety Center

www.alz.org/care/alzheimers-dementia-safety.asp

Facts, Figures and Handouts

www.alz.org/alzheimers-dementia/facts-figures

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



Community Services (continued)

George G. Glenner Alzheimer Family Centers, Inc (Hillcrest) 619-543-4704
Chula Vista 619-420-1703
Encinitas and Escondido 760-635-1895
Programs include adult day care centers, respite programs, caregiver support groups, Town Square, Memory Cafes, and GlennerCare case management assistance.
<https://glenner.org/services/caregiver-support-groups/>

UCSD Shiley-Marcos ADRC858-822-4800
Programs include a variety of caregiver support groups, activities/outings and research studies. (Ask for Tracey Truscott, LCSW)
<https://neurosciences.ucsd.edu>

Jewish Family Services
Balboa Adult Day Center 858-637-3388
<https://www.jfssd.org/our-services/older-adults/social-wellness-centers/>

Southern Caregivers Resource Center.....800-827-1008 / 858-268-4432
Programs include caregiver support, classes, and respite programs.
www.caregivercenter.org

Coast Care (caregiving)..... 619-354-2544
<https://coastcare.org>

The Alzheimer's Store 800-752-3238
<http://alzstore.com>

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

Dementia Friends USA
Changing the way people think, act and talk about dementia
<https://dementiafriendsusa.org>

The Association for Frontotemporal Degeneration (AFTD helpline)..866-507-7222
Caregiver respite grants offered
www.theaftd.org

Safety/Wandering

Take Me Home Program
Photo database for persons with dementia, Alz and more. Hosted by the Sheriff's department and available to all law enforcement in SD.
www.sdsheriff.net/tmh

MedicAlert Foundation & Safe Return 800-432-5378
www.medicalert.org/what-is-safe-and-found

Research/Clinical Trials

Bright Focus Foundation 800-437-2423
www.brightfocus.org

Research/Clinical Trials (*continued*)

San Diego Alzheimer's Project (San Diego unites for a cure & care)

www.SDalzheimersproject.org

UCSD Shiley-Marcos Alzheimer's Disease Research Center..... 858-822-4800

<https://neurosciences.ucsd.edu>

For further information call 619-641-4456