

Older Adult Programs and Resources List

The following resources may 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. Aging & Independence Services (AIS) of the County of San Diego Health and Human Services Agency, Call Center can provide information and referrals to community resources.

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

[Alzheimer's Association](#)

[CalFresh](#)

[ElderHelp of San Diego](#): (619) 284-9281

[Elder Law and Advocacy](#): (858) 565-1392

[Emergency Broadband Benefit Program](#)

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

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

[George G. Glenner Alzheimer's Family Centers](#): (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 Tuesday and Thursday 1pm- 1:30pm, Saturday 8-11am

Federally Qualified Health Centers:

[Community Health Systems, Inc.](#) – clinic in Fallbrook

[Family Health Centers of San Diego](#) – clinics throughout San Diego

[Father Joe's Villages Health Clinic](#) – City of San Diego

[Indian Health Council](#) – clinics in Rincon and Santa Ysabel

[Imperial Beach Community Clinic](#) – Imperial Beach

[La Maestra Community Health Centers](#) – City Heights, El Cajon, National City, Lemon Grove

[Neighborhood Healthcare](#) – El Cajon, Escondido, Fallbrook, Lakeside, Poway

[truecare](#) – North County

[Opsam Health](#) – Mira Mesa, National City, Rancho Penasquitos, Scripp’s Ranch

[San Diego American Indian Health Center](#) – City of San Diego

[San Diego Family Care](#) – City of San Diego

[San Ysidro Health](#) – throughout City of San Diego and South County, with sites in East County

[Southern Indian Health Council](#) - Alpine

[Sycuan Medical Dental Center](#) – El Cajon

[Vista Community Clinic](#) – Vista, Oceanside, Fallbrook

[Interfaith Community Services](#): (760) 941-0140

[Jewish Family Service](#): (858) 637-3210

[Legal Aid Society of San Diego](#): 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 Screening Test](#)

[Mental Health Resources](#)

Programs of All Inclusive Care for the Elderly (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

[Family Health Centers of San Diego PACE](#): (619) 981-PACE (7223) or (833) 530-9622 (TTY)

[Public Utilities Commission Programs](#)

[Ride Well to Age Well Guide](#)

[SDGE CARE Program \(California Alternate Rates for Energy\)](#): 1-877-646-5525

[SDGE Medical Baseline Allowance Program](#): 1 (800) 411-7343

[Serving Seniors](#): (619) 235-6572

[Southern Caregiver Resource Center](#)