COMMUNITY RESOURCES

Medical Equipment Continued

HearUSA
844-339-1726

LifeStation (KP approved vendor):
800- 884-8888

Medic Alert and Safe Return:
888-572-8566

Starkey (hearing aides):
1-800-328-8602 (All age groups)

Mental Health Resources

SD Access and Crisis Line (24hrs):
888-724-7240

NAMI of San Diego
800-523-5933

Suicide Prevention Hotline:
800-273-TALK (8255)

Senior Centers

Many centers serve reduced cost lunches and provide socialization. Some centers provide transportation to lunch. Call Aging & Independence Services (AIS) for the center nearest you:
800-339-4661

Transportation Services

RideFACT:
888-924-3228 www.factsd.org

MTS Access
ADA certification 844-299-6326
Schedule a ride 888-517-9627

NCTD LIFT (No Co, schedule ride):
760-726-1111

Seniors A Go Go (ElderHelp of San Diego):
619-284-9281

San Diego Metropolitan Transit System (schedules):
619-233-3004 or 511

Vision Resources

Access to Independence Vision Program:
619-293-3500 ext. 236

Braille Institute:
800-272-4553 www.brailleinstitute.org

San Diego Center for the Blind:
619-583-1543 North County: 760-758-5956

KP MEMBER RESOURCES

http://kaiserpermanente.org

ADDICTION MEDICINE (CDRP):
619-221-6550

AUDIOLOGY (self- referral):
858-616-5100

CENTER FOR HEALTHY LIVING (HEALTH ED):
858-614-0532

CONTINUING CARE SERVICES:
http://continuingcare-sandiego.kp.org
Caregiver Support Groups: 858-614-0533
Long Term Care (Nursing Homes): 619-528-1245
Placement (from home to SNF): 858-614-0534
Senior Care Management: 858-614-0567
Special Needs Program: 1-866-300-0019

DISABILITY CLAIMS:
619-583-4293

DURABLE MEDICAL EQUIPMENT:
855-805-7363

HOME HEALTH DEPARTMENT:
619-641-4663

HOSPICE, PALLIATIVE CARE & BEREAVEMENT:
619-641-4100

HOSPITALS:
858-266-5000 (San Diego Medical Center)
619-528-5000 (Zion Medical Center)

MEDICAL FINANCIAL ASSISTANCE:
800-390-3507 www.kp.org/mfa
619-589-4920 (Financial Counselor)

PATIENT NOTIFICATION SYSTEM (lab results):
888-457-8378

POSITIVE CHOICE INTEGRATIVE WELLNESS CT.
858-616-5600 http://www.positivechoice.org

PSYCHIATRY DEPT (self-referral):
877-496-0450

RELEASE OF INFORMATION (obtain records):
619-583-4293 http://kp.org/requestrecords

SENIOR ADVANTAGE MEMBER SERVICE:
800-443-0815 (members)
800-777-1238 (to enroll)

TRANSPORTATION (MTM for KP Medi-Cal ONLY):
844-299-6230

WELLNESS COACHING BY PHONE:
866-862-4295

Kaiser Permanente
San Diego & Zion Medical Centers
Inpatient Quality Management



Helpful Resources

Quick Reference Numbers

Appointment Call Center
1-800-290-5000

24 Hour Advice Nurse
1-888-KP-ON-CALL
888-576-6225

EMERGENCY
911

Membership Services
1-800-464-4000

Behavioral Health Hotline
1-800-900-3277 (24 hours)

Infoline of San Diego
Dial 211 or 1-800-227-0997

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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.

Abuse Prevention

Adult Protective Services & County Senior Team:
800-339-4661

Child Protective Services:
858-560-2191

District Attorney's Office:
619-531-4041

Domestic Violence Crisis Center:
888-385-4657

San Diego Police:
619-531-2000

Adult Day Care / CBAS

Aging & Independence Services:
800-339-4661 www.sandiego.networkofcare.org

Caregiver Resources

Elder Help of San Diego:
619-284-9281 or 858-748-9675

Jewish Family Services:
858-637-3000

Senior Companions (Lutheran Soc. Svs.):
858-483-4005

San Diego County Veterans Services:
858-694-3222 (Aid and Attendance)

Southern Caregiver Resource Center:
800-827-1008 www.caregivercenter.org

Exercise Classes

County News Center: Cox TV 24 or 19, Spectrum (Time Warner) 24 or 85
www.countynewscenter.com (put cursor on Videos, Click on "View CNC TV Schedule" to see schedule)

COMMUNITY RESOURCES

Exercise Classes Continued

Feeling Fit Club:
858-495-5500

Silver Age Yoga:
844-234-3110 www.silverageyoga.org

Government Phone #s:

Medi-Cal:
ACCESS (Customer Svs) 866-262-9881
Long Term Medi-Cal. 800-541-5555
Medi-Cal Outreach Line 888-747-1222
www.medi-cal.ca.gov

Medicare:
800-633-4227 www.medicare.gov

San Diego County Veterans Services:
858-694-3222

Social Security:
800-772-1213 https://www.ssa.gov

State Disability (EDD Office):
800-480-3287

Grief and Bereavement

Kaiser Permanente Hospice (All Counties):
619- 641-4100

Compassionate Friends:
619-583-1555

Health Associations & Foundations

Alzheimer's Association Helpline:
800-272-3900 www.alz.org

Alzheimer's San Diego:
858-492- 4400 www.alzsd.org

American Cancer Society:
800-227-2345 www.cancer.org

American Diabetes Association:
800-342-2383 www.diabetes.org

American Heart Association:
858-410-3850 www.heart.org

American Macular Degeneration Foundation:
888-622-8527 www.macular.org

Help at Home

Comfort Keepers (KP approved vendor):
866-450-3322 www.comfortkeepers.com

In Home Support Services (Medi-Cal eligible):
800-339-4661

COMMUNITY RESOURCES

Housing Options

ElderHelp of San Diego (shared housing):
619-284-9281

SD County Housing Authority (Housing Directory):
858-694-4801

San Diego Housing Commission:
619-231-9400

Legal Services

Consumer Center for Health Education and Advocacy:
877-734-3258

Elder Law & Advocacy:
858-565-1392

HiCAP (health insurance counseling):
800-434-0222

Legal Aid Society of SD:
877-534-2524

Public Guardian's Office
858-694-3500

Meals and Food

Aging & Independence Services (for info on home delivered meals and nutrition sites):
800-339-4661

Food Bank (USDA commodities):
866-350-3663 www.sandiegofoodbank.org

Elder Help of San Diego (grocery shopping):
619-284-9281.

Meals on Wheels:
Central 619-295-9501, East Co 619-447-8782,
North Co 760-736-9900, South Co 619-420-2782

Mom's Meals NourishCare: (KP approved vendor)
888-860-9424 www.momsmealsnc.com

Salvation Army:
https://sandiego.salvationarmy.org

Medical Equipment

AdaptHealth (KP members):
844-995-7363 https://adapthealth.com/kaiser/

The Alzheimer's Store: …
800-752-3238 www.alzstore.com

Assisted Living Store, Inc.:
888-388-5862 www.assistedlivingstore.com

Byram Healthcare:
833-752-4737 www.byramhealthcare.com/