



San Diego Free/Low Cost Resources

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.

San Diego Infoline 211 (Most up-to-date San Diego resources) Dial ...211.or ... 800-227-0997

Caregiving Support Programs/Respite

Alzheimer's San Diego	858-492-4400
In Home Support Services (paid caregiving through County, income based)	866-351-7722
Southern Caregiver Resource Center (case management, caregiver classes, respite and legal consultation)	800-827-1008
Senior Companions (Lutheran Social Services)	858-483-4005
YMCA Kinship Program (grandparents caring for grandchildren)	619-281-8313
VA Aid & Attendance (veteran/spouse require help of another to perform ADLs)	858-552-8585

Food & Meals

San Diego Food Bank (food distribution throughout SD County)	866-350-3663
Catholic Charities (multiple food resource centers for those in need)	619-231-2828
Foodmobile JFS (home delivered meals to seniors or disabled adults sliding scale)	858-637-3210
Mama's Kitchen (delivers 3 meals a day to AIDS or CA patients who are unable to prepare their own meal)	619-233-6262
Meals-On-Wheels (low cost home delivered meals, multiple locations)	619-295-9501
Meals with Love, Oceanside/Vista (low cost meals delivered, any age)	760-726-1225
Mom's Meals (www.momsmeals.com).....	888-860-9424
Special Delivery (delivers meals to homebound patients in Central San Diego with AIDS/HIV, CA or life-threatening illness)	619-297-7373
Serving Seniors (60+ yrs., home delivered meals & multiple nutrition ctrs)	619-235-6572
South Bay Community Services (food distribution, 16+ yrs.)	619-420-3620
Salvation Army (multiple locations, downtown serves homeless)	619-699-2200
Animeals Helen Woodward Animal Center (dog and cat food for homebound seniors and persons with disabilities)	858-756-4117

Legal Assistance/Financial Questions

Elder Law & Advocacy (caregivers needing legal assistance)	858-565-1392
Consumer Center for Health Education and Advocacy (help with Medi-Cal forms and other financial resources)	877-734-3258

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



Case Management Services throughout SD County

Aging & Independence Services (AIS) Multiple programs for senior and people with disabilities to help keep them safely in their home 800-339-4661
Linkages (18+ yrs), MSSP (65+) and SOAR (60+) services for persons at risk of needing placement or institutionalization

Housing

ElderHelp (homeshare program for homeowners willing to have a roommate and those seeking a place to live in exchange for household help)619-284-9281
South Bay Community Services (emergency or transitional housing)800-640-2933

Mental Health

ACCESS and Crisis Line (SD County mental health resources 24/7) 888-724-7240
Jewish Family Services 877-537-1818
Kaiser Permanente Behavioral Health Line (answered 24/7)800-900-3277

Minor home repairs

JFS Fix-It Service 858-637-3354
Interfaith Community Services (North County) 760-504-4486
ElderHelp 619-284-9281

Placement Help

Finding Home for Older Adults (free help finding assisted living facility or board and care setting) 619-886-4026
Senior Care Referral Specialists (services are free, facility pays fee)800-587-4410

Transportation

MTM (members with Medi-Cal assigned to Kaiser Permanente ONLY) 844-299-6230
MTS Access certification (ADA para transit services, nominal fee for rides) 844-299-6326
Road to Recovery, American Cancer Society (rides to cancer therapy)800-227-2345
Rides & Smiles, JFS (age 60+; donation based; reserve 1 week in advance) ... 858-637-3210
Seniors A Go Go, ElderHelp (60+, able to get in and out of car with minimal assistance; free)..... 619-284-9281

Exercise

Feeling Fit Club & Tai Chi (multiple locations and County TV)..... 858-495-5500
www.healthierlivingsd.org (schedule available)
Silver Age Yoga (free, geared toward older persons) toll free number844-234-3110
Club Walk (mall-walking program at Plaza Bonita: T, Th and Sat 8:00 a.m.) 619-470-4346

Miscellaneous

Senior Center Without Walls offers phone or online classes, conversation & activities for homebound seniors 365 day a year) 877-797-7299
RSVP (Retired Senior Volunteer Program) welfare checks 858-505-6399
San Diego Center for the Blind (many resources for persons with low vision or blindness)619-583-1542 or760-758-5956
ElderHelp (60+, donation based, must be able to self-advocate)619-284-9281
Care Coordination Services: Grocery shopping, friendly visits, check-in calls, escorted transportation, minor home repairs, mail sorting, gardening, pet care
Books by Mail (San Diego County library) 866-279-9629
California LifeLine (reduced rates for phone service based on income) 866-272-0349
California Telephone Access Program 800-806-1191

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