

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 ……. 858-614-0533
Long Term Care Services (nursing home list available) ……. 619-528-1245
Senior Care Management …… 858-614-0567

Life Care Planning class (plan health care decisions) ……..…….. 858-614-0532

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

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 to this handout, please call (858) 614-0533