



## Community Resource List

The following agencies listed are not endorsed by ElderHelp. This list is to be used for informational purposes only.

If you need further assistance,  
please contact us at:

(619) 284-9281

[elderhelpofsandiego.org](http://elderhelpofsandiego.org)

## Information & Referral Lines

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**211 San Diego** **Dial 2-1-1**

Dial 2-1-1 from your landline phone or visit [211sandiego.org](http://211sandiego.org) for information on community services, mental health resources, Medi-Cal/Medicare health providers, disaster relief and more.

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**Aging and Independence Services (AIS)** **800-339-4661**

AIS provides services to older adults as well as people with disabilities and their families. Contact AIS for information on In Home Supportive services, elder abuse, cool zones, and more. [Aging&IndependenceServices](http://Aging&IndependenceServices)

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**Access to Independence Center** **619-293-3500**

This is the primary resource for San Diegans with disabilities. Services include: information and referrals, support networks, assistive technology, housing resources, and more. [accesstoindependence.org/san-diego](http://accesstoindependence.org/san-diego)

## Emergency Telephone Numbers

For Any Emergency Please Call 9-1-1

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**Elder Abuse** **800-339-4661**

Report suspected elder abuse or self-neglect of individuals age 60+ to Adult Protective Services through the County of San Diego's Aging and Independence Services.

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**San Diego Access & Crisis Line** **888-724-7240**

24-hour crisis line, multiple languages available.

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**National Domestic Violence Hotline** **800-799-7233**

## Transportation

### **FACT**

**888-924-3228**

FACT provides a comprehensive list of transportation services (private and social service agencies). Options can be accessed through their website: [factsd.org](https://factsd.org)

## In-Home Care

### **Windward Life Care**

**619-450-4300**

Provides a variety of services to help seniors age in place and help family members navigate the process. Care Management, Home Care and Home Health Care services are available. [windwardlifecare.com](https://windwardlifecare.com)

### **Senior Helpers**

**800-760-6389**

Home Care agency that provides personal care support, housekeeping, errands, and more. To find the office nearest you, visit: [seniorhelpers.com](https://seniorhelpers.com)

### **Home Instead**

**888-343-7261**

Home Care agency that provides support through caregivers who may assist with personal care needs, meal prep and more. To find the office nearest you, visit: [homeinstead.com](https://homeinstead.com)

## Home Delivered Meals

### **Meals on Wheels**

**619-260-6110**

Offers choice of one or two nutritious meals provided 7 days a week (including holidays). [meals-on-wheels.org](https://meals-on-wheels.org)

### **Jewish Family Services Food Mobile**

**858-637-3210**

Home delivered meal service. [jfssd.org](https://jfssd.org)

## Senior Engagement

**Serving Seniors** **619-235-6572**

Gary and Mary West Senior Wellness Center downtown provides opportunities for socializing and participating in activities. Other services include congregate meals, physical, mental health and social services. [servingseniors.org](http://servingseniors.org)

**Ed Brown Senior Center at Rancho Bernardo** **858-487-9324**

The Ed Brown Center offers a wide range of activities and programs for older adults including fitness classes, dancing, various clubs, and more. [edbrowncenter.org](http://edbrowncenter.org)

**Scripps Ranch 50 Plus** **858-397-5747**

Scripps Ranch 50 Plus is a nonprofit volunteer organization that offers social and educational activities for Scripps Ranch baby boomers and seniors. [scrippsranch50plus.org](http://scrippsranch50plus.org)

**Retired and Senior Volunteer Program** **858-505-6399**

RSVP facilitates matches between local agencies and volunteers. Many placements available. Volunteer opportunities for seniors 55+. [seniorvolunteersd.org](http://seniorvolunteersd.org)

**OASIS Lifelong Learning** **619-881-6262**

OASIS offers a very wide variety of classes at multiple locations or virtually. Call or visit the following site to request/view a catalog. [san-diego.oasisnet.org](http://san-diego.oasisnet.org)

## Adult Day Programs

**The Glenner Memory Care Centers** **800-736-6674**

Provides quality adult day care and support services to families and others affected by Alzheimer's and memory impairment diseases. [glenner.org](http://glenner.org)

**St. Paul's Senior Day Program** **800-736-6674**

Adult Day program in Bankers Hill that offers a variety of activities including group discussions, planned outings, exercise and mental stimulation. [SeniorDayProgram](http://SeniorDayProgram)

## Utility Assistance Program

### **SDG&E Energy Bill Discount Program**

**800-411-7343**

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CARE or FERA programs offer discounts on SDG&E bill for low-income individuals.

### **California Connect**

**800-806-1191**

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Provides communication access for individuals with hearing, vision, cognitive, mobility, or speech-related disabilities.

## PACE (Program of All-Inclusive Care for the Elderly)

### **Family Health Centers of San Diego (PACE)**

**619-515-2445**

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PACE (Program of All-Inclusive Care for the Elderly) is an alternative to nursing facilities for people 55 and over by providing customized health care and social engagement to older adults to help them stay independent in their homes. [fhcsd.org/pace](http://fhcsd.org/pace)

### **Gary and Mary West PACE**

**760-280-2230**

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PACE (Program of All-Inclusive Care for the Elderly) supports seniors age 55+ who qualify for nursing home level care to remain in their own homes. All-inclusive care is provided including nutrition, rehabilitation, transportation, and more. West PACE is located in San Marcos and serves the surrounding areas. [westpace.net](http://westpace.net)

### **St. Paul's PACE**

**619-677-3800**

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Program of All-Inclusive Care for the Elderly (PACE) health plan for low-income seniors age 55 and older. Medical and in-home services available to help PACE participants remain living in their homes. *St. Paul's PACE program is available in Banker's Hill, Chula Vista, El Cajon and Encinitas.* [stpaulspace.org](http://stpaulspace.org)

## Family Caregiver Support

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**Southern Caregiver Resource Center** **858-268-4432**

Southern Caregiver Resource Center (SCRC) provides education, support groups, counseling, respite care and more for families caring for a loved one.

