



Resources for Older Adults, People with Disabilities,
Caregivers and Agencies Serving Seniors and Adults
with Disabilities

Services for Seniors and Adults with Disabilities

*Prepared by the City and County of San Francisco Department of Aging and Adult
Services Intake Program*

TABLE OF CONTENTS

SERVICES FOR SENIORS AND ADULTS WITH DISABILITIES.....1

INFORMATION AND REFERRAL SERVICES

INFORMATION REFERRAL AND ASSISTANCE.....2
OTHER INFORMATION AND REFERRAL HOTLINES4
AGING AND DISABILITY RESOURCE CENTERS OF SAN FRANCISCO.....5

SERVICES FOR SENIORS AND ADULTS WITH DISABILITIES

ABUSE.....8
ADULT DAY HEALTH CARE/COMMUNITY BASED ADULT SERVICES (CBAS)...9
ADULT SOCIAL DAY CARE12
ADVOCACY.....13
ASSISTIVE DEVICES.....17
BANKING.....18
CAREGIVER SUPPORT.....19
CASE MANAGEMENT.....21
CLEANERS26
COALITION OF AGENCIES SERVING THE ELDERLY.....27
COUNSELING RESOURCES36
DEATH RELATED SERVICES.....38
DENTAL/MEDICAL SERVICES39
EDUCATION.....41
EMERGENCY PREPAREDNESS43

EMERGENCY RESPONSE SERVICES	46
EMPLOYMENT.....	47
FINANCIAL BENEFITS	50
FRIENDLY VISITING.....	55
GROCERY DELIVERY	56
HEALTH MAINTENANCE AND PHYSICAL FITNESS.....	58
HEARING SERVICES	61
HOME MAINTENANCE AND REPAIRS	64
HOME SAFETY EVALUATION.....	65
HOSPICE CARE.....	66
HOUSING RELATED SERVICES.....	67
IDENTITY THEFT.....	72
IMMIGRATION AND NATURALIZATION.....	76
IN-HOME SUPPORT PROGRAMS	77
IN HOSPITAL RESPITE PROGRAMS.....	85
INTERNET RESOURCES.....	86
LEGAL ASSISTANCE	90
LESBIAN GAY BISEXUAL TRANSGENDER.....	92
LIBRARY SERVICES	95
MEALS	97
MEDI-CAL CONTACTS.....	101
MEDICAL SUPPLIES AND EQUIPMENT	102
MENTAL HEALTH SERVICES.....	104

MONEY MANAGEMENT SERVICES.....	107
NOTARY PUBLIC	109
OTHER RESOURCES FOR THE HOMEBOUND.....	109
PET SERVICES	110
PHARMACIES.....	111
PODIATRISTS	113
PSYCHOTHERAPY IN THE HOME.....	114
RESIDENTIAL CARE / ASSISTED LIVING FACILITIES.....	115
RECYCLING SERVICES	125
SENIOR CENTERS.....	126
SF CONNECTED.....	128
SIGHT/LOW VISION	132
SOCIAL SECURITY.....	134
SUPPORT GROUPS.....	135
TAX ASSISTANCE	137
TELEPHONE REASSURANCE.....	138
TRANSPORTATION SERVICES.....	139
UNITED STATES POSTAL SERVICES.....	141
VOLUNTEERING.....	142
VOTING	145
EMERGENCY TELEPHONE NUMBERS	146

The information in this handbook is current as of October 2014.

SERVICES FOR SENIORS AND ADULTS WITH DISABILITIES

INTRODUCTION

This is a guide to various businesses and agencies, both public and private, which provide services to seniors and adults with disabilities residing in San Francisco.

The guide will also be helpful to the families and caregivers of seniors and adults with disabilities.

We have tried to get a cross section of services but this list is not all-inclusive. If there are businesses or agencies that would like to be listed, they should call the Department of Aging and Adult Services Intake Line at (415) 355-6700.

We also recommend that you contact your local businesses or agencies if they are not listed in this book to see if they will make deliveries or home visits. Your comments and suggestions are welcome. We are interested in your ideas and suggestions on how to assist seniors and adults with disabilities locate resources that they require.

The Department of Aging and Adult Services, which publishes this guide, does not recommend or endorse any of the agencies or service providers listed in this guide. The information provided in this guide has been submitted by the agencies listed and are subject to change. Please contact Information, Referral and Assistance with any complaints or changes related to any agency or service provider listed.

Hotline: (415) 355-6700

TTY: (415) 355-6756

Website: www.sfdaas.org

E-mail: DAAS@sfgov.org

INFORMATION REFERRAL AND ASSISTANCE

The San Francisco Department of Aging and Adult Services, Information Referral and Assistance provide information referrals to agencies and organizations that provide service to older adults and adults with disabilities in San Francisco.

Department of Aging and Adult Services Information, Referral and Assistance

1650 Mission Street, 5th Floor
San Francisco, CA 94103

Websites:

<http://www.sfdaas.org/>

The San Francisco Department of Aging and Adult Services (DAAS) website provides detailed information about the Agency's programs, including Adult Protective Services, In-Home Supportive Services, and DAAS Integrated Intake and Information and Referral Line. In this website you can also find useful links and information about other programs and agencies in San Francisco working with seniors and adults with disabilities.

<http://sfgetcare2.com>

San Francisco Department of Aging and Adult Services (DAAS) and RTZ Associates invite you to explore a new online resource for aging and disability services in San Francisco County: SF-GETCARE. SF-GETCARE is a comprehensive website that showcases San Francisco's aging and disability resources and helps consumers and family members find good information about community-based services and long-term supports.

Please visit <http://sfgetcare2.com> today and share with anyone and everyone who needs access, ideas, and information.

Phone:

800-510-2020 (24 hour phone in SF)
(415) 355-6700 ext. 2 (outside SF)
(415) 355-6785 (Fax)
Email: DAAS@sfgov.org

Days and Hours:

Monday - Friday
8:00 a.m. - 5:00 p.m.

Person(s) in Charge:

Jason Adamek

Services:

Provides information and referral for seniors, caregivers, adults with disabilities and community-based organizations serving seniors and disabled adults. Referrals for services such as health care, social services, legal assistance, housing, adult day health centers, transportation and in-home support services. Produces and distributes senior resource lists and provides free printed material. Conducts orientation sessions for agencies. Participates in outreach activities, including presentations to senior groups.

- Fees:** None
- Eligibility:** Older Adults and Adults with Disabilities
- Area Served:** San Francisco City & County
- Application:** Walk-in, Email or phone for Information and Referral Services.
- Language:** English, Chinese (Cantonese, Mandarin), Spanish and Other languages with telephone interpretative assistance.
- Accessibility:** Wheelchair accessible, elevators, restroom
- Transportation:** **MUNI** – 14 Mission, 49 Mission, 47 Van Ness, 42 Evans.
MUNI Metro – Exit at Van Ness Avenue Station

Office is one block from the Van Ness at Mission or Mission at Duboce MUNI bus stop.

OTHER INFORMATION AND REFERRAL HOTLINES

211

2-1-1, a service of United Way of the Bay Area is a toll-free, confidential 24-hour multilingual service that connects people with health and human services for every day needs and in times of crisis. For the hearing impaired, dial 7-1-1 (TTY). Staff will assess the caller's needs, provide appropriate referrals, follow up with the caller and if necessary, assist in the event of language or other barriers. Callers from outside of San Francisco can reach 211 by dialing 415-808-4357. 2-1-1 offers access to the following types of services:

Basic Human Needs: food, clothing, shelter, rent assistance, utility assistance.

Physical and Mental Health Resources: medical information lines, crisis intervention services, support groups, counseling, drug and alcohol programs, community clinics, Medi-Cal and Medicare, maternal health, children's health insurance programs.

Employment Services: job search assistance, unemployment benefits, financial assistance, job training and placement, education programs, vocational skills assessment.

Support for Seniors and Persons with Disabilities: independent living skills workshops and adapted devices, home health care, adult day care, congregate site and home delivered meals, respite care, transportation, and homemaker services.

Support for Children, Youth and Families: quality childcare, homework assistance and after school programs, Head Start, family resource centers, summer camps and recreation programs, mentoring, tutoring, protective services.

Volunteer opportunities and donations: local volunteer centers, donation drop-off and pick-up services, distribution of donated goods.

311

3-1-1 is a toll free, **non-emergency** number that the public can call to reach a live customer service agent 24 hours a day, seven days a week, 365 days a year for San Francisco government information and services. 311 are available through wired, wireless and pay telephones within San Francisco boundaries. Callers from outside of San Francisco can reach the San Francisco 311 Customer Service Center by dialing 415-701-2311.

311 provides translation services in more than 170 languages and employs a diverse staff of customer service agents rigorously trained to provide excellent customer service that is culturally competent.

AGING AND DISABILITY RESOURCE CENTERS OF SAN FRANCISCO

Connecting you to information about long-term services and supports, aging, and living with disability.

What are Aging and Disability Resource Centers?

Aging and Disability Resource Centers (ADRCs) offer the general public a single source for connecting to free information and assistance on issues affecting older people and people with disabilities, regardless of their income. These resource centers are welcoming and convenient locations for you and your family to get objective and accurate information, advice, and have access to a wide variety of services.

With hubs throughout San Francisco, the ADRC Information and Assistance Specialists provide a wide range of services in multiple languages.

Aging and Disability Resource Centers do not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations. These activities include, but are not limited to, hiring and firing of staff, selection of volunteers and vendors, and provision of services. We are committed to providing an inclusive and welcoming environment for all members of our staff, clients, volunteers, subcontractors, vendors, and clients.

The ADRC can support individuals with information, referral, and/or assistance in the following areas:

- Caregiver assistance and support
- Case management services
- Employment and training opportunities
- Financial assistance and planning
- Food and nutrition
- Health and wellness
- Housing and shelter
- In home care
- Legal assistance
- Lesbian, gay, bisexual and transgender (LGBT) programs and services
- Medical and dental care
- Mental health and counseling services
- Paperwork and application assistance
- Prescription drug coverage
- Senior centers
- Translation services
- Transportation
- Other community resources

For more information, call or visit one of our locations listed below, or contact the ADRC Supervisor at (415) 750-4111. Hours and locations of the ADRC hubs are subject to change.

It is recommended that you call the main sites for updated information and languages offered.

For more information about ADRC hubs or if you need language assistance, please call the Department of Aging and Adult Services (DAAS) Intake Services hotline at (415) 355-6700.

Richmond Senior Center

Golden Gate Senior Services

6221 Geary Boulevard, 3rd Floor, San Francisco, 94121

(415) 404-2938 | (415) 752-6444

Monday-Friday 9am-3pm (by appointment 8:30am-9am, 3pm-3:30pm)

Aquatic Park Senior Center

Northern California Presbyterian Homes and Services

890 Beach Street, San Francisco, 94109

Spanish (415) 202-2982 | Chinese (415) 202-2983

Monday-Friday 9am-12:30pm, 1pm-3pm (by appointment until 4pm)

Toolworks- Main Office

Toolworks

25 Kearny Street, Suite 400, San Francisco, 94108

(415) 733-0990 x613

Monday, Tuesday, Thursday, Friday 8:30am-4:30pm (closed Wednesday)

Self Help for the Elderly- Main Office

Self Help for the Elderly

601 Jackson Street, Basement, San Francisco, 94133

(415) 677-7585

Monday, Wednesday, Friday 8:30am-12:30pm, 1:15pm-5:15pm

Tuesday, Thursday 8:30am-12:30pm

Geen Mun Activity Center

Self Help for the Elderly

777 Stockton Street, San Francisco, 94108

(415) 438-9804

Monday, Wednesday, Friday 8:30am-12:30pm, 1:15pm-5:15pm

Tuesday, Thursday 1:15pm-5:15pm

South Sunset Activity Center

Self Help for the Elderly

2601 40th Avenue, San Francisco, 94116

(415) 566-2845

Monday-Thursday 8:30am-3:00pm, Friday 9am-3pm

Bayview Senior Connections

Bayview Hunters Point Multipurpose Senior Services

5600-A 3rd Street, San Francisco, 94124

(415) 647-5353

Monday-Friday 10am-5pm

Downtown San Francisco Senior Center

Northern California Presbyterian Homes and Services

481 O'Farrell Street, San Francisco, 94102

Spanish (415) 202-2982 | Chinese (415) 202-2983

Monday-Friday 9am-12:30pm, 1pm-3:30pm (by appointment until 4pm)

OMI Senior Center

Catholic Charities

65 Beverly Street, San Francisco, 94132

(415) 334-5550

Monday-Friday 8:30am-2:30pm (by appointment 2:30pm-4pm)

Openhouse-Main Office

Openhouse (LGBT Hub)

1800 Market Street, 4th Floor, San Francisco, 94102

(415) 347-8509

Monday-Friday 9am-5:30pm

(by appointment 9am-11:30am | Drop-Ins 1pm-4:30pm)

30th Street Senior Center

225 30th Street, 3rd Floor, San Francisco, 94131

(415) 550-2221

Monday-Friday 8:30am-3pm

Western Addition Senior Center

Bayview Hunters Point Multipurpose Senior Services

1390 1/2 Turk Street, San Francisco, 94115

(415) 921-7805

Monday-Friday 10am-5pm

Supervision for San Francisco Aging and Disability Resource Centers is provided by Institute on Aging through funding by Department of Aging and Adult Services. To learn more about Institute on Aging, call 415.750.4111 or visit www.ioaging.org.

