

medical illness & disability

CONTINUING CARE SERVICES

Kaiser Permanente Services

Center for Healthy Living (General Information) ……..858-614-0532

Continuing Care Services……...858-614-0533

Diabetes Education ……..…… 858-614-0532

Flu Shot Clinic Information
kp.org/flu

HIV Information, Education & Testing …… 877-236-0333

Making Today Count (Cancer Support Group) …… 619-528-3152

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.

Access to Independence (San Diego, Escondido & Imperial Valley)..619-293-3500
https://accesstoindependence.org

AIDS Information: Please see HIV/AIDS Resources handout on our website:
continuingcare-sandiego.kaiserpermanente.org/PDFs/HIV

ALS Association……..858-271-5547
www.als.org/support/states/california

Alzheimer's Association 24/7 helpline ……800-272-3900
www.alz.org

Alzheimer's San Diego ……858-492-4400
www.alzsd.org

American Heart Association (Stroke Club & Mended Hearts)……858-410-3850
www.americanheart.org

American Liver Foundation……...800-465-4837
www.liverfoundation.org

American Lung Association……..619-297-3901
www.lung.org/about-us/local-associations/california.html 800-586-4872

American Red Cross……..858-309-1200
www.redcross.org/local/california/san-diego

Amputee Coalition of America ……888-267-5669
www.amputee-coalition.org

Amputees In Motion (very limited phone visits only) …… 858-454-9300

ARC of San Diego (Developmental Disabilities)……...619-685-1175
www.arc-sd.com

Arthritis Foundation……800-283-7800
www.arthritis.org. For Kids: JA Camps *https://www.arthritis.org/events/ja-camps*

Behavioral Diabetes Institute …….. 858-336-8693
https://behavioraldiabetes.org

Blind/Visually Impaired Services:

Access to Independence …….. 760-768-2044
Vision Tech Connect (in Imperial Valley)
https://accesstoindependence.org/imperial-valley/

Blind Community Center of San Diego ……...619-298-5021
https://bccsd.org ---website might still be under construction

Braille Institute of America (includes talking books) …….. 858-452-1111
www.brailleinstitute.org

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

National Library Service (NLS) for the blind and print disabled …888-657-7323
https://www.loc.gov/nls/resources/

Radio Reading Service……..……619-594-1515
www.kpbs.org/radio/reading-service

San Diego Center for the Blind (and vision impaired) ……... 619-583-1542
North County ..…….. 760-758-5956
www.sdcb.org

Breast Cancer Resources: See separate handout on our website:
http://continuingcare-sandiego.kp.org

California State Dept. of Rehab ……..619-767-2100
7575 Metropolitan Dr., Suite 107, San Diego, CA 92108
www.dor.ca.gov

Camps for Kids:

- JA Camps Arthritis Foundation Get Involved | JA Camps (*arthritis.org*)
- Camp Oasis | Crohn's & Colitis Foundation (*crohnscolitisfoundation.org*)

Camps for Kids continued:

- Free summer camp for children coping with a parent's cancer (*kesem.org*)
- American Diabetes Association Camp Wana Kura | ADA (*diabetes.org*)
- Camp Conrad Chinnock: Nonprofit Organization (*diabetescamping.org*)
- Oak Oncology and Kids--Camp reach for the Sky (*Childhood Cancer - Oncology And Kids)*
- A camp for kids with Serious Medical Conditions: *The Painted Turtle - A SeriousFun Camp, Founded by Paul Newman*

Cancer Resources: See separate handout on our website:
http://continuingcare-sandiego.kp.org

Challenge Center……619-667-8644
www.challengecenter.org or for more recent updates *ChallengeCenterFacebook*

Crohn's and Colitis Foundation …….…….. 619-497-1300
www.ccfa.org…… 800-932-2423

Cystic Fibrosis Center (UCSD Adult CF Program) …….. 858-657-7073

Deaf/Hearing Impaired Services:

CA Telephone Access Program (equipment through DDTP) ….. 800-806-1191
http://ddtp.cpuc.ca.gov

Deaf and Disabled Services (California Relay Services) 800-735-2922

Deaf Community Services of San Diego, Inc. ..…….. 619-398-2441
www.deafcommunityservices.org

Diabetes Information:

American Diabetes Association ……. 800-342-2383
www.diabetes.org
Taking Control of Your Diabetes (TCOYD) ……..…….. 800-998-2693
https://tcoyd.org

Down's Syndrome Society (National)…… 800-221-4602
www.ndss.org

Epilepsy Foundation San Diego County……619-296-0161
www.epilepsysandiego.org

Facial Paralysis & Bell's Palsy Foundation (local support group)
www.facialparalysisfoundation.org

Family Health Centers of San Diego ……. 619-515-2300
https://www.fhcsd.org/

Health Center Partners of Southern California (community clinics) ..619-542-4300
http://hcpsocal.org

Hemophilia Association of SD County ……619-323-4481
www.hasdc.org

Infoline of San Diego……..211
Outlying Areas Only…… 800-227-0997
https://211sandiego.org..... 858-300-1211

International Foundation for Functional GI Disorders…….. 888-964-2001
www.iffgd.org

Kidney Foundation (National)…….……818-783-8153
www.kidneysocal.org

Lupus Foundation of Southern California ……..858-278-2788
www.lupussocal.org

Medic Alert Foundation …… 888-633-4298
Medic Alert + Alz. Assoc. Safe Return ……..800-432-5378
www.medicalert.org

Multiple Sclerosis Society (National) ……..800-344-4867
www.nationalmssociety.org

Muscular Dystrophy Association……(muscle disease clinic at Rady's) 858-966-8108
www.mda.org…….…….... 800-572-1717

Myasthenia Gravis Foundation of California
www.myasthenia-ca.org

National Alliance for the Mentally Ill (NAMI-SD)……619-543-1434
www.namisandiego.org ……..…….. 800-523-5933

Ostomy Associations:
United Ostomy Associations of America ..……... 800-826-0826
www.ostomy.org

Parkinson's Association of San Diego ……..……619-324-9788
www.parkinsonsassociation.org

Poison Center System, California …….. 800-222-1222
www.calpoison.org

ReMend (no cost mentoring to families and those affected by kidney disease)
http://sdremend.com ……858-810-7437

San Diego Brain Injury Foundation…….. 619-294-6541
www.sdbif.org

San Diego Humane Society (programs and support services)……619-299-7012
https://www.sdhumane.org/programs/support-services/

San Diego Regional Center (for developmentally disabled) ……858-576-2996
Intake Line…….. 858-576-2938
www.sdrc.org

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

Spina Bifida Association ……..…….. 800-621-3141
www.sbaofca.org
Spina Bifida of San Diego …….. e.casco@yahoo.com
www.spinabifidasandiego.com

Triumph Foundation (support group and resources for people with Spinal cord injuries/disorders) ……..661-803-3700
https://triumph-foundation.org/outreach/support-groups

Tourette Syndrome Association (National)
www.tsa-usa.org

United Cerebral Palsy of San Diego County ……..858-571-7803
www.ucpsd.org

WomenHeart (cardiac support meeting for women; call for info) …..202-728-7199
www.WomenHeart.org

For corrections to this handout, please call (858) 614-0533