

Older Adult Programs and Resources List

The following resources have been provided by the Aging & Independence Services (AIS) of the County of San Diego Health and Human Services Agency, as resources to assist with the needs of older adults.

Please note these services are not specific to homelessness but they may be of additional support to people experiencing homelessness or at risk of homelessness. Also, please note that this list is not comprehensive – you may call our AIS Call Center for information and referrals to community resources.

Aging & Independence Services (AIS): Call Center: (800) 339-4661

The following resources can be found on Aging & Independence Services website: www.aging.sandiegocounty.gov or by calling the AIS Call Center (# above)

- Adult Protective Services (APS)
- Adult Protective Services Web Referral: <https://www.aiswebreferral.org>
- Call Center – information and assistance on community programs, not just AIS programs
- Care Coordination
- Congregate Meals/Home Delivered Meals
- Financial/Legal and Health Insurance Services
- In-Home Supportive Services (IHSS)
- Public Guardian
- Ride Well to Age Well Guide
- *And more...*

Alzheimer's San Diego: (858) 493-4400: <https://www.alzsd.org>

Alzheimers' Association of San Diego and Imperial Counties:

www.alz.org/sandiego

CalFresh: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/food_stamps.html

ElderHelp of San Diego: (619) 284-9281

Elder Law & Advocacy: (858) 565-1392

Emergency Broadband Benefit Program: <https://www.aarp.org/EBB>

Facilitated Access to Coordinated Transportation (FACT): 1 (888) 924-3228

Family Resource Center – Access Customer Call Center: 1 (866) 262-9881

Gary and Mary West PACE: (760) 280-2230

George G. Glenner Alzheimer's Family Centers, Inc.: (619) 405-0768

Incontinence Supplies: Locations that may have donated items available:

- Clairemont Center – 4167 Rappahannock Ave, San Diego, CA 92117; 858-274-2273. ER Primary Food Pantry. Clothing and hygiene items available to those in need, may have Adult toiletries available.
- First Presbyterian Church, Soup Kitchen – 320 Date Street, San Diego CA 92101 619-232-7513; Toiletry Bag – Wed & Sun if in supply, may have Adult toiletries available.
- Interfaith Community Services - 5731 Palmer Way, Suite A Carlsbad 92010; 760-448-5696. Assessment needed to determine client's needs, i.e. incontinence supplies. Open T,Th 1pm-1:30pm, Saturday 8-11am

Interfaith Community Services: (760) 941-0140

Jewish Family Service: (858) 637-3210

Legal Aid Society: 1 (877) LEGAL AID (1-877-534-2524); 1 (877) SD HEALTH (1-877-734-3258)

Long-Term Care Ombudsman: 1 (800) 640-4661

Mental Health America Depression Test: <https://screening.mhanational.org/screening-tools/depression>

Mental Health Resources:

<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/COVID-19-Community-Resources/Mental-Health.html>

PACE programs:

Gary and Mary West PACE: (760) 280-2230

San Diego PACE: (619) 205-4585; 1 (844) 473-7223

- San Diego PACE San Ysidro
- San Diego PACE Chula Vista
- San Diego PACE El Cajon
- Vista Senior Center

St. Paul's PACE:

- St. Paul's PACE North County: (619) 677-3800
- St. Paul's PACE El Cajon: (619) 551-7400
- St. Paul's PACE San Diego: (619) 677-3800
- St. Paul's PACE Chula Vista: (619) 271-7100

Public Utilities Commission Programs: <https://www.cpuc.ca.gov/consumer-support/consumer-programs-and-services>

Ride Well to Age Well Guide:

<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/COVID-19-Community-Resources/Transportation.html>

SDGE California Alternate Rates for Energy Program: 1-877-646-5525

SDGE Medical Baseline Program: <https://www.sdge.com/medicalbaseline>; 1 (800) 411-7343

Serving Seniors: <https://servingseniors.org/>; (619) 235-6572

Southern Caregiver Resource Center: (858) 268-4432