ABUSE

Elder or dependent adult abuse is the mistreatment or neglect of an elder or an adult with a physical or mental disability. It may include physical violence, threats of assault, verbal abuse, financial exploitation, emotional abuse, abandonment, sexual abuse, neglect or violation of an elderly person's rights. This mistreatment may be at the hands of a family member or other caregiver. No one has the right to hurt you, mistreat you, threaten you or take your money.

If you feel that you are being mistreated, there is assistance for you. Call **Adult Protective Services (415) 355-6700** for confidential help.

API Legal Outreach

1121 Mission Street S.F. CA 94103

(415) 567-6255

Family and Children's Services

170 Otis Street S.F., CA 94103

(415) 557-5000

Institute On Aging – Consortium for Elder Abuse Prevention

3575 Geary Blvd. S.F., CA 94118

(415) 750-4180

Ombudsman – San Francisco

6221 Geary Blvd. 3rd Floor S.F., CA 94121

(415) 751-9788

For residents of long-term care facilities (nursing, skilled nursing, distinct part nursing facilities, residential care facilities for the elderly, and other adult care homes similar to these facilities.

ADULT DAY HEALTH CARE/COMMUNITY BASED ADULT SERVICES (CBAS)

If you need medical and functional support to remain safely in your home, Adult Day Health provides a comprehensive day program of health, rehabilitation and social services. Each day at the center is full and active. Services include nursing and personal care, recreational activities, hot noon meals and nutritional counseling, health education and transportation to and from the center. Services are covered by Medi-Cal or are available on a sliding fee basis.

211 - Information & Referral Line
(415) 808-4357

Bayview Hunter's Point Adult Day Health Center
1250 La Salle Avenue
S.F., CA 94124
(415) 826-4774
Area Served: Citywide

Jewish Family & Children's Services
L'Chaim Adult Day Health
2534 Judah Street
S.F., CA 94122
(415) 449-2934
Area Served: Outer Richmond, Inner Sunset

On Lok Lifeways Senior Health Services
(A program for all-inclusive care for the elderly)
(415) 292-8888
(888) 886-6565
Area Served: Citywide

On Lok Lifeways (30th Street Center)
225 30th Street 2nd Floor
S.F., CA 94131
(415) 550-2230
Area Served: Noe Valley, Diamond Heights, Excelsior, Glen Park, St. Mary's Park, and Outer Mission

On Lok Lifeways Jade Center
1333 Bush Street
S.F. CA 94109
(415) 292-8888
Area Served: Polk Gulch, South of Market, Japantown

On Lok Lifeways Powell Center

1441 Powell Street
S.F., CA 94133
(415) 292-8650
Area Served: Chinatown, North beach

On Lok Lifeways Rose Center

1333 Bush Street
S.F., CA 94109
(415) 292-8688
Area Served: North Beach Telegraph Hill, Chinatown

On Lok Lifeways Geary/Coronet Center (Partnership with IOA)

3575 Geary Boulevard
S.F., CA 94118
(415) 447-1000
www.onlok.org
Area Served: Western Addition

Self-Help for the Elderly Adult Day Services

408 22nd Avenue
S.F., CA 94121
(415) 677-7556
Area Served: Outer Richmond

Senior Focus

1720 El Camino Real
Burlingame, CA 94010
(650) 696-3645

Stepping Stone - Golden Gate

350 Golden Gate Street
S.F., CA 94102
(415) 359-9210
Area Served: Citywide

Stepping Stone - Mabini

55 Mabini Street
S.F., CA 94107
(415) 882-7301
Area Served: Citywide

Stepping Stone - Mission Creek

930 4th Street
S.F., CA 94158
(415) 974-6784
Area Served: Citywide

Stepping Stone - Presentation

301 Ellis Street

S.F., CA 94102

(415) 923-0245

Area Served: Citywide

ADULT SOCIAL DAY CARE

If you do not need the medical and functional assistance of Adult Day Health but are unable to participate in a senior center, you can attend an Adult Social Day Care Center where they provide you with a hot meal and a range of meaningful activities.

Catholic Charities Adult Day Services (415) 452-3500

50 Broad Street
S.F., CA 94112
Area Served: San Francisco County

Community Gatepath (650) 259-8500

350 Twin Dolphin Drive Suite 123
Redwood, CA 94065

Curry Senior Center (415) 885-2274

333 Turk Street
S.F., CA 94102
Area Served: North & South of Market, Potrero Hill

Irene Swindells Center for Adult Day Services (415) 750-4111

3698 California Street 2nd Floor
S.F., CA 94118
Area Served: San Francisco

Janet Pomeroy Center (415) 665-4100

207 Skyline Boulevard
S.F., CA 94132
Area Served: San Francisco, San Mateo, Marin Counties

Kimochi, Inc. (415) 922-9972

1531 Sutter Street
S.F., CA 94109
Area Served: Richmond, Sunset, Western Addition

Ruth Ann Rosenberg Adult Day Services (415) 750-4111

Institute on Aging
3575 Geary Blvd.
S.F., CA 94118
Area Served: San Francisco

ADVOCACY

Programs which advocate changes, promote causes, or protect the rights of individuals or groups. This may include advocacy in the areas of client or patient rights, civil rights, affirmative action, architectural barrier removal, etc.

APA Family Support Services (415) 617-0061
(Formerly Asian Perinatal Advocates)
10 Nottingham Place
San Francisco, CA 94133

Bay Area Legal Aid (GLBT Seniors Advocacy Project) (415) 354-6379
1035 Market Street 6th Floor (415) 982-1300
San Francisco, CA 94103

Better Business Bureau (510) 844-2000
1000 Broadway Suite 625 (866) 411-2221
Oakland, CA 94607

California Advocates for Nursing Home Reform (415) 974-5171
650 Harrison St. 2nd Floor (800) 474-1116
San Francisco, CA 94107

Central City Hospitality House (415) 369-3043
290 Turk Street
San Francisco, CA 94102

Community Behavioral Health Services (415) 546-5260
1380 Howard Street 1st Floor (888) 246-3333
San Francisco, CA 94103

Community Living Campaign (415) 821-1003
1360 Mission Street Suite 400
San Francisco, CA 94103

Congress of California Seniors (916) 442-4474
1230 "N" St. Suite 201
Sacramento, CA 95814

Consortium for Elder Abuse Prevention (415) 750-4180
Institute on Aging
3575 Geary Blvd.
San Francisco, CA 94118

Consumer Action 211 Main Street Suite 480 San Francisco, CA 94105	(415) 777-9635
Consumer Fraud and Environmental Protection Unit 732 Brannan St. San Francisco, CA 94103	(415) 551-9595
Consumer Rights for Community Living – A program through Senior & Disability Action 1360 Mission St. Suite 400 San Francisco, CA 94103	(415) 546-1333
Deaf Counseling Advocacy and Referral Agency (DCARA) 14895 E. 14 th St. #200 San Leandro, CA 94578	(510) 343-6670 TTY (877) 322-7288
Eldercare Services 1808 Tice Valley Blvd. Walnut Creek, CA 94595 Fee: \$145/hr.	(415) 469-8300
Family Caregiver Alliance 785 Market St. Suite 750 San Francisco, CA 94103	(415) 434-3388
Gray Panthers 2940 16th St. San Francisco, CA 94103	(415) 552-8800
HICAP – Health Insurance Counseling Advocacy Program 601 Jackson Street 2 nd Floor San Francisco, CA 94111	(415) 677-7520
Homeless Advocacy Project 1360 Mission St. Rm. 201 San Francisco, CA 94103	(415) 865-9200 (800) 405-4427
Housing Rights Committee of SF 417 South Van Ness Ave. San Francisco, CA 94103	(415) 703-8644
Independent Living Resource Center 649 Mission St. 3 rd Floor San Francisco, CA 94105	(415) 543-6222

Mayor's Office on Disability 1155 Market St. 1 st Floor San Francisco, CA 94103	(415) 554-6789 TTY (415) 554-6799
Mental Health Association of San Francisco 870 Market St. #928 San Francisco, CA 94102	(415) 421-2926
Older Women's League 870 Market St., #905 San Francisco, CA 94102	(415) 989-4422
Ombudsman Program (Long Term Care) Family Service Agency of San Francisco Crisis Line 6221 Geary Blvd. 3 rd floor San Francisco, CA 94109	(415) 751-9788 (800) 231-4024
People First! A self-advocacy group for people with developmental disabilities.	(510) 286-0439
San Francisco County Veterans Service Office 27B Van Ness Avenue San Francisco, CA 94103	(415) 503-2000
San Francisco Mental Health Clients Rights Advocates 944 Market St. #704 San Francisco, CA 94103	(415) 552-8100 (800) 729-7727
San Francisco Tenants Union 558 Capp St. San Francisco, CA 94110	(415) 282-6622
Senior & Disability Action 1360 Mission St. Suite 400 San Francisco, CA 94103	(415) 546-1333
The ARC of San Francisco 1500 Howard St. San Francisco, CA 94103	(415) 255-7200
The Office of Citizen Complaints 25 Van Ness Ave., Suite 700 San Francisco, CA 94102	(415) 241-7711

United Cerebral Palsy of the Golden Gate
1970 Broadway, Suite 715
Oakland, CA 94612

(510) 832-7430

Veterans Equity Center
1010 Mission Street, Suite C
San Francisco, CA 94103

(415) 255-2234

Victim Services Division (Office of District Attorney)
850 Bryant Street, Room 320
San Francisco, CA 94103

(415) 553-9044

ASSISTIVE DEVICES

If you have a disability or injury, you may use a number of assistive devices. These are tools, products or types of equipment that help you perform tasks and activities. They may help you move around, see, communicate, eat, or get dressed.

California Telephone Access Program (CTAP)

3075 Adeline Street Suite 260
Berkeley, CA 94703
(800) 806-1191

Community Living Campaign – Goldsmith Hearing and Vision Initiative

1360 Mission Street Suite 400
San Francisco, CA 94103
(415) 821-1003

Hearing and Speech Center of Northern California

1234 Divisadero Street
S.F. CA 94115
(415) 921-7658
(415) 921-8990 TTY

Independent Living Resource Center San Francisco (ILRCSF)

649 Mission Street
S.F. CA 94105
(415) 543-6222

Lighthouse for the Blind and Visually Impaired

214 Van Ness Avenue
S.F. CA 94102
(415) 431-1481

Self-Help for the Elderly

601 Jackson Street
S.F. CA 94133
(415) 677-7600

*The **Internet Resources** section on page 91 lists websites where Assistive Devices are available.

BANKING

Many banks have a **Bank by Mail** and **Electronic Banking** program. If you wish to make deposits by mail you should call your bank and ask them to send you the necessary forms. If you would like to conduct your banking electronically, contact your bank for details.

It is important that you never send cash through the mail. Checks that you wish to deposit should have your account number written on the back as well as your signature and the words "FOR DEPOSIT ONLY."

If you have a checking or savings account, consider using the safe Direct Deposit program that sends your check directly to your bank account. Your money will be safe and will be deposited on time. Call your bank for details.

CAREGIVER SUPPORT

If you have a caregiver, it is possible that they may need support themselves at times. The following self-help groups can put individuals in touch with other caregivers with whom they can share emotional support, understanding and suggestions for handling problems.