[caregivercenter.org](http://caregivercenter.org)

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**Alzheimer's San Diego** **858-492-4400**

Alzheimer's San Diego is a local nonprofit organization that supports families caring for a loved one living with Alzheimer's or other form of dementia, through education, support groups and respite care services. [alzsd.org](http://alzsd.org)

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**Alzheimer's Association San Diego/Imperial Chapter** **619-678-8322**

The Alzheimer's Association provides education and support groups for individuals caring for a loved one living with Alzheimer's or other form of dementia.

**24/7 Helpline: (800) 272-3900** [alz.org/sandiego](http://alz.org/sandiego)

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**Family Proud**

Family Proud connects individuals, families, and others on their care team through an App, coordinating support and needs together in one place. [familyproud.com](http://familyproud.com)

## Health Insurance Resources

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**HICAP** **800-434-0222**

Health Insurance Counseling and Advocacy Program (HICAP) provides unbiased information regarding Medicare health insurance programs. [HICAP](http://HICAP)

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**Legal Aid Society of San Diego** **877-534-2524**

Provides free legal support for a variety of subjects including questions related to Medi-Cal (denials, accessibility, explanation of benefits, etc.) [lassd.org](http://lassd.org)

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**The Consumer Center** **877-734-3258**

The Consumer Center for Health Education & Advocacy (CCHEA) helps people understand health coverage options including Medi-Cal, Covered California, Medicare, Cal MediConnect, or Dual Eligible Special Needs Plans. <https://www.lassd.org/health-care-and-coverage/>

**Medicare****800-MEDICARE/ 800-633-4227**

For questions related to Medicare.

**Medi-Cal****866-262-9881**

For questions related to this health coverage program call or visit:

[https://www.sandiegocounty.gov/hhsa/programs/ssp/medi-cal\\_program/index.html](https://www.sandiegocounty.gov/hhsa/programs/ssp/medi-cal_program/index.html)

## Legal Resources

**Elder Law and Advocacy****858-565-1392**

Free legal services for individuals 60 and older. Call to schedule an appointment.

[seniorlaw-sd.org](http://seniorlaw-sd.org)

**Legal Aid Society of San Diego****877-534-2524**

Free legal help for low income residents of San Diego County. [lassd.org](http://lassd.org)

**Office of Fair Housing & Equal Opportunity****800-347-3739**

If you feel you were the victim of discrimination and would like to file a complaint, contact the Office of Fair Housing & Equal Opportunity.

## Financial Services

**San Diego Financial Literacy Center****858-810-7007**

Non-Profit helps with financial literacy including debt management, budgeting, identity theft, reverse mortgages and more. Workshops available. [sdflc.org](http://sdflc.org)

**Money Management International****800-706-1773**

Credit/Budget Counseling, debt management, foreclosure prevention, reverse mortgages, bankruptcy, financial workshops. [moneymangement.org](http://moneymangement.org)

## Physical/Medical Services

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**Mission Healthcare** **888-871-0766**

Provides a team of licensed clinicians including nurses, rehab therapists, aides and social workers for patients in need of restorative medical care.

[homewithmission.com](http://homewithmission.com)

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**Challenge Center** **619-667-8644**

Offers a wide array of services focused on improving health, function, and quality of life. Services include adapted fitness training, aquatics fitness (in warm water), circuit training, physical therapy and more. [challengecenter.org](http://challengecenter.org)

## Mental Health Services

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**Neighborhood House Association** **858-715-2642**

Geriatric specialty program that offers mental health services for seniors in San Diego and neighboring communities. [neighborhoodhouse.org](http://neighborhoodhouse.org)

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**NAMI San Diego** **619-543-1434**

NAMI supports people with mental illnesses through education, support groups, resources and advocacy. NAMI's Warmline is a non-crisis line for people looking for support: (619) 295-1055 <https://namisandiego.org/>

## Home Repairs/Home Modifications

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**SDG&E Energy Savings Assistance Program** **866-597-0597**

Minor home repairs and weatherization projects at no cost.

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**Jewish Family Service Fix- It Program** **858-637-3210**

Free assistance for seniors age 60+ to improve the health and safety conditions of the home. [jfssd.org/our-services/older-adults/home-safety-modification/](http://jfssd.org/our-services/older-adults/home-safety-modification/)

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**101 Mobility** **760-683-0965**

Offers mobility solutions to help people live safely and independently at home. A local resource for stairlifts, ramps, wheelchair lifts, pool lifts, handrails, bath safety solutions and more. Free in-home consultations. [101mobility.com/sandiego](http://101mobility.com/sandiego)



## Medical Alert

**Lifeline**

**855-681-5351**

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Medical alert systems with different options including fall detection. [lifeline.com](http://lifeline.com)

## Medical Equipment

**Harmony Home Medical**

**858-560-8177**

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Home medical equipment and medical supplies including lift chairs, scooters, walkers, wheelchairs, bathroom safety equipment, oxygen, incontinence supplies, and more. 2 locations: Kearny Mesa and Vista [harmonyhomemedical.com](http://harmonyhomemedical.com)