



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

Information & Referral Lines / Senior Services

211 San Diego

Dial 2-1-1

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

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

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

Senior Service Council Escondido

760-480-0611

The Senior Service Council Escondido offers a variety of services including free Income Tax Preparation, Taxi Coupon Program, Legal Aid, Notary Service, Dental/Hearing Screenings, support groups, and more. Please call to schedule an appointment for one of these services. escondido-senior-services.org

Emergency Telephone Numbers

For Any Emergency Please Call 9-1-1

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.

San Diego Access & Crisis Line

888-724-7240

24-hour crisis line, multiple languages available.

National Domestic Violence Hotline

800-799-7233

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

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

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

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

Jewish Family Services Food Mobile

858-637-3210

Home delivered meal service. jfssd.org

Food Resources

The San Diego Food Bank

866-350-FOOD (3663)

The Jacobs & Cushman San Diego Food Bank offers a variety of food and non-food related programs to help San Diegans. sandiegofoodbank.org

Feeding San Diego

858-452-3663

Feeding San Diego's Feeding Seniors program provides nutritious food to low-income seniors through partnerships with local nonprofits. Find a local food distribution site, learn about CalFRESH, and receive recipe ideas. feedingsandiego.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

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

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

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

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

San Diego College of Continuing Education (SDCCE) **619-388-4956**

The Emeritus Program offers a variety of classes for individuals age 55+ including brain fitness, health and wellness, music and job search skills. Multiple locations throughout San Diego. sdcce.edu/emeritus

San Diego Park & Recreation AgeWell Services **619-525-8247**

The San Diego Park & Recreation AgeWell Services offers a variety of activities, social engagement, clubs and classes at various centers throughout the City of San Diego for individuals age 50+. agewellservices

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

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

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

Family Health Centers of San Diego (PACE)

619-515-2445

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

Gary and Mary West PACE

760-280-2230

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

St. Paul's PACE

619-677-3800

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

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

Family Caregiver Support

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

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

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

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

Health Insurance Resources

HICAP **800-434-0222**

Health Insurance Counseling and Advocacy Program (HICAP) provides unbiased information regarding Medicare health insurance programs. HICAP

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

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

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

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

Free legal help for low income residents of San Diego County. 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. sdfcl.org

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

Credit/Budget Counseling, debt management, foreclosure prevention, reverse mortgages, bankruptcy, financial workshops. moneymangement.org

Physical/Medical Services

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

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

Mental Health Services

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

Geriatric specialty program that offers mental health services for seniors in San Diego and neighboring communities. neighborhoodhouse.org

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

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

Minor home repairs and weatherization projects at no cost.

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/

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

Medical Alert

Lifeline

855-681-5351

Medical alert systems with different options including fall detection. lifeline.com

Medical Equipment

Harmony Home Medical

858-560-8177

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

Utility Assistance Program

SDG&E Energy Bill Discount Program

800-411-7343

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

California Connect

800-806-1191

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