Alzheimer's Association (800) 272-3900

Catholic Charities Aging Services (415) 452-3500
50 Broad Street
S.F., CA 94112

Edgewood Center for Children & Families (415) 865-3000
For grandparents or other family members caring for minor children
1801 Vicente Street
S.F., CA 94116

Family Caregiver Alliance (415) 434-3388
785 Market Street Suite 750
S.F., CA 94102

Institute on Aging (415) 750-4111
3575 Geary Blvd.
S.F., CA 94118

Jewish Family and Children's Services (415) 449-3777
2150 Post Street
S.F., CA 94115

Kimochi, Inc. (415) 931-2275
1715 Buchanan Street
S.F., CA 94115

San Francisco Senior Center, Aquatic Park (415) 775-1866
890 Beach Street
S.F., CA 94109

Self Help for the Elderly (415) 677-7563
408 22nd Avenue @ Geary Blvd
When: 3rd Wednesday, 5pm to 6:30 pm
English & Cantonese

Self Help for the Elderly (415) 677-7591
601 Jackson Street
S.F., CA 94109

ALZHEIMER'S DAY CARE RESOURCE CENTERS

Catholic Charities Adult Day Services (415) 452-3500
50 Broad Street
S.F., CA 94112

Institute on Aging Alzheimer's Day Care Resource Center
3575 Geary Blvd. (415) 750-4111
S.F., CA 94118

Self-Help for the Elderly Alzheimer's Daycare Resource Center
408 22nd Avenue (415) 677-7556
S.F., CA 94121

GENERAL CAREGIVING

Bayview Hunter's Point Adult Day Health (415) 826-4774
1250 La Salle Avenue S.F., CA 94124

Edgewood Center for Children and Families (415) 865-3000
(For grandparents or other family members caring for minor children)
1801 Vicente Street S.F., CA 94116

Institute on Aging (415) 750-5330 ext. 370
3575 Geary Blvd. S.F., CA 94118
When: 1st Saturday of each month, 10:30 a.m. – 12:00 p.m.

St. Mary's Adult Day Health Care Center (415) 334-4000
35 Onondaga Ave. S.F., CA 94112

NON-ENGLISH SPEAKING GROUPS

Kimochi (415) 931-2275
1715 Buchanan St. S.F., CA 94115
Japanese Speaking

Self-Help for the Elderly (415) 677-7556
408 22nd Avenue S.F., CA 94121
Cantonese Speaking

CASE MANAGEMENT

Case managers can coordinate all of your services so that you can remain in your home for as long as possible. They will assess your needs, set up a care plan on services and provide on-going support and follow-up to make sure that you are getting the services that you need. The agencies listed below offer case management programs.

30th Street Senior Center (Spanish Speaking)

225 30th St. 3rd Floor S.F., CA 94131

(415) 550-2214

Contact: Lisa Mestayer

Area Served: Noe Valley, Diamond Heights, Excelsior, Glen Park, Outer Mission

Bayview Senior Connections

5600-A Third St. S.F., CA 94124

(415) 647-5353

Area Served: Citywide

Bernal Heights Neighborhood Center

515 Cortland Avenue S.F., CA 94110

(415) 206-2140

Area Served: Bernal Heights, Excelsior, Outer Mission, Noe Valley

Canon Kip Senior Center

705 Natoma at 8th St. S.F., CA 94103

(415) 487-3300

Area Served: Citywide

x6200

Catholic Charities Aging Case Management

1111 Junipero Serra Blvd. S.F., CA 94132

(415) 334-5555

Area Served: Citywide

Central American Resource Center (CARECEN)

(415) 642-4400

3101 Mission Street S.F., CA 94110

Area Served: Citywide

Central City Older Adults

90 Van Ness Avenue S.F., CA 94102

(415) 558-5900

Contact: Officer of the day

Centro Latino De San Francisco

1656 15th Street S.F., CA 94103

(415) 861-8758

Area Served: Citywide

Community Behavioral Health Services

1380 Howard Street 5th Floor

(415) 255-3400

San Francisco, CA 94103

(888) 246-3333

Area Served: Citywide

Community Living Fund – Dept. of Aging and Adult Services

The Community Living Fund program funds home and community based services, or combination of goods and services, that will help individuals 18 years and older who are currently, or at risk of being, institutionalized. The program will use a two-pronged approach: (1) coordinated case management; and (2) purchase of services. It will provide the needed resources and services, not available through any other mechanisms.

Area Served: San Francisco County **(415) 355-6700**

Compassionate Community Care

1426 Fillmore St, # 207, S.F., CA 94115 **(415) 921-5038**
Contact: Care Manager
Area Served: Citywide (Private pay)

Conard House

Provides payee and money management services for adults with psychological disabilities.

Community Services – Market **(415) 861-4035**
Community Services – North **(415) 928-0111**
Community Services – SOMA **(415) 836-1784**
Community Services – South **(415) 558-8767**

Curry Senior Center

315 Turk St. S.F., CA 94102 **(415) 885-2274**
Contact: Intake Worker
Area Served: Tenderloin, South of Market

**Elder Plan Consultation and Care Management
Institute on Aging**

3575 Geary Blvd., S.F., CA 94118 **(415) 750-4180 ext. 165**
Contact: Leslie Camozzi
Area Served: Citywide (Private pay)

Eldercare Services

(415) 469-8300
1808 Tice Valley Blvd.
Walnut Creek, CA 94545
Contact: Kathy Bakhshandeh
Area Served: Citywide

Family Service Agency

1010 Gough St. S.F., CA 94109 **(415) 474-7310**
Contact: Intake Worker
Area Served: Citywide (*For Seniors with Mental Health Issues*)

Golden Gate Regional Center (415) 546-9222
1355 Market St. Suite 220 S.F., CA 94103
Area Served: Citywide (*For individuals with developmental disabilities*)

Homecoming Transitional Care Program (415) 923-4491
481 O'Farrell St. S.F., CA 94102
Contact: HTCP coordinator
Area Served: Citywide

Italian-American Community Services Agency (415) 362-6423
678 Green St. S.F., CA 94133
Contact: Case Manager
Area Served: Citywide (Serves elderly individuals of Italian descent)

Jewish Family and Children's Services - Seniors-At-Home (415) 449-3777
2150 Post St. S.F. CA 94115
Contact: Intake Department
Area Served: Citywide

Kimochi, Inc. - Japanese American Senior Services (415) 931-2275
1715 Buchanan St. S.F. CA 94115
Contact: Sango Harumi
Area Served: Citywide
(Primarily serves Japanese American seniors)

La Raza Centro Legal (415) 575-3500
474 Valencia St. Suite 295 S.F. CA 94103
Area Served: Citywide
Information and referral services. Provides bilingual and bicultural resources to service providers that can assist monolingual Spanish speakers.

Linkages

Institute on Aging (415) 750-4111
3575 Geary Blvd., S.F. CA 94118
Contact: Josh Martin
Area served: Citywide
(For seniors without SSI and younger disabled)

Meals on Wheels of San Francisco (415) 920-1111
1375 Fairfax Avenue, S.F. CA 94124
Contact: Robin Meese Cruz
Area Served: Citywide
(*Must be a Meals on Wheels Client*)

**Multipurpose Senior Services Program (MSSP)
Institute on Aging**

3575 Geary Blvd., S.F. CA 94118
Contact: Gale Santos
Area served: Citywide

(415) 750-4111

Openhouse

Case management services for Lesbian, Gay, Bisexual, and Transgender (LGBT) seniors

(415) 296-8995

1800 Market St., S.F., CA 94102
3rd Floor of the San Francisco LGBT Community Center
San Francisco, CA 94102
Area Served: Citywide

RAMS Inc.

3626 Balboa Street S.F. CA 94121
Contact: Intake Unit
Area Served: Richmond district

(415) 668-5955

San Francisco Homeless Outreach Team (HOT Team)

1060 Howard St. 3rd Floor S.F. CA 94103
Area Served: Citywide

(415) 865-5200

San Francisco Senior Center

481 O'Farrell St. S.F. CA 94102
Contact: Ione Ishii
Area Served: Citywide

(415) 923-4487

Self-Help for the Elderly

601 Jackson St. S.F. CA 94109
Contact: Judy Lau
Area Served: Citywide

(415) 677-7600

St. Anthony Foundation Senior Services

150 Golden Gate Avenue S.F. CA 94115
Contact: Intake Worker
Area Served: Tenderloin, South of Market

(415) 592-2769

Veteran's Administration

4150 Clement St. S.F., CA 94121
Contact: Social Services
Area Served: Citywide (For eligible veterans and families)

(415) 221-4810

PRIVATE PRACTITIONERS *(Some case manager's practice privately)*

Verne Doxey, MSW (415) 921-0644
Care planning and care management

Beth MacLeod, LCSW (415) 441-4782
Caregiver consultation and psychotherapy

Gene Marchi (415) 383-9777
Marchi & Smith
Care planning and care management, conservatorship, consultation and assessment, money management

Mary Kay Stegner and Michael Mantelle (415) 775-4508
Stegner Registry (650) 365-1884
Consultation and assessment, placement

Rena Harel, RN, PHN & Associates (415) 453-3128
Geriatric Case management

Thomas A. Lucas, LCSW (415) 552-2042
Geriatric Case Management

CLEANERS

These businesses will pick up and deliver your clothes that need cleaning:

Peninou French Laundry (415) 751-9200

3707 Sacramento Street S.F., CA 94118

Delivery Charge: Complimentary for laundry and dry cleaning

Payment: Credit Card for pick up and delivery only.

Area Served: Citywide

Sohn's French Cleaners (415) 351-2400

Pick Up/Delivery Charge: \$40 minimum

Area Served: Citywide

Home Cleaning Services:

Cleanrific – Jewish Family and Children's Services

2150 Post Street

San Francisco, CA 94115

(415) 820-7230

Steri-Clean of California (Hoarding Clean Up Specialists)

San Francisco Bay Area

(415) 322-1011

(888) 577-7206

The Good Job Brothers

2748 Junipero Serra Blvd. Suite 26

Daly City, CA 94015

(650) 991-3650

Organizing Services:

Clutter Free Organizing Services

San Francisco Bay Area

(415) 346-3205

Moving Assistance:

Donna Robbins (510) 703-7476

www.ultimatemoves.net

COALITION OF AGENCIES SERVING THE ELDERLY

The Coalition of Agencies Serving the Elderly (CASE) has served as non-profit, multi-purpose organization providing community senior service agencies with advocacy, leadership development, resources, and community outreach to better serve San Francisco Seniors. Below you will see resource information for caregivers, seniors and professionals working with the elderly in San Francisco and throughout the Bay Area.

Agency	Phone/Fax	Service Program
<p>Bernal Heights Neighborhood Ctr.</p> <p>515 Cortland Ave S.F., CA 94110</p>	<p>Tel: (415) 206-2140 Fax: (415) 648-0793 www.bhnc.org</p>	<p>Case Management Clinic Site for UCSF School of Nursing Community Services Food Assistance Programs Meal Site Housing Services Neighborhood based Information & Referral for Seniors and the Disabled Senior Ride Programs Social Services Volunteer Services</p>
<p>California Advocates for Nursing Home Reform (CANHR)</p> <p>650 Harrison St. 2nd Fl. S.F., CA 94107</p>	<p>Tel: (800) 474-1116 or (415) 974-5171 Fax: (415) 777-2904 www.canhr.org</p>	<p>Nursing Home Information, information about Residential Care Facilities for the Elderly (RCFE) and Continuing Care Retirement Communities (CCRC). Long Term Care Medi-Cal Eligibility Advocacy for Long Term Care Consumers Resident Rights Lawyer Referral Service for Elder Law</p>
<p>Catholic Charities</p> <p>990 Eddy St. S.F., CA 94109</p>	<p>Tel: (415) 972-1200 Fax: (415) 972-1201 www.CatholicCharitiesSF.org</p>	<p>Adult Social Day Care Alzheimers Day Care Resource Ctr. Community Services/Senior Center Case Management Housing Integrated Support Services Meal Sites</p>
<p>Community Living Campaign</p>	<p>Tel: (415) 821-1003</p>	<p>Advocacy, Assistive Devices, Computer and social media training, neighborhood organizing, food pantry grocery delivery, Connections for Healthy Aging Workshops, Volunteering Time, bank opportunities</p>
<p>Curry Senior Center</p> <p>333 Turk St. S.F., CA 94102</p>	<p>Tel: (415) 885-2274 TTY: (415) 885-4861</p>	<p>Adult Day Services, Case Management, Community Services, Health Services, Housing Search Assistance, Information and Referral, Meal Site, Medical Services, Mental Health Services, Substance Abuse Services</p>

