



senior programs

CONTINUING CARE SERVICES

Kaiser Permanente Services

Audiology (self-referral)

Garfield Specialty Care, Otay Mesa, San Marcos ... 858-616-5100

Bioethics Department 619-528-5213

Continuing Care Services 619-641-4456

Long Term Care Services (nursing home list avail). 619-528-1245

Senior Care Management 619-641-4027

Life Care Planning class (plan health care decisions) .. 619-641-4194

Senior Advantage (to enroll) 800-921-2900

Senior Advantage Member Services 800-443-0815
(for current KPSA Members)

Travel Advisory Clinic 619-528-3184

Utilization Management (Hospital Case Managers) 619-528-3146

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.

211 San Diego (all listings free and open to the public)

<http://211sandiego.org/events/>

55 Alive (AARP Driver Safety Program classes)..... 888-687-2277

www.aarp.org/55alive

Age Well Services, City of San Diego..... 619-236-6905

www.sandiego.gov/park-and-recreation/activities/agewellservices

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



KAISER PERMANENTE®

Aging & Independence Services 800-339-4661
 Adult Day Care (call for nearest location)
 Adult Protective Services
 Elder Abuse Reporting (San Diego County)
 Long Term Care Ombudsman ...858-560-2507 or... 800-640-4661
 Project Care (call for local phone number)
 Senior Centers in San Diego County (call for nearest location)
 Telephone Reassurance Programs (list available from AIS)
 www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/Services.html

Administration on Aging/National Institute on Aging
 <https://acl.gov/>

American Association of Retired Persons (AARP)..... 888-687-2277
 www.aarp.org

CarFit program
 www.car-fit.org

Center for Social Advocacy.....619-444-5700
 www.c4sa.org

Eldercare Locator (National)..... 800-677-1116
 <https://eldercare.acl.gov/home>

Elder Help of San Diego..... 619-284-9281
 www.elderhelpofsandiego.org

Foster Grandparent Program (Catholic Charities)..... 619-323-2841
 <https://www.ccdsd.org/foster-grandparents>

Helen Woodward Animal Center..... 858-756-4117
 (Animeals, Pet Encounter Therapy)
 www.animalcenter.org

Infoline of San Diego211
 Outlying Areas Only.....800-227-0997
 www.211sandiego.org 858-300-1211

Jewish Family Services (in take line) 858-637-3040
 On The Go Excursions
 www.jfssd.org

OASIS (classes)
 Grossmont Center 619-881-6262
 Rancho Bernardo 858-240-2880
<https://san-diego.oasisnet.org>

Osher Lifelong Learning Institute (SDSU) 619-594-2863
 Osher CSU San Marcos 760-750-4020
www.oshersd.com

PAWS (Pets are Wonderful Support).....(ext. 2100).619-299-7012

Rancho Bernardo Senior Services..... 858-487-2640
<http://ranchobernardoseniorservices.com/>

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

Retired Senior Volunteer Program (RSVP)..... 858-505-6399

SAGE Advocacy & Services for LGBT Elders
 SAGE LGBT Elder hotline877-360-5428
www.sageusa.org

San Diego Eldercare Directory
<https://www.sandiegouniontribune.com/eldercare/>

San Diego Senior Games Assoc. (Senior Olympics) ... 858-292-5812
<http://sdseniorgames.org>

San Diego Workforce..... 619-873-9300
<https://workforce.org/career-centers/>

Well Connected (for homebound seniors) 877-797-7299
<https://covia.org/services/well-connected>

YMCA Kinship Program 619-719-9179

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