



senior programs

CONTINUING CARE SERVICES

Kaiser Permanente Services

Audiology (self-referral)

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

Bioethics Department 619-528-5213

Continuing Care Services 619-641-4456

Long Term Care Services (nursing home list available) 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 (current KPSA members).. 800-443-0815

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

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 toll free... 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

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



KAISER PERMANENTE®

Administration on Aging/Administration for Community Living 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 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
Rancho Bernardo	858-240-2880
https://san-diego.oasisnet.org/	
Osher Lifelong Learning Institute (SDSU)	619-594-5152
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 hotline 877-360-5428
www.sageusa.org

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

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

San Diego Workforce..... 619-873-9300
Career Centers - San Diego Workforce Partnership

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

YMCA Kinship Program 619-719-9179
www.ymcasd.org/community-support/kinship-support-services

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