<p>Elder Care Network</p> <p>An association of professionals in private practice affiliated with CASE</p>	<p>Tel: (415) 820-1439</p> <p>TheElderCareNetwork.org</p>	<p>Contact individual providers for information about their services or about ECN membership</p>
<p>Agging Solutions Inc.</p> <p>Terri Abelar</p>	<p>Tel: (415) 324-5088 or (877) 301-9702</p> <p>www.agingsolutions.com</p>	<p>Private Care Management, Assessments, and Crisis Intervention for aging or dependent relatives by Nurse Care Managers and team of Professional Geriatric Care Managers. Elder Abuse Interventions.</p>
<p>Arcadia Health Care</p> <p>Annette Vance</p>	<p>Tel: (415) 255-2880 Fax: (415) 255-6583</p> <p>www.arcadiacare.com</p>	<p>Provides personal care in home or assisted living facility by experienced, trained caregivers. Wheelchair accessible van service (Arcadia On the Go). Visits, hourly and live-in.</p>
<p>Aunt Ann's HomeCare</p> <p>Vicki Paul, LVN Anna Fong</p>	<p>Tel: (415) 974-3530 (650) 757-2000</p> <p>www.auntanns.com</p>	<p>Care at home provided by screened, bonded employees with 24-hour nursing supervision. Relief staffing for care facilities is also available.</p>
<p>Bay Area Vital Link</p> <p>Lee Cutler</p>	<p>Tel: (800) 752-5522</p> <p>www.vlink.org</p>	<p>Emergency response service for seniors who live alone. Pressing a waterproof pendant (worn around the neck or wrist) will allow the client to summons help when needed, 24/7. Providing protection, safety, peace of mind and independence.</p>
<p>ElderConsult</p> <p>Elizabeth Landsverk, MD Jane Perry</p>	<p>Tel: (650) 357-8834 Fax: (650) 357-8811</p> <p>www.elderconsult.com</p>	<p>Provides expert geriatric house calls, with an emphasis on maximizing quality of life and minimizing use of medication. Our focus is on patients suffering from complex medical problems: pain, refusing to eat.</p>
<p>Home Safety Services</p> <p>Martin Simenc</p>	<p>Tel: (650) 571-7774 Fax: (650) 571-7775</p> <p>www.homesafety.net</p>	<p>Performs safety accessibility & fall prevention related home modifications to enable seniors to remain as independent as possible. Scope of services includes the installation of grab bars, stair railings, ramps, lifts & much more. Licensed, bonded & Certified Aging in Place Specialists (CAPS).</p>

<p>Counseling & Consultation to Seniors & Adult Children of Aging Parents Maureen Samson, LCSW</p>	<p>Tel: (415) 420-5097 Fax: (415) 386-2838 maureensamson@comcast.net</p>	<p>Adult Social Day Care, Alzheimers Day Care Resource Ctr., Community Services/Senior Center, Case Management, Housing In-Home Attendant Care, Integrated Support Services, Meal Sites</p>
<p>Reliable Caregivers Linda Leary</p>	<p>Tel: (415) 436-0100 Fax: (415) 346-3425 www.reliablecaregivers.net</p>	<p>Non-medical home care – bathing and hygiene, companionship, meal preparation, medication reminders and housekeeping.</p>
<p>Reverse Mortgages Only Judy Schwartz</p>	<p>(800) 707-7370 or (650) 591-4430 www.reverseonly.com</p>	<p>Reverse Mortgage resources from multiple lenders, offering both equity access and for home purchase (typically downsizing)</p>
<p>Senior Assist of the Peninsula Terri Neill</p>	<p>Tel: (650) 343-5833 www.seniorassistpeninsula.com</p>	<p>Care provided in-home or in-facility/senior residence. Well trained caregivers (company employees) provide assistance/care for as few as 3 consecutive hours per week up to 24 hour live-in or constant care. Our staff is carefully screened, bonded & insured. Respite care is available</p>
<p>SilverRide, LLC Susan Steiner Saal</p>	<p>Tel: (415) 861-7433 Fax: (415) 861-7434 www.silverride.com</p>	<p>Provides personalized transportation, accompaniment and courier services to make it easy for older adults to travel and engage with each other and their community. Offers courteous drivers, comfortable four door sedans, travel concierges & an on-time guarantee.</p>
<p>Simple Closures Lynn Dow Melissa Lee</p>	<p>Tel: (800) 282-1163 www.simpleclosures.com</p>	<p>Fashion –positive styles of women’s clothing for the differently abled woman, Highly versatile adaptive clothing designed specifically for women who experience wide-ranging physical and/or mental challenges.</p>
<p>Simplify By Design LLC Nina Huebsh</p>	<p>Cell: (415) 823-3800 Phone / Fax: (415) 824-2816 www.simplify-by-design.net</p>	<p>Home transition services, packing, sorting, disposal of possessions, setting up the new home, providing emotional and decision support for those moving from one home to another.</p>
<p>Stegner Registry Mary K. Stegner, MA, MS Mark Mantelle</p>	<p>Tel: (415) 775-4508 or (650) 365-1884 www.soregistry.net</p>	<p>Placement outside the home in assisted living, life care, or senior communities. The goal is to match senior with appropriate facility. There is no fee forelderly clients or families.</p>

<p>Eldercare Services</p> <p>1808 Tice Valley Blvd. Walnut Creek, CA 94595</p>	<p>Tel: (415) 469-8300 Fax: (415) 333-1184 www.eldercareanswers.com</p> <p>Tel: (925) 937-2018 Fax: (925) 945-1720</p>	<p>Care management Caregiving Senior Advocacy Education/Support Groups Counseling Assessment Daily money management Consultations Placements</p>
<p>Episcopal Community Services/Canon Kip Senior Center</p> <p>705 Natoma St. S.F., CA 94103</p>	<p>Tel: (415) 487-3300 x6200 Fax: (415) 487-3895</p>	<p>CALFRESH enrollment Medi-CAL Outreach and enrollment Case Management Community Services Congregate Meal Site Senior Center Telephone Re-Assurance Information and Referral Housing Information/Assistance Translation Health Insurance Counseling and Advocacy Program (HICAP) Support Groups Senior Advocacy Computer Classes</p>
<p>Family Caregiver Alliance</p> <p>785 Montgomery St. Suite 750 S.F., CA 94104</p>	<p>Tel: (415) 434-3388 Fax: (415) 434-3508 www.caregiver.org</p>	<p>Assessment, Consultation, Caregiving, Education/Support groups, Information and Referral</p>
<p>Family Service Agency of S.F.</p> <p>6221 Geary Blvd. S.F., CA 94121</p>	<p>Tel: (415) 474-7310 Fax: (415) 447-9805 www.fsasf.org</p>	<p>Geriatric Mental Health: Community Integration Services Geriatric Outpatient Mental Health Services Older Adult Day Support Center Senior Full Service Wellness Program Center Senior Peer Drop In Center</p> <p>Ageing Services: Foster Grandparents Senior Companions Long-term Care Ombudsman Senior Community Service Employment Program</p>
<p>Golden Gate Senior Services</p> <p>Richmond Senior Center 6221 Geary Blvd 3rd Fl. S.F., CA 94121</p>	<p>Tel: (415) 752-6444 Fax: (415) 831-7370</p>	<p>Aging and Disability Resource Center hub Community Services Meal Site Project Integration Senior Center Social & Recreational Activities Volunteer Opportunities</p>

<p>Golden Gate Senior Services</p> <p>Castro Senior Center</p> <p>110 Diamond St. S.F., CA 94114</p>	<p>Tel: (415) 863-3507 Fax: (415) 252-7495</p> <p>www.ggsenior.org</p>	<p>Community Services Meal Site Senior Center Social & Recreational Activities Project Integration LGBT support groups Volunteer Opportunities</p>
<p>IHSS Consortium</p> <p>1453 Mission St. Suite 520 S.F., CA 94103</p>	<p>Tel: (415) 255-2079 Fax: (415) 255-0679</p>	<p>In-Home Services Training and Placement Referral for In-Home Support Workers</p>
<p>IHSS Public Authority</p> <p>832 Folsom St., 9th Flr S.F., CA 94107</p>	<p>Tel: (415) 243-4477 Fax: (415) 243-4407</p> <p>www.sfihsppa.org</p>	<p>Advocacy In-Home Supportive Service Referral Registry and On-Call Program Private Pay Registry</p>
<p>Institute on Aging</p> <p>3575 Geary Blvd. S.F., CA 94118</p>	<p>Tel: (415) 750-4111</p> <p>www.IOAging.org</p>	<p>A24-hour Support Hotline (Friendship Line) Adult Day Health and Social Programs Alzheimer's Day Care Resource Center Art Programs Care Coordination and Care Management Elder Abuse Prevention Resources Counseling and Bereavement Services Education Programs Elderly Suicide Prevention Services Financial Management and Estate Planning Geriatric/Psychological Assessment Services Home Care Information and Referral Medication Monitoring/Reminders Memory Care Services Spiritual Care and Support</p>
<p>Italian American Community Services</p> <p>678 Green St. S.F., CA 94133</p>	<p>Tel: (415) 362-6423 Fax: (415) 362-3565</p>	<p>Case Management Financial Assistance Home Visits Information & Referrals Interpreting Social and Cultural Activities Volunteer Matching Volunteer Opportunities</p>
<p>Jewish Community Center of San Francisco Kosher Lunch Program</p> <p>3200 California St. S.F., CA 94118</p>	<p>Tel: (415) 292-1262</p> <p>JCC Front Desk: (415) 292-1260</p> <p>www.jccsf.org</p>	<p>Adult Daytime Programs & Lectures Congregate Meals Community Services Health Education Information & Referral Nutrition Senior Centers</p>

<p>Jewish Family and Children's Services</p> <p>2150 Post St. S.F., CA 94115</p>	<p>Tel: (415) 449-3817 Fax: (415) 449-3813</p>	<p>Adult Day Services Bereavement Counseling Care and Case Management Conservator Daily Money Management Home Delivered Meals, In-Home Care Medical Transportation Seniors at Home Program</p>
<p>Lawyer Referral and Information Service (SF Bar Association)</p> <p>301 Battery St. 3rd fl. S.F., CA 94111</p>	<p>Tel: (415) 989-1616 Fax: (415) 477-2389</p>	<p>Attorney Referral Services [low-income/sliding scale]</p>
<p>Legal Assistance to the Elderly</p> <p>995 Market St. Ste.1400 S.F., CA 94103</p>	<p>Tel: (415) 538-3333 Fax: (415) 538-3316</p>	<p>Individual Advocacy Legal Services</p>
<p>Lighthouse for the Blind and Visually Impaired</p> <p>214 Van Ness Ave. S.F., CA 94102</p>	<p>Tel: (415) 431-1481 Fax: (415) 863-7568 www.lighthouse-sf.org</p>	<p>Assistive Technology Sales Community Services Vision Loss Services Congregate Meals ESL Programs Social and Recreational Programs</p>
<p>Little Brothers/Friends of the Elderly</p> <p>909 Hyde St. #628 S.F., CA 94109</p>	<p>Tel: (415) 771-7957 Fax: (415) 771-7985</p>	<p>Provides volunteers to support seniors Care/Case Management Senior Ride Programs</p>
<p>Meals on Wheels of San Francisco</p> <p>1375 Fairfax Ave. S.F., CA 94124</p>	<p>Tel: (415) 920-1111 Fax: (415) 920-1110 www.mowsf.org/</p>	<p>Community Services Congregate Meals Home-Delivered Meals Nutrition</p>
<p>North California Presbyterian Homes & Services</p> <p>881 Turk St. S.F., CA 94102</p>	<p>Tel: (415) 474-0334 Fax: (415) 474-1955 www.ncphs.org</p>	<p>Case Management Community Services Information & Referral Senior Housing Coming of Age Program Transitional Care Program</p>

<p>On Lok Lifeways 1333 Bush St. S.F., CA 94109</p>	<p>Tel: (415) 292-8888 Fax: (415) 292-8745 www.onlok.org</p>	<p>Program of All-inclusive Care for the Elderly (PACE) Comprehensive Senior Health Plan Adult Social Day Care Community Services Congregate Meals Home-Delivered Meals In-Home Support Services Medical Services Transportation</p>
<p>30th Senior Services (On Lok) 225 - 30th St. - 3rd Fl. S.F., CA 94131</p>	<p>Tel: (415) 550-2210 Fax: (415) 648-3957 www.onlok.org</p>	<p>Active Seniors Program Case Management Citizenship Education Community Services Congregate Meals Hispanics/Latinos Programs Home-Delivered Meals Nutrition Social and Recreational Programs Wellness Programs</p>
<p>Openhouse 1800 Market St. 3rd fl. S.F., CA 94102</p>	<p>Tel: (415) 296-8995 Fax: (415) 296-8008 www.openhouse-sf.org</p>	<p>Community Programs at Senior Centers Housing Referral, Information and Assistance Cultural Competency Training for Staff on LGBT Aging Issues</p>
<p>Project Open Hand 730 Polk St. S.F., CA 94109</p>	<p>Tel: (415) 447-2300 Fax: (415) 447-2490 www.openhand.org</p>	<p>Congregate Meals Nutrition Education Volunteer Opportunities</p>
<p>Rebuilding Together San Francisco Pier 28, The Embarcadero S.F., CA 94105 "Changing Neighborhoods Changing Lives"</p>	<p>Tel: (415) 905-1611 Fax: (415) 905-1610 www.RebuildingTogetherSF.org</p>	<p>Community reinvestment Corporate volunteer opportunities What we do: Free repairs to nonprofit facilities Free renovations for low-income homeowners Home safety equipment installed for homeowners & renters Information & Referrals re: housing repairs</p>
<p>Russian American Community Center 300 Anza St. S.F., CA 94118</p>	<p>Tel: (415) 387-5336 Fax: (415) 387-5357</p>	<p>Community Services Congregate Meals Health Screening Home-Delivered Meals Naturalization Services Senior Center Specialized Information & Referral Translation Services</p>

