



# 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 NourishCare (KP approved vendor) .. <a href="http://www.momsmealsnc.com">www.momsmealsnc.com</a> ..	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](http://www.healthierlivingsd.org) (schedule available)  
Silver Age Yoga (free, geared toward older persons) toll free number ..... 844-234-3110  
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 or ..... 760-758-5956  
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*