



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/seniorservices

<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)	
http://sandiego.networkofcare.org	
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	
East County Career Center.....	619-873-9300
<i>Career Centers - San Diego Workforce Partnership</i>	
Eldercare Locator (National).....	800-677-1116
https://eldercare.acl.gov/Public/Index.aspx	
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 Diego	211
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
 North County (Johnson Senior Ctr, Escondido) 760-796-6020
<https://san-diego.oasisnet.org/>
- Osher Lifelong Learning Institute (SDSU) 619-594-2863
www.ces.sdsu.edu/osher
- 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
www.sandiegouniontribune.com/eldercare-directory
- San Diego Senior Games Assoc. (Senior Olympics) ... 858-292-5812
<http://sdseniorgames.org>
- Well Connected (for homebound seniors) 877-797-7299
<https://covia.org/services/well-connected>
- YMCA Kinship Program (ext. 12440) 619-719-9179

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