<p>San Francisco Dept. of Aging & Adult Services In-Home Supportive Services (IHSS)</p> <p>P.O. Box 7988 S.F., CA 94120</p>	<p>Tel: (415) 355-6700</p> <p>Fax: (415) 557-5271</p> <p>www.sfdaas.org</p>	<p>Administration of In-Home Support Services Program for blind, aged and disabled persons with low income.</p>
<p>San Francisco Food Bank</p> <p>900 Pennsylvania Ave. S.F., CA 94109</p>	<p>Tel: (415) 282-1900 Fax: (415) 282-1909</p> <p>www.sffoodbank.org</p> <p>follow us on twitter@sffoodbank find us on facebook check out our blog sffoodbank.wordpress.com</p>	<p>Pantry Program Shopping Program – [Partnership with service agencies] Supplemental Food Program Emergency Food Box Program Morning Snack Program Healthy Snacks for Kids Food Distribution at Project Homeless Connect</p>
<p>SF Senior Center - Aquatic Park</p> <p>890 Beach St. S.F., CA 94109</p> <p>SF Senior Center - Downtown</p> <p>481 O'Farrell St. S.F., CA 94102</p>	<p>Tel: (415) 775-1866 Fax: (415) 775-4020</p> <p>Tel: (415) 771-7950 Fax: (415) 923-4495</p>	<p>Adult Education Always Active - Fitness Center Congregate Meals Community Services Case Management Health Screening Information and Referral Life-Long Learning Program Hearing Resources Medicare Information & Counseling Nutrition Social & Recreational Programs Transitional Care Program Volunteer Opportunities</p>
<p>Self-Help for the Elderly</p> <p>601 Jackson St. S.F., CA 94133</p>	<p>Tel: (415) 677-7600 Fax: (415) 296-0313</p> <p>www.selfhelpelderly.org</p>	<p>Adult Day Services Case Management Citizenship Program Community Services Computer Center for Seniors Congregate Meals Employment Training HICAP (Health Insurance Counseling & Assistance Program) Homecare Home-Delivered Meals Hospice IHSS Care Services/Emergency IHSS Information and Referral Residential Care Facilities Senior Centers Senior Housing Telephone Education Advocacy Assistance in multiple languages</p>

<p>Senior Community Service Employment Program A partnership of Family Service Agency and National Council on the Aging 870 Market St. Ste. 785 S.F., CA 94102</p>	<p>Tel: (415) 982-7007 Fax: (415) 982-0528 www.fsasf.org</p>	<p>Employment Services for Low Income Seniors Job Training & Job Search Programs Older Adult Economic Security Initiative</p>
<p>Seniors•At•Home a division of Jewish Family and Children's Services 2150 Post St. S.F., CA 94115</p>	<p>Tel: (415) 449-3777 Fax: (415) 449-3742 www.seniorsathome.org</p>	<p>Home Care Palliative and End of Life Care Skilled Nursing Healthcare Advocacy Care Management Counseling Money Management Conservatorship Spiritual Care Volunteer Services Transportation Services Caregiver Support Holocaust Survivor Services Adult Day Services Bereavement Counseling</p>
<p>Stepping Stone [formerly North & South of Market Adult Day Health Center] 55 Mabini St. S.F., CA 94107</p>	<p>Tel: (415) 882-7301 Fax: (415) 882-7390</p>	<p>Adult Day Health Center Congregate Meals Social & Recreational Programs</p>
<p>Veterans Equity Center 1010 Mission St. S.F., CA 94103</p>	<p>Tel: (415) 255-2347 Fax: (415) 255-2358 www.vetsequitycenter.org</p>	<p>Information and referral translation services Advocacy Legal clinic Computer skills class</p>

COUNSELING RESOURCES

The following providers offer crisis intervention, psychotherapy, counseling and/or emotional support in the home.

COMMUNITY MENTAL HEALTH

Central City Older Adults (415) 558-5900

90 Van Ness Avenue S.F. CA 94102

Area Served: Tenderloin, South of Market, Central City

Chinatown North Beach Mental Health Services (415) 352-2000

729 Filbert Street, S.F. CA 94133

Area Served: Citywide

Consumer Credit Counseling (415) 788-0288

595 Market Street Fl 15, S.F. CA 94105

Area Served: Citywide

Family Service Agency Geriatric Outpatient (415) 474-7310

1500 Franklin Street S.F. CA 94109

Area Served: Western Addition, Pacific Heights, Marina, Fillmore, Haight

Family Service Agency Geriatric Services West (415) 386-6600

6221 Geary Boulevard 2ND Floor, S.F. CA 94121

Area Served: Ocean View, Merced Heights, Ingleside, Richmond, Sunset

HICAP – Health Insurance Counseling Advocacy Program (415) 677-7520
1-800-434-0222

407 Sansome Street S.F. CA 94111

Area Served: Citywide

Southeast Mission Geriatric Services (415) 337-4722

3905 Mission Street S.F. CA 94112

Area Served: Southeast, Mission

Institute on Aging Dept. of Geriatric Assessment & Psychological Services (415) 750-4111

3575 Geary Blvd. S.F. CA 94118

Area Served: Citywide

OTHER SERVICES

Alzheimer's Association

(800) 272-3900

Offers emotional and practical phone support by peer volunteers and staff.

Center for Elderly Suicide Prevention and Grief-Related Services

Institute on Aging

(415) 750-4111

Provides emotional support, crisis intervention and counseling by telephone or home visiting.

Family Service Agency

(415) 474-7310

Senior Peer Counseling

Offers emotional support by senior peer counselors.

Homeowners HOPE Hotline

1-888-995-4673

A counseling service provided by the Homeownership Preservation Foundation that offers help to homeowners at risk of foreclosure.

Jewish Family & Children's Services

(415) 449-3777

Senior's at Home

Counseling for seniors on a sliding scale

Mental Health Association of San Francisco

(415) 421-2926

Peer-Led Hoarding Support Team

Hoarding and Cluttering Support Group

DEATH RELATED SERVICES

College Chapel Mortuary

3434 17th St.
S.F., CA 94110

(415) 824-1313

Department of Aging and Adult Services - Public Administrator

1650 Mission St. 5th Fl.
S.F., CA 94103

(415) 355-3555

Department of Public Health

Office of Vital Records
101 Grove St. Rm. 105
S.F., CA 94102

(415) 554-2700

Office of the Chief Medical Examiner

General Services Agency City and County of San Francisco Hall of Justice
850 Bryant St. - North Terrace
S.F., CA 94103

(415) 553-1694

Grief Counseling/Support Groups:

Institute on Aging

Center for Elderly Suicide Prevention and Grief Counseling
3575 Geary Blvd.
S.F., CA 94118

(415) 750-4111

Jewish Family and Children's Services

2150 Post Street
S.F., CA 94115

(415) 449-3777

SF Behavioral Health of Catholic Charities CYO

180 Howard St. Ste. 100
S.F., CA 94105

(415) 564-7882

Other Services:

Department of Veteran Affairs

(800) 827-1000

Social Security Administration

(800) 772-1213

DENTAL / MEDICAL SERVICES

If you are on Medi-Cal, you may be eligible for Denti-Cal to cover the cost of your dental care. Call **(800) 322-6384** for more information.

Central American Resource Center (415) 642-4400

Kaiser Community Care Program (415) 833-2430

Native American Health Center (415) 621-8051 Medical
(415) 621-8056 Dental

Sliding Fee Schedule, Medi-Cal; Medicare; Healthy Families; S.F. Health Plan, Private Insurance.

North East Medical Services (415) 391-9686

Fees are based on a sliding scale; Medi-Cal, Medicare, Healthy Families, Blue Cross, California Kids, S.F. Health Plan, private insurance accepted; services free if homeless.

South of Market Health Center (415) 503-6000

Fees based on a sliding scale and Medi-Cal, Medicare, S.F. Health Plan, Blue Cross, FamPact, Healthy Families and private insurance are accepted

Tom Waddell Health Center (415) 355-7400

Homeless Clients Only

UCSF School of Dentistry - Adult Clinic (415) 476-1891

Provides dental care under Medi-Cal, using supervised medical students.

UCSF School of Dentistry - Buchanan Dental Center (415) 476-5608

Provides dental care under Medi-Cal, using supervised medical students.

UOP School of Dentistry Adult Clinic (415) 929-6501

Provides dental care under Medi-Cal, using supervised medical students.

Mobile Dentists:

For referral to a dentist who makes home visits, call the **San Francisco Dental Society** at **(415) 928-7337**

Home visit MD information

Dr. Jerome Franz

(415) 826-7575

Department of Veterans Affairs,
Home Based Primary Care

(415) 750-2045

UCSF Housecalls

(415) 514-3577

Home-based primary care services for homebound seniors

Healthy Smiles at Home

(415) 385-5773

Providing dental hygiene services in the San Francisco Bay area.

- Skilled Nursing Facilities (SNF)
- Intermediate Care Facilities (ICF)
- Residential facilities such as independent and assisted living communities
- Residences of the homebound

For free or low cost Dental/Medical services visit **freeprintshop.org**

EDUCATION

30th Street Senior Center

225 30th Street 3rd Floor
San Francisco, CA 94131
(415) 550-2210

City College of San Francisco Older Adults Department

50 Phelan Avenue
San Francisco, CA 94112
(415) 239-3000

Community Living Campaign

(Connections for Healthy Aging Workshops)
1360 Mission Street 4th Floor
San Francisco, CA 94103
(415) 821-1003

Fromm Institute for Life Long Learning

University of San Francisco
2130 Fulton Street
San Francisco, CA 94117
(415) 422-6805 (office)
(415) 422-6806 (enrollment line)

Horizon Studies

Learning for the Third Stage in Life
PO Box 2733
Petaluma, California 94953
info@horizonstudies.org

Openhouse

1800 Market St., S.F., CA 94102
3rd Floor of the San Francisco LGBT Community Center
San Francisco, CA 94102
(415) 296-8995

Openhouse offers Spanish language classes, arts and culture education, knitting, Opera group, and more for LGBT seniors in a safe and supportive space.

Osher Lifelong Learning Institute

San Francisco State Downtown Campus
835 Market Street, 6th Floor
San Francisco, CA 94103-1901
(415) 817-4243

San Francisco Public Library

100 Larkin Street
San Francisco, CA 94102
(415) 557-4400

Self-Help for the Elderly

731 Sansome Street, Suite 100
San Francisco, CA 94111
(415) 677-7600

Participants may enroll in classroom training programs in housekeeping and home health aide or on-the-job training in the Senior Community Service Employment Program (SCSEP).

There are Citizenship and Civic education classes through Self-Help for the Elderly that are held at various locations throughout San Francisco. Contact Mann Lee at (415) 677-7590 for information.

