



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/seniorservices

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)

<http://sandiego.networkofcare.org>

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



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Administration on Aging/Administration for Community Living <i>https://acl.gov/</i>	
American Association of Retired Persons (AARP)..... <i>www.aarp.org</i>	888-687-2277
CarFit program <i>www.car-fit.org</i>	
Center for Social Advocacy..... <i>www.c4sa.org</i>	619-444-5700
East County Career Center..... <i>https://www.workforce.org/</i>	619-873-9300
Eldercare Locator (National)..... <i>https://eldercare.acl.gov/Public/Index.aspx</i>	800-677-1116
Elder Help of San Diego..... <i>www.elderhelpofsandiego.org</i>	619-284-9281
Foster Grandparent Program (Catholic Charities) <i>https://www.ccdsd.org/foster-grandparents</i>	619-323-2841
Helen Woodward Animal Center..... (Animeals, Pet Encounter Therapy) <i>www.animalcenter.org</i>	858-756-4117
Infoline of San Diego.....	211
Outlying Areas Only..... <i>www.211sandiego.org</i>	800-227-0997 858-300-1211
Jewish Family Services (in-take line) On The Go Excursions <i>www.jfssd.org</i>	858-637-3040
OASIS (classes)	
Grossmont Center	619-881-6262
North County (Johnson Senior Ctr, Escondido) <i>https://san-diego.oasisnet.org/</i>	760-796-6020
Osher Lifelong Learning Institute (SDSU)	619-594-2863
<i>www.ces.sdsu.edu/osher</i>	
PAWS (Pets are Wonderful Support).....(ext. 2100).	619-299-7012
Rancho Bernardo Senior Services..... <i>http://ranchobernardoseniorservices.com/</i>	858-487-2640
Radio Reading Service..... <i>www.kpbs.org/radio/reading-service</i>	619-594-1515
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
www.sandiegouniontribune.com/eldercare-directory

San Diego Senior Games Association (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 619-719-9179

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