Information, Organizations and Services

- 211: County-wide info/resources, http://211sandiego.org
- Aging & Independence Services: (800) 339-4661, specific info/resources for older adults, including Adult Protective Services, http://sandiegocounty.gov/hhsa/programs/ais/
- Alzheimer’s Association: (800) 272-3900, Alzheimer’s disease specific; http://alz.org
- Alzheimer’s San Diego: (858) 492-4400, San Diego based resource organization; http://alzsd.org
- Caregiver Coalition of San Diego; (858) 505-6300, education and online resources, https://caregivercoalitionsd.org
- Jewish Family Service Older Adult Helpline (858) 637-3210, http://www.jfssd.org
- Southern Caregiver Resource Center: (800) 827-1008, Caregiver focused information and resources http://caregivercenter.org/
- UC San Diego Shiley-Marcos Alzheimer’s Disease Research Center: (858) 822-4800, http://adrc.ucsd.edu
- VA San Diego Healthcare System Caregiver Support. www.caregiver.va.gov (858) 642-1215

Respite and In-Home Services

- Southern Caregiver Resource Center: (800) 827-1008, http://caregivercenter.org
- Respite Voucher Program offers matching funding, funded by AIS: more info here
- Respite Volunteer Program: Alzheimer’s San Diego; (858) 492-4400, http://alzsd.org

Memory Care Living Communities

- ChooseWell: Listings and ratings of assisted living facilities; County HHSA; choosewellsandiego.org

Day Programs

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

- Family Health Centers of San Diego PACE; (619) 515-2445, https://fhcsd.org/pace
- Glenner Center: (619) 543-4700, http://glenner.org
- St. Paul’s PACE Program; (619) 677-3800, https://stpaulspace.org
- San Ysidro Health Center PACE Program; (619) 662-4100, www.syhc.org/space
- Gary & Mary West Senior Wellness Center; (619) 235-6572, https://servingseniors.org
- Gary & Mary West PACE (North County); (760) 280-2230, https://westpace.org

Financial, Insurance and Legal Resources

- California Department of Aging, (916) 322-5290, http://www.aging.ca.gov

Print Resources

- Mace, N. & Rabins, P. The 36-Hour Day: A Family Guide to Caring for People with Alzheimer’s Disease, other Dementias, and Memory Loss in Later Life.

Safety Resources

- Alzheimer’s Association “Safe Return” program using identification products with toll free 800 numbers www.alz.org/SafeReturn
- Adult Protective Services: (800) 510-2020, for elder and disabled adult abuse reporting
- SD County Sheriff’s “Take Me Home” Program and “You Are Not Alone” Program: www.sdsquestion.net/tmh (info on registering)

Transportation

- San Diego County Volunteer Driver Coalition; (888) 924-3228, http://factsd.org