The Bernard Osher Foundation

Please send letter of inquiry to:
Osher Lifelong Learning Institute Program,
The Bernard Osher Foundation,
One Ferry Building, Suite 255
San Francisco, Ca 94111
(415) 861-5587

EMERGENCY PREPAREDNESS

SAN FRANCISCO AREA DISASTER PREPAREDNESS RESOURCES

Resources for Seniors and People with Disabilities

AGENCY	PROGRAM	RESOURCE TYPE
<p>Dept. of Aging and Adult Services, Office on Aging 1650 Mission Street, 5th Floor S.F., CA 94103 (415) 355-3555 DAAS@sfgov.org www.sfdaas.org</p>	<p>Provides resources for agencies working with older person and adults with disabilities.</p>	<ul style="list-style-type: none"> • Emergency preparedness video library • Disaster planning standards • Community-Based Resources are available at: www.networkofsupport.org www.sfgov.org/daas
<p>Independent Living Resource Center 649 Mission St. 3rd Fl SF, CA 94105 (415) 543-6222 TTY: 415-543-6698 info@ilrcsf.org www.ilrcsf.org</p>	<p>Earthquake Preparedness materials for People with Disabilities</p>	<p>Materials include:</p> <ul style="list-style-type: none"> • General and specific earthquake tips for People with Disabilities • Tips for Creating an Emergency Health Information Card www.ilrcsf.org/ Select: Resources, Publications, Emergency Preparedness for People with Disabilities

Resources for all ages

AGENCY	PROGRAM	RESOURCE TYPE
<p>AMERICAN RED CROSS BAY AREA 1663 Market St. S.F., CA 94103 (415) 427-8000 www.redcrossbayarea.org ARCBAinfo@redcross.org</p>	<p>Workshops and individual training</p> <p>Emergency Supplies Store</p>	<ul style="list-style-type: none"> • Disaster Preparedness materials are available in fourteen languages: www.prepare.com www.bayarea-redcross.org
<p>Association of Bay Area Governments (510) 464-7900</p>	<p>The Association of Bay Area Governments (ABAG), in cooperation with the US Geological Survey, provides public disaster information.</p>	<p>Earthquake maps and information demonstrating local risk areas and potential effects of earthquakes. www.abag.ca.gov Select: Planning Projects, Earthquakes</p>

<p>Emergency Alert System (EAS) The City participates in the Federal, State, & Local EAS.</p>	<p>Tune your radio to <i>KCBS 740 AM</i></p>	<p>Provides alert information to all radio and television stations to inform the public of official government information during emergencies.</p>
<p>FEMA (Federal Emergency Management Agency) Dept. of Homeland Security</p>	<p>After a federal disaster declaration, FEMA may provide housing, personal property, mental health, disaster unemployment, legal, and other assistance depending on whether the program area is deemed appropriate for a particular disaster. Assistance is dependent upon certain eligibility guidelines.</p>	<p>Disaster preparedness materials are available at: www.dhs.gov www.fema.gov www.ready.gov</p>
<p>HELPLINK/211 Call 211 – calls are free</p>	<p>Comprehensive Information and Referral Services available 24 hours a day in many languages.</p>	<p>Provides confidential referrals to Bay Area community resources including information on disaster preparedness, response and recovery services. www.211sf.org</p>
<p>San Francisco Dept. of Emergency Management, Division of Emergency Services 1011 Turk St. San Francisco, CA 94102 Amy Ramirez, Community Disaster Preparedness Coordinator (415) 487-5014 amy.ramirez@sfgov.org</p>	<p>Community Preparedness programs AlertSF will send tsunami alerts, severe weather/flooding notifications and post-disaster information to your registered wireless device and email accounts.</p>	<ul style="list-style-type: none"> • Information source via the Emergency Alert System (see “EAS” above) • Information on local preparedness programs that include seniors and people with disabilities www.sfgov.org/oes/ • AlertSF is a text-based notification system for San Francisco’s residents and visitors. www.alertsf.org • www.72hours.org Preparedness information in English, Spanish and Chinese
<p>Pacific Gas & Electric (PG&E) (800) 743-5000</p>	<p>Public education programs</p>	<p>Preparedness information available at www.pge.com</p>

<p>PrepGuide - Home Safety Emergency Plan Bob Moorehead, Director (415) 258-8174 prepguide@comcast.net</p>	<p>Program for Responsible Emergency Preparedness</p>	<p>PrepGuide – Home Safety Emergency Plan – A multi-hazard guide with useful information for all persons wishing to prepare for disaster</p>
<p>Safety Awareness for Everyone (SAFE) 850 Bryant St. Rm. 135 SF, CA 94103 (415) 673-SAFE info@sfsafe.org</p>	<p>Neighborhood watch; business security; older adult safety</p>	<p>Community safety information www.sfsafe.org</p>
<p>SAN FRANCISCO CARD 1800 Market St. Ste. Q30,Q31 San Francisco, CA 94102 Shea Baldez, Coordinator (415) 570-7432 shea@sfcad.org</p>	<p>Community Agencies Responding to Disasters</p>	<ul style="list-style-type: none"> • Provides training for community-based organizations • Assists community-based organizations to develop agency emergency plans www.sfcad.org
<p>San Francisco Fire Dept. NERT 2310 Folsom Street San Francisco, CA 94110 Erica Arteseros, Coordinator (415) 970-2022 sffdner@sf.gov</p>	<p>Neighborhood Emergency Response Team program</p>	<ul style="list-style-type: none"> • Training program for neighborhood emergency & disaster preparedness. • Cross training to develop multi-functional teams trained in basic skills. www.sfgov.org/site/sfnert
<p>The Volunteer Center Serving San Francisco and San Mateo County 1675 California Street San Francisco CA 94109 (415) 982-8999</p>	<p>In a disaster, the Volunteer Center will open a phone bank and/or walk-in Volunteer Reception Centers to match volunteers with agencies where they are most needed.</p>	<p>Training for agencies on how to manage disaster volunteers</p> <ul style="list-style-type: none"> • To volunteer after a disaster call 311. www.thevolunteercenter.net

EMERGENCY RESPONSE SERVICES

PERSONAL RESPONSE SYSTEMS

In an emergency, you may be unable to reach a telephone and call for assistance. A Personal Emergency Response System provides a button that you can activate 24 hours a day. One touch of your portable button will bring help within minutes.

Alzheimer's Association has a **Medic Alert Safe Return** program for people who may wander and get lost in the community. It is an identification bracelet with a 24-hour toll-free telephone number. Call **(888) 572-8566** for more information.

American Red Cross

Philips Lifeline Medical Alert Service

(800)959-6989

Bay Area Vital Link

6529 Telegraph Avenue
Oakland, CA 94609

(800) 752-5522

(510) 338-3466

Lifeline

100 So San Mateo Dr.
San Mateo, CA 94401

www.lifelinesystems.com

(800) 543-3546

Medic Alert

2323 Colorado Avenue
Turlock, CA 95382

www.medicalert.com

(800) 432-5378

Mobile Crisis Treatment Team (MCTT)

Community Mental Health Services

(415) 970-4000

Available to all senior residents - 365 Days a Year, Mon-Fri, 9am-11pm,

Sat – Sun, 12pm-8pm, All Major Holidays

Services Provided:

- Emergency crisis intervention services conducted in the field.
- Early intervention in the field before situation escalates to critical crisis point.
- Consultation services provided to consumers, support systems, mental health providers and shelter providers.
- Assistance with linkage to outpatient mental health services.
- 5150 evaluation capacity and determination of appropriate level of care.
- Psychiatry available for short-term medication services.
- Spanish, Russian, Mandarin, and Cantonese speaking staff available

(Mobile Crisis Treatment Team is made up of a diverse multidisciplinary staff that provides psychiatric crisis intervention services for adult residents of the City and County of San Francisco.)

EMPLOYMENT

250% Working Disabled Medi-Cal Program

The Working Disabled Program allows certain individuals to become eligible for Medi-Cal by paying low monthly premiums based on countable income. To qualify, individuals must meet the following criteria:

1. Continuously meet the federal definition of disability, without regard to ability to perform substantial gainful activity;
2. Have net family income of less than 250 percent of the federal poverty level; and
3. Would be eligible to receive Supplemental Security Income/State Supplementary program benefits if it weren't for their earnings.

Medi-Cal Eligibility

P.O. Box 997417, MS 4607 Sacramento, CA 95899-7417

(916) 552-9200

California Department of Rehabilitation (DOR)

301 Howard St. #700 S.F., CA 94105

(415) 904-7100

Employment Development Department (EDD)

Job and training referrals, job search assistance and workshops.

(866) 333-4606/TTY: (916) 654-9820

Hire-Ability Employment Services

1234 Indiana St. S.F., CA 94107

(415) 282-9675

Vocational Training and Employment Services

Janet Pomeroy Center

207 Skyline Blvd. S.F. CA 94132

(415) 665-4100

Employment training and job placement for individuals with disabilities

Job Accommodation Network (JAN)

JAN is a consulting service for employers, employees and job seekers looking for information on job accommodations for people with various disabilities.

(800) 526-7234 /TTY: (877) 781-9403

www.jan.wvu.edu

National Center on Workforce and Disability for Adults

This website provides a wide variety of resources on employment for adults with disabilities.

www.onestops.info

National Council on Aging

315 Montgomery St. S.F., CA 94104
(415) 982-7007

Provides training and employment opportunities to low-income Americans over age 55. Call for appt. No drop-ins.

Openhouse

1800 Market St., S.F., CA 94102
3rd Floor of the San Francisco LGBT Community Center
(415) 296-8995

Openhouse offers a monthly employment search workshop once a month at Castro Senior Center.

Personal Assisted Employment Services (PAES)

1235 Mission Street S.F., CA 94103
(415) 558-1000
(415) 558-1090 (for information in Chinese/Cantonese)
(415) 558-1156 (for information in Spanish)

If you are interested in employment and are a low-income adult with no dependents, you may be eligible for the PAES program. PAES provides a cash stipend to employable adults that are interested in finding employment, as well as training and supportive services necessary to gain lasting employment. Most participants develop and follow an employment plan leading to work and self-sufficiency, while some are exempt because of age or a verifiable, temporarily disabling condition. Participants may have a disability or be seniors and still receive services.

RAMS Inc.

3626 Balboa St. S.F., CA 94121
(415) 668-5955
Vocational training and employment services.

Senior Community Service Employment Program

A partnership of Family Service Agency and National Council on the Aging
315 Montgomery St. S.F., CA 94104
(415) 982-7007
Employment services for low income seniors, job training & job search programs.
Call for appt. No drop-ins

Self-Help for the Elderly

601 Jackson St. S.F., CA 94133
(415) 677-7600
Participants may enroll in classroom training programs in housekeeping and home health aide or on-the-job training in the Senior Community Service Employment Program (SCSEP).

Swords to Plowshares (For Veterans)

1060 Howard St. S.F., CA 94103
(415) 252-4788

South of Market Employment Center

288 7th St. (at Folsom) S.F., CA 94103
(415) 865-2105

Please contact agency to ask about their employment workshop programs.

The Arc of San Francisco

1500 Howard St. S.F., CA 94103
(415) 255-7200

Job placement services include job placement, job training, and job retention services. JPS is active in a variety of fields, matching potential employers with a client's strengths and abilities, in part-time and full-time employment, providing competitive wages and support from a job coach.

Ticket to Work

If you receive Social Security benefits because of your disability, the program can help you find and maintain employment by obtaining one-on-one employment services, benefits planning, vocational rehabilitation services and other support services necessary to achieve your vocational goal.

www.ssa.gov/work/aboutticket.html

Toolworks

25 Kearny St. #400 S.F., CA 94108
(415) 733-0990

www.toolworks.org

10-12 week training in the area of janitorial or plant care. Job placement and support services are also provided.

FINANCIAL BENEFITS

American Association of Retired Persons (AARP)

Call for information on your local chapter.

1-888-687-2277

Bank on San Francisco

Bank on San Francisco makes it easy for you to get a bank account – even if you've had problems with an account in the past, have never had an account before, or are not a U.S citizen.

Call 211 or log onto: www.bankonsf.org

CalFresh (Food Stamps)

Am I qualified for the CalFresh program?

Your household size, monthly income, and monthly expenses would determine your household's monthly CalFresh benefits. Resources are exempted from eligibility determination.

How do I apply for CalFresh benefits?

You have four options:

- (1) Online - <http://www.MybenefitsCalWIN.org>
- (2) In Person - 1235 Mission St. (Monday-Friday, 8am-5pm)
- (3) By Phone - (415) 558-1001 (Monday-Friday, 8am-5pm)
- (4) By Mail - Human Services Agency, PO Box 7988, San Francisco CA 94120-9939

How do I access my benefits?

You are issued a plastic Electronic Benefits Transfer (EBT) card and a Personal Identification Number (PIN). The EBT card holds CalFresh benefits like an ATM debit card, and can be accessed at a Point of Sale (POS) machine with a participating store or farmers' market. The purchase amount is automatically deducted from your CalFresh EBT account. To locate the stores nearest you, visit <http://www.snapretailerlocator.com>.

Are there added benefits for Elderly, Disabled, and Homeless individuals?

Yes. These individuals may use their EBT cards in San Francisco to purchase prepared food from authorized restaurants participating in the Restaurant Meals Program (RMP). Over 20 local restaurants, as well as several chains, are part of the RMP. Visit <http://www.sfhsa.org/4414.htm> for a list of participating restaurants.

California Public Utilities Commission

Information about state and federal programs designed to help you manage your utility bills. **(415) 703-2782**

County Adult Assistance Program (CAAP)

A program of the Human Services Agency San Francisco.

