

Resource List

For Sharp HealthCare FAQs and updates related to coronavirus (COVID-19), visit: sharp.com/coronavirus

2-1-1 San Diego: (800) 211-2111. www.211sandiego.org. One stop shop for over 6,000 community, health and disaster resources throughout San Diego County.

Access and Crisis Line: (888) 724-7240, <https://www.optumhealthsandiego.com>

Adult Protective Services: (800) 510-2020
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/adult_protective_services.html. A social service program provided by the state and local governments for seniors who are being abused or in need of assistance.

Agewise: Strength-Based Case Management (619) 481-5217, Institutional Case Management (619) 481-3850. <https://www.telecarecorp.com/agewise>, Support in taking positive steps toward independent living. Help provide integrated healthcare and care coordination throughout recovery journey.

Aging and Independent Services: (800) 510-2020
<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais.html>. Provides services to older adults and their family members, to help keep seniors safely in their homes and promote healthy and vital living.

Alzheimer's Association: (800) 272-3900. <https://www.alz.org/>. Provides support and resources for people with Alzheimer's and for caregivers of those with Alzheimer's.

Caregiver Support (HHS): (800) 339-4661.
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/caregiver_support.html. Caregiver Support serves adult family caregivers of individuals, age 60 and older, in San Diego County. They also help grandparent caregivers of minors, where the minor is relative of the caregiver and resides with the caregiver.

Geriatric Specialists:

Douglas Young Clinic (858) 695-2211 <http://www.comresearch.org/serviceDetails.php?id=NQ==>,

Neighborhood House Project Enable (619) 684-6680 <http://www.neighborhoodhouse.org/nha-programs/project-enable/> Has mobile professionals located throughout San Diego to provide home visits and short-term case management assistance to seniors. Individuals must be 60+, at risk/isolated, homebound and in crisis.

psychiatry clinic in Hillcrest), with majority of the sessions taking place in the clients home.



CREST (HHS): (619) 543-6904.

http://sandiego.networkofcare.org/mh/services/agency.aspx?pid=CRESTCommunityCRESTCommunityProgramTreatmentforHoarding_61_2_0. Offers individual therapeutic treatment for older adults with a hoarding behavior. Provides both mobile and in-clinic outpatient sessions (UCSD outpatient

Depression and Bipolar Support Alliance: (858) 4744-6776.

<http://www.dbsasandiego.org/contact.html>. A peer-facilitated support group of people who support one another on our road to wellness. They include those diagnosed with mood disorders, their families and friends, and anyone else who seeks to learn more about depressive and bipolar mood disorders.

Elderhelp of San Diego Concierge Club: (619) 284-9281. <https://www.elderhelpofsandiego.org/>

Offers help with the basic necessities of life through personal attention, meaningful engagement and coordinated programs and services.

Elder Law/Advocacy: (858) 565-1392. <http://seniorlaw-sd.org/>. Staff that provide free and low-cost legal services, Medicare and Medicare related counseling and advocacy, referrals to community senior service providers, and community education.

Feeling Fit Clubs (HHS): (858) 495-5500.

https://www.sandiegocounty.gov/hhsa/programs/ais/health_promotions/feeling_fit_club.html.

Various sites throughout San Diego County are offering this functional fitness class as part of a comprehensive program addressing the exercise and socialization components of wellness. All classes are one hour in duration and meet two-three times each week.

Gary and Mary West Center: (619) 235-6572. <https://www.servingseniors.org/what-we-do/gary-mary-west-senior-wellness-center/overview.html>,

This wellness center provides two floors of coordinated resources, meals, activities, and access to over 25 collaborative partners.

HELP: (858) 481-8827. <https://helptherapist.com/>. Provide in-home therapy services for both mental health and substance use issues. HELP therapists can provide individual, couples, and family therapy.

Jewish Family Services: (858) 637-3210. <https://jfssd.org/>. Provide food assistance, transportation, counseling and support groups, aging life care, and social and wellness centers.

Meals on Wheels: (888) 998-6325, <https://www.mealsonwheelsamerica.org/>. A program that delivers meals to individuals at home who are unable to purchase or prepare their own meals.

Oasis: (314) 862-2993. <https://www.oasisnet.org/San-Diego-CA>. An educational organization that promotes healthy living through lifelong learning, active lifestyles, and volunteer engagement.

Project C.A.R.E.: (800) 510-2020. <https://www.interfaithservices.org/program/self-sufficiency-supportive-services/> A program through AIS that keeps seniors living alone from being totally isolated. It provides referrals to community resources, assistance with completing a Vial of Life, and reassurance calls, plus other services.



Senior Centers: <http://sandiego.networkofcare.org/aging/services/subcategory.aspx?tax=TC-5500.8000>. A list of senior centers throughout San Diego where older adults can congregate to fulfill many of their social, physical, emotional and intellectual needs.

Serving Seniors: (619) 235-6572, <https://www.serving seniors.org/what-we-do/programs-services/>. They provide a broad array of health-promoting services to help seniors in poverty thrive despite their low incomes. Helps fulfill needs such as nutrition, housing, health, and social services.

Transportation Services:

MTS Access: (844) 299-6326 <https://www.sdmts.com/rider-info-accessibility/mts-access>,

Seniors a Go-Go (Elderhelp San Diego): (619) 284-9281
<https://www.elderhelpofsandiego.org/solutions-for-living/seniors-a-go-go/>,

On the Go (Jewish Family Services): (619) 220-0268 <https://jfssd.org/our-services/older-adults/on-the-go-transportation-solutions-for-older-adults/> and

Senior Ride (Traveler's Aide): (619) 295-8393 <https://www.travelersaidsandiego.org/>. These programs offer low cost or free ride services.

Union of Pan Asian Communities: (619) 232-6454. <http://www.upacsd.com/>. A non-profit organization that provides health and human services, such as mental health, addiction treatment, community engagement, housing counseling, to under-served Asian, Pacific-Islander, Latino, Middle Eastern, East African, African American, and other population of San Diego.

Warm Line: (619) 295-1055, (800) 930-9276. A phone line answered by peers (individuals with lived mental health experience). TMP offers non-crisis peer telephones services, support, information, resources, referrals, and pre-crisis intervention.

