

# Information and Resources for Caregivers

## Information, Organizations and Services

- 211: County-wide info/resources, <http://211sandiego.org>
- Access & Crisis Line: Behavioral Health Services for triage and referral to Mobile Crisis Response Team, as appropriate. (888-724-7240) <https://www.sandiegocounty.gov/mcrt/>
- 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; <https://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](http://www.caregiver.va.gov) (858) 642-1215

## Respite and In-Home Services

- Southern Caregiver Resource Center including respite voucher program: (800) 827-1008, <http://caregivercenter.org>
- Respite Volunteer Program: Alzheimer's San Diego;(858) 492-4400, <http://alzsd.org>
- In-Home Care Resources: In-Home Supportive Services, (800) 339-4661, <http://sandiegocounty.gov/hhsa/programs/ais/>

## Memory Care Living Communities

- ChooseWell: Listings and ratings of assisted living facilities; County HHSA; <http://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) 239-6900, <https://stpaulspace.org>
- San Diego PACE Program; (619) 662-4100, [www.syhc.org/sdpace](http://www.syhc.org/sdpace)
- 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, <https://aging.ca.gov>
- Health Insurance Resources: Health, Information, Counseling & Advocacy Program (HICAP), (858) 565-1392, <https://cahealthadvocates.org>
- Legal Resources: Elder Law & Advocacy, (858) 565-1392, <http://www.seniorlaw-sd.org>

## Print Resources

- Caregiver Handbook, Caregiver Coalition of San Diego, <https://www.caregivercoalitionsd.org>
- 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.*
- California DHS, <https://www.takeonalz.com/find-a-path-forward/formal-diagnosis/>

## Safety Resources

- Adult Protective Services: (800) 510-2020, for elder and dependent adult abuse reporting
- GPS Tracker Options: <https://safewise.com/best-gps-trackers-dementia-patients/>
- SD County Sheriff's "Take Me Home" Program and "You Are Not Alone" Program: [www.sdsheriff.net/tmh](http://www.sdsheriff.net/tmh) (info on registering)

## Transportation

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