If you are a very low-income San Franciscan with no dependent children, you may be eligible for financial support and services through CAAP. **(415)558-1000**

Community Living Fund – Department of Aging and Adult Services (DAAS)

The Community Living Fund program funds home and community based services, or combination of goods and services, that will help individuals 18 years and older who are currently, or at risk of being institutionalized. The program will use a two-pronged approach: (1) coordinated case management; and (2) purchase of services. It will provide the needed resources and services, not available through any other mechanisms. **(415) 355-6700**

General Assistance (GA)

1235 Mission St. S.F., CA 94103
(415) 558-1000

HelpLink - 211

(415) 808-4357 or 1-800-273-6222

HICAP – Health Insurance Counseling Advocacy Program

Provides free unbiased assistance on health insurance issues for people with Medi-care.

(415) 677-7520

1-800-434-0222

Independent Living Resource Center

Provides a variety of services for individuals who experience disability related barriers or discrimination.

(415) 543-6222

TTY: 543-6698

Payday Plus SF (A program of Bank on San Francisco)

This program offers payday loans with much lower fees. To find out more, call **211**.
www.paydayplussf.org

PG&E: California Alternate Rates for Energy (CARE)

The CARE Program provides a monthly discount on energy bills for income-qualified households and housing facilities. Qualifications are based on the number of persons living in your home and your total annual household income.

(866) 743-2273

PG&E: Family Electric Rate Assistance (FERA)

The FERA Program provides a monthly discount on electric bills for income-qualified households of three or more persons. **(800) 743-5000**

PG&E: Relief for Energy Assistance (REACH)

This is a PG&E sponsored program administered by the Salvation Army to provide financial assistance for low-income households that have difficulty paying utility bills. **Annual income limit:** 1 or 2 persons - \$31,460. **Contact:** **(415) 648-0260**

San Francisco Family Foundation

Must be 62 years of age or older.

1750 Montgomery Street

S.F., CA 94123

(415) 922-4091

San Francisco Food Bank – Supplemental Food Program

For information on how to apply, please contact HelpLink at 211 or

1-800-273-6222

San Francisco Smart Money Network

A partnership between San Francisco's Office of Financial Empowerment and many of the area's leading financial education providers and foundations. The mission is to make it easy for you to learn all you need to know about managing, saving, investing and protecting your money. Free services include: Financial education classes and workshops, credit counseling, free or low-cost checking accounts, debt management, free one-on-one meetings with financial advisers.

For more information call **211** or log onto www.sfsmartmoneynetwork.org

Telephone-Universal Lifeline:

A discount program for a residence telephone for low-income customers.

Contact: AT&T Customer Service at (800) 310-2355 or

California Lifeline Program at (866) 272-0357

Telephone Discounts for the Disabled

If you have a hand or arm impairment, which makes it difficult for you to use the telephone directory, you are eligible for free unlimited 411 information calls. This service is also available to the blind and visually impaired.

Contact: AT&T at (800) 310-2355

VA Benefits

Some Veterans may qualify for pensions to assist for payment of attendant care and custodial care homes. In addition, some service connected Veterans may be eligible for pension increases. Call the local Veteran's Service Office for further information.

(415) 503-2000

27B Van Ness Avenue

S.F., CA 94102

Monday – Thursday

9am – 12pm, 1pm – 4pm

RENT ASSISTANCE

These programs may help clients pay for housing costs in an emergency. They may also help with back rent, deposits, or first and last month's rent.

AIDS Emergency Fund

(for people with HIV)

1540 Market Street, Suite 320 S.F., CA 94103

(415)558-6999

Catholic Charities

Offers back rent assistance to families with children under the age of 18.

990 Eddy Street

S.F., CA 94109

(415) 972-1200

Chronicle Season of Sharing Fund

The Chronicle Season of Sharing Fund provides one-time, temporary assistance to help individuals and families living in Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo, Santa Clara, Solano and Sonoma counties. Grants are paid directly to the supplier of services. For example, if rental assistance has been approved, the check is written out to the landlord.

(415) 777-7120

Eviction Defense Collaborative

Rental assistance/loans to prevent evictions.

995 Market Street #1200

S.F., CA 94103

(415) 947-0797

Family Service Agency

1010 Gough Street

S.F., CA 94109

by appointment only. No drop-ins.

Contact: Victoria Gray

(415) 474-7310 ext. 318

Glide

Access to financial help for individuals and families with back rent, rent, and security deposits.

330 Ellis St.

S.F., CA 94102

(415) 674-6000

Homeless Prenatal Program

Deposit assistance for families with minor children only.

(415) 546-6756

Independent Living Resource Center

(for disabled persons)

649 Mission Street 3rd Floor

S.F., CA 94105

(415) 543-6222

Lutheran Care Services for Aging

Provide move in and/or back rental assistance.

1031 Franklin Street

S.F., CA 94109

Contact: Tina Haner

(415) 441-7777

Salvation Army

Provides rental assistance to those who qualify.

(415) 553-3568

St. Anthony's Foundation

Rental assistance for disabled or family with children under 18.

150 Golden Gate Avenue

S.F., CA 94102

Contact: Eric Ambeau

(415) 592-2782

Swords to Plowshares

Rental Assistance for Veterans. (1st & last month)

1060 Howard Street

S.F., CA 94103

(415) 252-4788

FRIENDLY VISITING

There are agencies in San Francisco who offer home visits for those who may not have friends or family in the area.

Bernal Heights Neighborhood Center (415) 206-2145
Area Served: Bernal Heights, Excelsior, Outer Mission, Noe Valley

Episcopal Senior Community: ElderWISE (415) 563-8143
Area Served: San Francisco, Alameda, Santa Clara

Family Service Agency (415) 386-6600
Area Served: Richmond, Sunset

Friendly Visitor Program (For Meals on Wheels clients) (415) 920-1111
Area Served: Citywide

Jewish Family and Children's Services (415) 449-3777
(For existing clients of the agency)
Area Served: Citywide

Little Brothers – Friends of the Elderly (415) 771-7957
Area Served: Citywide

Openhouse (415) 296-8995
Area Served: Citywide for LGBT seniors 60+

GROCERY DELIVERY

Grocery stores and markets that deliver allow you to shop over the phone and have groceries and other items brought to you. Many grocery stores deliver free with a minimum purchase and usually make deliveries more than once a day. We tried to get a citywide listing of grocery stores that deliver, but we may not have listed all of them. Check to see if your own grocery store delivers, as well.

GROCERY STORES/MARKETS THAT DELIVER:

Name/Address/Phone Area Served	Delivery Charge	Delivery Time	Method of Payment
California Market 6001 California St. S.F., CA 94121 (415) 221-7600 Area Served: Richmond	\$35 minimum purchase	M-F all day delivery	VISA, MasterCard, American Express
Planet Organics 1(800) 956-5855 Online Order Only Delivery of organic produce only. www.planetorganics.com Area Served: Citywide	No delivery charge with a minimum online purchase of \$32	Depends on location	VISA, MasterCard, American Express, Discover
Roxie Market and Deli 500 Kirkham St. S.F., CA 94122 (415) 731-0982 Area Served: Richmond, Sunset	\$7.00 Home Delivery \$50 order min. if delivering out of Richmond, Sunset district	7 days/week	Checks, All major credit cards
SPUD (415) 695-9688 Area Served: Citywide	\$33 minimum purchase for free delivery	M-F 9am-8pm	Visa, MasterCard, American Express
Albert & Eve Organics Co. www.alberteve.com Area Served: San Francisco	Free	Depends on location	All Major Credit Cards
Safeway www.shop.safeway.com Area Served: Citywide	\$12.95 for orders under \$150 \$9.95 for orders above \$150	M-Sun 10am-10pm	Visa, MasterCard, American Express, Discover
Amazon Fresh www.fresh.amazon.com Area Served: Citywide	\$299 Annual membership. Prime membership Required.	M-Sun 10am-10pm	See membership rules
Community Living Campaign (415) 821-1003 www.sfcommunityliving.org Area Served: Outer Mission, Ingleside, Park Merced, Bayview	Free	Depends on Location	N/A

Waiters on Wheels (415) 452-6600 www.waitersonwheels.com Area Served: Citywide	\$8 per order. Min \$25 order. 13- 20% suggested gratuity	M-Sun 8am-9pm	Cash, Business Check, and all major Credit Cards
---	--	------------------	--

If you have access to the internet, there are a number of online grocery delivery programs. (p.80)

HEALTH MAINTENANCE AND PHYSICAL FITNESS

30th Street Senior Center

225 30th Street, 3rd Floor, San Francisco, CA 94131
(415) 550-2265

Aquatic Park Center

890 Beach St, San Francisco, CA 94109
(415) 775-1866

Bethany Center

580 Capp St, San Francisco, CA 94110
(415) 821-4515

Bethel Center

2557 Alemany Blvd., San Francisco, CA 94112
(415) 550-6003

Castro Senior Center

110 Diamond St, San Francisco, CA 94114
(415) 863-3507

Catholic Charities OMI Senior Center

65 Beverly St, San Francisco, CA 94132
(415) 334-5550

Community Learning Center at St. James Church

4620 California St, San Francisco, CA 94118
(415) 751-1199

Community Living Campaign

1360 Mission Street Suite 400
San Francisco, CA 94103
(415) 821-1003

Downtown Senior Center

481 O'Farrell St, San Francisco, CA 94102
(415) 771-7950

Dr. George W. Davis Senior Center

1706 Yosemite Avenue, San Francisco, CA 94124
(415) 822-1444

Manila Town Senior Center

848 Kearney St. San Francisco, CA 94108
(415) 398-3250

Rosa Parks Senior Center

1111 Buchanan St. San Francisco, CA 94115
(415) 292-3474

Self Help for the Elderly-South Sunset Senior Center

2601 40th Avenue, San Francisco, CA 94116
(415) 566-2845

Western Addition Senior Center

1390 ½ Turk St. San Francisco, CA 94115
(415) 921-7805

Other programs:

Cancer Detection Program: Every Woman Counts

To see if you qualify for free tests, please call:
1 (800) 511-2300

Castro Senior Center

110 Diamond Street
San Francisco, CA 94114
(415) 863-3507

Dance for Parkinson's (Sponsored by PDSF Network)

City Ballet
1 Chase Court
San Francisco, CA 94103
(415) 285-7377
1st Thursday of the month, 12:30 - 1:45pm

Joe Good Studio

401 Alabama Street
San Francisco, CA 94110
3rd Saturday of the month, 12:00pm - 1:15pm
(\$15 is requested but no one will be turned away regardless of donation.)

Dive Pirates Foundation – Northern California Chapter

Scuba Diving for individuals who are paraplegic, quadraplegic, have neurological disorders, amputations, or are blind. For more information log onto www.divepirates.org

Golden Gate Senior Services: Richmond Senior Center

6221 Geary Blvd.
San Francisco, CA 94121
(415) 752-6444

Healthier Living

Healthier Living is a successful program developed by and licensed through Stanford University School of Medicine. This program is designed for people with chronic diseases or their caregivers who want to improve the quality of their life. The workshop is highly participatory where workshop leaders guide participants to develop skills and strategies for managing their health. It is conducted in a series of 2½ hour workshops presented once a week over a 6-week period.

San Francisco's web site with details of the program & the schedule:

<http://healthier-living-sf.eventbrite.com>

Statewide web site for various wellness and health promotion programs, visit:

<http://www.aging.ca.gov/ebhp/>

St. Vincent De Paul Society – Ozanam Wellness Center

1175 Howard Street
San Francisco, CA 94103
(415) 552-5561

Womens Community Clinic

Free health exams and health related counseling, outreach services, and health career training programs.

1833 Fillmore Street (between Bush & Sutter Street)
San Francisco, CA 94115
(415) 379-7800

2166 Hayes Street, Suite 104
San Francisco, CA 94117
(415) 379-7800

HEARING SERVICES

211 San Francisco is available 24hours 7days a week in 150 languages.211 connects callers with hundreds of programs so people can find food, housing, health care, senior services, legal aid, volunteer opportunities as well as assistance with vision and hearing disabilities. Call **211** if you are calling from a 415 area code. For a local office you can call **(415)808-4300**.Or visit the following website for more information <http://211bayarea.org/san-francisco/>

311 San Francisco is available 24hours a day seven days a week. 311 connects residents, businesses, and visitors to customer service representatives, ready to help with general government information and services. Dial **311** within San Francisco only. Outside of San Francisco can call **(415) 701-2311**. TTY: **(415) 701-2323**. Or visit the following website <http://www.sf311.org/>

Assistive Technology AT Network Tools for Living is dedicated to expanding the accessibility of tools, resources, and technology that will help increase independence, improve personal productivity and enhance the quality of life for Californians. **Local number (415) 543-6222 x.110 local TDD number (415) 543-6698. Toll free number (800) 390-2699. Toll Free TTY number (800) 900-0706.** Or visit the following website <http://www.atnet.org>

AT&T offers a wide variety of free services to those with hearing impairment. Call **(800) 772-3140** for details.

