

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 caregivers, but they may be of additional support to caregivers and their care recipient. 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
- 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
- Public Administrator
- Public Guardian
- Ride Well to Age Well Guide
- *And more...*

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

Southern Caregiver Resource Center: (858) 268-4432

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

Alzheimers' Association of San Diego and Imperial Counties:
www.alz.org/sandiego

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

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

211 San Diego: <https://211sandiego.org/>

ElderHelp of San Diego: (619) 284-9281

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

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

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

Interfaith Community Services: (760) 941-0140

Jewish Family Service: (858) 637-3210

Elder Law & Advocacy: (858) 565-1392

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

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>

To receive updates on topics related to older adults and persons living with disabilities, which are specific to your interests. Here is a Step-by-Step Guide to Sign Up for Gov Delivery:

- 1) Click: <http://bit.ly/AISGovDelivery>
- 2) Log on with your desired email address. *(From there you can password protect your preferences, change your email address, or remove yourself at any time by accessing your subscriber preferences page.)*
- 3) Select any or all topics listed under Aging & Independence Services *(based on your own preferences)*.
- 4) Save your changes and look for a confirmation via email verifying the updates you made.
- 5) Click the subscriber preferences link, and select Email Delivery Preference (immediately, daily, or weekly) under the Preference tab. It is recommended to set your email preference to receive emails **immediately**.