



# medical illness & disability

## CONTINUING CARE SERVICES

### Kaiser Permanente Services

|  |              |
|--|--------------|
| Center for Healthy Living (General Information) .....              | 619-641-4194 |
| Continuing Care Services.....                                      | 619-641-4456 |
| Diabetes Education .....   | 619-641-4194 |
| Flu Shot Clinic Information<br><i>kp.org/flu</i>                   |              |
| HIV Information, Education & Testing .....                         | 877-236-0333 |
| Making Today Count (Cancer Support Group; Debra Stern-Ellis) ..... | 619-528-3152 |
| Women's Cancer Support Group .....                                 | 619-641-4456 |

### 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  
*www.a2isd.org*

**AIDS Information:** Please see HIV/AIDS Resources handout on our website:  
*http://continuingcare-sandiego.kp.org*

ALS Association.....858-271-5547  
*www.alsasd.org*

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*

***http://continuingcare-sandiego.kp.org***



|   |              |
|---|--------------|
| American Lung Association.....  | 619-297-3901 |
| <a href="http://www.lung.org/about-us/local-associations/california.html">www.lung.org/about-us/local-associations/california.html</a>  | 800-586-4872 |
| American Red Cross.....   | 858-309-1200 |
| <a href="http://www.redcross.org/local/california/san-diego">www.redcross.org/local/california/san-diego</a>  |              |
| Amputee Coalition of America .....  | 888-267-5669 |
| <a href="http://www.amputee-coalition.org">www.amputee-coalition.org</a>  |              |
| Amputees In Motion (very limited phone visits only) .....   | 858-454-9300 |
| ARC of San Diego (Developmental Disabilities).....  | 619-685-1175 |
| <a href="http://www.arc-sd.com">www.arc-sd.com</a>  |              |
| Arthritis Foundation.....   | 800-283-7800 |
| <a href="http://www.arthritis.org">www.arthritis.org</a> . For Kids: JA Camps <a href="https://www.arthritis.org/events/ja-camps">https://www.arthritis.org/events/ja-camps</a> |              |
| Behavioral Diabetes Institute .....   | 858-336-8693 |
| <a href="https://behavioraldiabetes.org">https://behavioraldiabetes.org</a>   |              |
| <b>Blind/Visually Impaired Services:</b>  |              |
| Access to Independence .....  | 619-293-3500 |
| Vision Tech Connect (in Imperial Valley)  |              |
| <a href="http://www.a2isd.org">www.a2isd.org</a>  |              |
| Blind Community Center of San Diego .....   | 619-298-5021 |
| <a href="https://bccsd.org">https://bccsd.org</a>   |              |
| Braille Institute of America (includes talking books) .....   | 858-452-1111 |
| <a href="http://www.brailleinstitute.org">www.brailleinstitute.org</a>  |              |
| Bright Focus Foundation .....   | 800-437-2423 |
| <a href="http://www.brightfocus.org">www.brightfocus.org</a>  |              |
| National Library Service (NLS) for the blind and print disabled ...   | 888-657-7323 |
| <a href="https://www.loc.gov/nls/resources/">https://www.loc.gov/nls/resources/</a>   |              |
| Radio Reading Service.....  | 619-594-1515 |
| <a href="http://www.kpbs.org/radio/reading-service">www.kpbs.org/radio/reading-service</a>  |              |
| San Diego Center for the Blind (and vision impaired) .....  | 619-583-1542 |
| North County .....  | 760-758-5956 |
| <a href="http://www.sdcb.org">www.sdcb.org</a>  |              |

**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 |              |
| <a href="http://www.dor.ca.gov">www.dor.ca.gov</a>    |              |

**Camps for Kids:**

- JA Camps Arthritis Foundation Get Involved | JA Camps ([arthritis.org](http://arthritis.org))
- Camp Oasis | Crohn's & Colitis Foundation ([crohnscolitisfoundation.org](http://crohnscolitisfoundation.org))
- Free summer camp for children coping with a parent's cancer ([kesem.org](http://kesem.org))
- American Diabetes Association Camp Wana Cura Camp Wana Kura | ADA ([diabetes.org](http://diabetes.org))
- Camp Conrad Chinnock: Nonprofit Organization ([diabetescamping.org](http://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 |
| <i>www.challengecenter.org</i> or for more recent updates <i>ChallengeCenterFacebook</i> |              |
| Crohn's and Colitis Foundation .....   | 619-497-1300 |
| <i>www.cdfa.org</i> .....  | 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 |
| <i>http://ddtp.cpuc.ca.gov</i>                               |              |
| Deaf and Disabled Services (California Relay Services) ..... | 800-735-2922 |
| Deaf Community Services of San Diego, Inc. ....              | 619-398-2441 |
| <i>www.deafcommunityservices.org</i>                         |              |

**Diabetes Information:**

|  |              |
|--|--------------|
| American Diabetes Association .....                                  | 800-342-2383 |
| <i>www.diabetes.org</i>  |              |
| Taking Control of Your Diabetes (TCOYD) .....                        | 800-998-2693 |
| <i>https://tcoyd.org</i>   |              |
| Down's Syndrome Society (National).....                              | 800-221-4602 |
| <i>www.ndss.org</i>  |              |
| Epilepsy Foundation San Diego County.....                            | 619-296-0161 |
| <i>www.epilepsysandiego.org</i>                                      |              |
| Facial Paralysis & Bell's Palsy Foundation (local support group)     |              |
| <i>www.facialparalysisfoundation.org</i>                             |              |
| Family Health Centers of San Diego .....                             | 619-515-2300 |
| <i>https://www.fhcsd.org/</i>  |              |
| Health Center Partners of Southern California (community clinics) .. | 619-542-4300 |
| <i>http://hcpsocal.org</i>   |              |
| Hemophilia Association of SD County .....                            | 619-325-3570 |
| <i>www.hasdc.org</i>   |              |
| Infoline of San Diego.....   | 211          |
| Outlying Areas Only.....   | 800-227-0997 |
| <i>www.211sandiego.org</i> .....                                     |              |
|  | 858-300-1211 |
| International Foundation for Functional GI Disorders.....            | 888-964-2001 |
| <i>www.iffgd.org</i>   |              |
| Kidney Foundation (National).....                                    | 818-783-8153 |
| <i>www.kidneysocal.org</i>   |              |

|   |              |
|---|--------------|
| Lupus Foundation of Southern California .....                               | 858-278-2788 |
| <i>www.lupussocal.org</i>   |              |
| Medic Alert Foundation .....  | 888-633-4298 |
| Medic Alert + Alz. Assoc. Safe Return .....                                 | 888-572-8566 |
| <i>www.medicalert.org</i>   |              |
| Multiple Sclerosis Society (National) .....                                 | 800-344-4867 |
| <i>www.nationalmssociety.org</i> .....                                      |              |
|   | 760-448-8400 |
| Muscular Dystrophy Association.....   | 858-966-8108 |
| <i>www.mda.org</i> .....  |              |
|   | 800-572-1717 |
| Myasthenia Gravis Foundation of California .....                            | 800-574-7884 |
| Support Group .....   | 858-822-9989 |
| <i>www.myasthenia-ca.org</i>  |              |
| National Alliance for the Mentally Ill (NAMI-SD).....                       | 619-543-1434 |
| <i>www.namisandiego.org</i> .....   |              |
|   | 800-523-5933 |
| <b>Ostomy Associations:</b>   |              |
| United Ostomy Associations of America .....                                 | 800-826-0826 |
| <i>www.uoa.org</i>  |              |
| Parkinson's Association of San Diego .....                                  | 858-999-5671 |
| <i>www.parkinsonsassociation.org</i>  |              |
| Poison Center System, California .....                                      | 800-222-1222 |
| <i>www.calpoison.org</i>  |              |
| ReMend (no cost mentoring to families and those affected by kidney disease) |              |
| <i>http://sdremend.com</i> .....  |              |
|   | 858-810-7437 |
| San Diego Brain Injury Foundation.....                                      | 619-294-6541 |
| <i>www.sdbif.org</i>  |              |
| San Diego Humane Society (programs and support services).....               | 619-299-7012 |
| <i>https://www.sdhumane.org/programs/support-services/</i>                  |              |
| San Diego Regional Center (for developmentally disabled) .....              | 858-576-2996 |
| Intake Line.....  | 858-576-2938 |
| <i>www.sdrc.org</i>   |              |
| Southern Caregiver Resource Center.....                                     | 800-827-1008 |
| <i>www.caregivercenter.org</i> .....  |              |
|   | 858-268-4432 |
| Spina Bifida Association .....  | 800-621-3141 |
| <i>www.sbaofca.org</i>  |              |
| Spina Bifida of San Diego .....   | 619-992-0201 |
| <i>www.spinabifidasandiego.com</i>  |              |
| Triumph Foundation (support group and resources for people with             |              |
| Spinal cord injuries/disorders) .....                                       | 661-803-3700 |
| <i>https://triumph-foundation.org/outreach/support-groups</i>               |              |

Tourette Syndrome Association (National)

[www.tsa-usa.org](http://www.tsa-usa.org)

United Cerebral Palsy of San Diego County ..... 858-571-7803

[www.ucpsd.org](http://www.ucpsd.org)

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

[www.WomenHeart.org](http://www.WomenHeart.org)

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