Audient – An Alliance for Accessible Hearing Care

AUDIENT helps low income people nationwide access quality hearing aids and related care at a significantly lower cost. AUDIENT income qualifies families to be eligible for a discount on brand name hearing aids available through the AUDIENT Alliance’s national network of dedicated hearing care providers. Brand selection includes Oticon, Phonak, Siemens, Widex and Unitron hearing aids.

Toll free: (866) 956-5400 ext.2 or visit www.audientalliance.org

The **California Telephone Access Program** offers equipment for the hearing impaired. Please call **1-800-806-1191** for information.

Deaf Community Counseling Services (DCCS) provides deaf counseling services, services include mental health and substance abuse assessment and therapy, psychiatric and medication services, drop in case management to help deaf and hard-of –hearing persons to access services. Voice and Video number **(415) 255-5848**. Or visit the following website: www.fsasf.org/svc_adult.html#DCCS

Deaf Counseling Advocacy and Referral Agency (DCARA) offers resources and provides the hearing community with information about the deaf community and working and living with persons who are deaf, deaf-blind, deafened and hard of

hearing. **Toll free TTY Number (877) 322-7288. VP & Toll Free Voice number (510) 343-6670.** Or visit the following website: www.dcara.org

The **Hearing and Speech Center of Northern California** offers audiology services, including hearing aids, to all income levels, counseling, advocacy, support groups, and employment support services. The center also hosts CTAP resource events twice monthly. Please call (415) 921-7658 or TTY Phone: (415) 921-8990. 1234 Divisadero Street S.F., CA 94115. www.hearingspeech.org

The **Hearing Loss Association of America San Francisco Chapter** offers information about discount programs for hearing aids and other hearing-related equipment, as well as support and advocacy for people with hearing loss, their families and friends.

San Francisco Chapter

Location: The Sequoias

1400 Geary Boulevard

San Francisco, CA 94109

Contact: Kenneth Andrews

(707) 291-9709

Email:KennyAndrews6@gmail.com

Website: <http://hearinglossca.org/chapters/san-francisco-chapter>

The agencies listed below will perform services you might need, such as hearing aid repairs, battery changes, fitting of hearing aids and hearing testing in the home. Call to inquire about rates.

Audiological Services

One Shrader Street, Suite 578

S.F., CA 94117

(415) 933-6100

Area Served: Citywide

Sunset-Park Merced Hearing Aid Center

2620 Ocean Avenue

S.F., CA 94132

(415) 333-3600

Area Served: Citywide

North East Medical Services offers information about discount programs for hearing aids and other hearing-related equipment, as well as support and advocacy for people with hearing loss and vision loss, their families and friends. Phone number: **(415) 391-9686** or visit the following website: www.nems.org/index.html

San Francisco Public Library for the Deaf and Hard of Hearing provides in-depth resources for adults and children who are deaf or hard of hearing, their families, friends, and professionals, as well as services in American Sign Language

and English. **Phone number: (415) 557-4434, Video Phone number (415) 625-9082**, or visit the following website: <http://sfpl.org/index.php?pg=0200002001>

St Benedict Parish for the deaf Offers outreach, advocacy, sign language interpreters, and visitation. All masses are signed. **Voice/TTY Phone number: (415) 567-9855, First Video Phone Number: (415) 255-5387, Second Video Phone Number (415) 255-5768**, or visit the following website: www.sfdeafcatholics.org/index.htm

Toolworks offers services for deaf and hard-of-hearing individuals; they also offer job training, job placement, volunteer placement, college preparation, independent living skills training and support. **Phone Number: (415) 733-0990 Video Phone Number (415) 255-5857**, or visit the following website: www.toolworks.org

HOME MAINTENANCE AND REPAIR

Rebuilding Together

(415) 905-1611

This is a community-based project dedicated to helping low-income elderly and disabled San Franciscans live in warmth, safety and dignity through volunteer repair and renovation of owner occupied homes.

For a listing of well qualified businesses that belong to the Better Business Bureau, call **(866) 411-2221** for their free Consumer Resource book and Membership Roster. The Better Business Bureau will not make recommendations, but will tell you if they have received complaints about a contractor, agency or business. They will also give a reliability report on companies listed with the Better Business Bureau.

To register complaints about a business that you feel did not treat you fairly you can call:

Consumer Action

(415) 777-9635

Better Business Bureau

(510) 238-1000
(866) 411-2221

To register a complaint about a contractor or to check to see if a contractor you want to hire is licensed, call:

Contractor's State License Board

(800) 321-2752

Cole Hardware Repair Service

(415) 753-2653 Ext. 3

Home repair and construction service or artisan referral service.

The Community & Home Injury Prevention Program for Seniors (CHIPPS)

Senior Injury Prevention presentations that highlight potential home hazards for seniors and suggestion for risk reduction. Any senior attending a presentation will be eligible for a free home safety survey. After survey, seniors will then be entitled to free home safety-related repairs (Call CHIPPS for details). **(415) 581-2415**

Community Living Campaign

(415) 821-1003

SF Day Labor

(415) 252-5375

Members have experience as movers, painters, gardeners, construction workers, plumbers, busboys, waiters, set-up workers for events, janitors, and more.

www.sfdaylabor.org

HOME SAFETY EVALUATION

San Francisco Safe

Free home visits to make recommendations on improving home safety.

Contact: Oona Gilles-Weil, Program Director

(415) 553-1984

San Francisco Fire Department – Senior Home Safety Program

Free home safety assessment.

Contact: Corrie Bowe

(415) 558-3317

Home Safety Services (Home Modification Services)

1169 Chess Drive, Unit D

Foster City, CA 94404

Tel: (650) 571-7774

Fax: (650) 571-7775

www.homesafety.net

HOSPICE CARE

Coming Home Hospice

115 Diamond St.
San Francisco, CA 94114
(415) 861-1110

Zen Hospice Project

273 Page St.
San Francisco, CA 94102
(415) 913-7682

Crossroads Home Care and Hospice

1109 Vicente St # 101
San Francisco, CA 94116-3082
(415) 682-2111

Hospice by the Bay

1902 Van Ness Ave. 2nd Floor
San Francisco, CA 94109-3038
(415) 626-5900

Hospice and Palliative Care of JFCS

2150 Post St.
San Francisco, CA 94115
(415) 449-3777

Laguna Honda Hospice

375 Laguna Honda Blvd.
San Francisco, CA 94116
(415) 759-2300

Maitri Compassionate Care

401 Duboce Ave.
San Francisco, CA 94117
(415) 558-3000

Pathways Home Health & Hospice

395 Oyster Point Blvd.
South San Francisco, CA 94080
(650) 634-0133

Sutter VNA and Hospice

2800 Leavenworth St. #350-B
San Francisco, CA 94133
(415) 749-4201

Self Help HomeCare & Hospice

731 Sansome St. #100
San Francisco, CA 94111 (415) 677-7600

HOUSING RELATED SERVICES

For a current monthly list of housing Information/opportunities, please call:

Department of Aging and Adult Services

(415) 355-6700.

Mayor's Office on Housing

1 South Van Ness Avenue, 5th Floor

S.F., CA 94103

(415) 701-5500

Openhouse

1800 Market St. 3rd Floor S.F., CA 94102

(415) 296-8995

Openhouse offers housing workshops. RSVP required. For more information, please contact Manuel Martinez, Information and Assistance Specialist at (415) 347-8509.

San Francisco Housing Authority

1815 Egbert Avenue

S.F., CA 94124

(415) 715-3280

Eviction Defense Assistance

Asian Law Caucus

55 Columbus Ave.

S.F., CA 94111

(415) 896-1701

Eviction Defense Collaborative

995 Market St.

S.F., CA 94103

(415) 947-0797

Family Service Agency of SF

1010 Gough Street

S.F., CA 94109

(415) 474-7310 ext.318

Housing Rights Committee of SF

427 South Van Ness Ave.

S.F., CA 94103

(415) 703-8644

La Raza Centro Legal

474 Valencia St. #295
S.F., CA 94103
(415) 575-3500

Legal Assistance to the Elderly

995 Market St
S.F., CA 94103
(415) 538-3333

Rent Arbitration and Stabilization Board

25 Van Ness Avenue, Suite 320
S.F., CA 94102
(415) 252-4602

San Francisco Tenants Union

558 Capp St.
S.F., CA 94110
(415) 282-6622

Self-Help for the Elderly

731 Sansome Street
San Francisco, CA 94111
(415) 677-7600

Shelters

Both Sexes (without children)

CHANGES: For a bed in one of 8 shelters go to one of the following Resource Centers during the hours listed.

NOTE: Hours may change; please call 311

- 1) **Mission Neighborhood R.C.** 165 Capp St. (bet. 16th & 17th St.), (415) 869-7977
Mon-Wed & Fri 7am-12pm, 2-7pm Thurs.: 7am-12pm, 2pm-5pm English, Spanish.
- 2) **Bayview Hunters Point R.C.** 2111 Jennings (at Van Dyke), (415) 671-1100,
Daily 7am-9am, 7pm-10pm English, Spanish.
- 3) **Glide Walk-In Center** 330 Ellis St. (at Taylor), (415) 674-6032, M-Th 830am-1pm,
2pm-430pm Fri. 830am-1pm English & Spanish
- 4) **Multi-Service Center South**, 525 5th St. (at Bryant) (415) 597-7960 daily 9am-2pm,
4pm-9pm. English & Spanish.

At the Resource Centers, you'll be photographed & your finger image scanned into a computer for future use, if you let it be saved. It won't be saved without your consent. They'll ask for your Social Security number, but you don't have to give it. You'll get a reservation for a bed or mat if one is available. If no bed is available you can wait there during open hours until a bed opens up (except at the Multi-Service Center). You can request a ride to the shelter if elderly or disabled. At the shelter your finger image will be scanned again but not saved. English; other languages at some Resource Centers.

Men 18+ (without children)

City TEAM Recovery Program. 164 – 6th St. (at Natoma) (415) 861-8688 (M-F 9am-4pm). One-year residential drug recovery program. Show up clean & sober M-F 9-10am to apply. Stay up to 1 yr. Case management available.

Women 18+ (without children)

A Woman's Place. 1049 HOWARD (bet. 6th & 7th Sts; enter on Russ St.). (415) 487-2140 (24 hrs). Call for intake interview. 5 beds for women in crisis (rape or domestic violence); stay up to 7 days. 16 beds in supportive housing for HIV+ or dual-diagnosis women; stay up to 18 months. 8 bed substance abuse program for any women 18+; stay 1-4 months. Drop in 11:30am-4pm for referrals & case management.

Battered Women (with/without children)

Asian Women's Shelter. Crisis hotline (415) 751-0880 (24 hrs) or (877) 751-0880 (24 hrs & toll free) for shelter. Stay up to 12wks. Priority to women & children who have limited resources & speak little or no English. Kitchen & basic food provided for cooking; referrals, counseling & clothing available. Staff speaks Arabic, Cantonese, Farsi, Hindi, Indonesian, Japanese, Javanese, Korean, Laotian, Mandarin, Mongolian, Mien, Russian, Spanish, Tagalog, and Thai & Vietnamese. 5pm-9am, calls are answered by Woman Inc. for crisis counseling.

La Casa de las Madres. OFFICE: 1663 MISSION, SUITE 225 (bet. So. Van Ness & Division Sts.). Crisis line: 1-877-503-1850. Teen crisis line: 1-877-923-0700 (counseling & referrals only). All numbers are 24 hrs & toll free. Call 1-877-503-1850 anytime for shelter. Program includes counseling, house meetings, 3 meals daily & chores. Stay up to 8 weeks. Non-residential program includes support groups & individual counseling in English & Spanish. To volunteer call 503-0500, M-F 9am-5pm. English, Spanish. Other languages available by phone interpreter.

Rosalie House. OFFICE: 3543 18TH ST. (bet. Valencia & Guerrero). 255-0165. Call M-F 9am-5pm for shelter. Adults' \$0-1 per week (kids free); stay up to 12 weeks. Shelter guests can't use drugs or alcohol. Program includes counseling, house meetings & chores. Kitchen & food available. After office hours, calls are answered by Domestic Violence Hotline for crisis counseling. Drop in or call 552-2943 for non-residential services & peer counseling or to volunteer. Cantonese, English, Mandarin, Spanish.

Families & Pregnant Women

Connecting Point. 995 Market St. 6th floor. 442-5134 or toll free 1-855-234-2667 (M–F 9am–5pm). Not a shelter itself, but they offer placement in shelters for 1- or 2-parent families, expectant couples & pregnant women (with proof). Same-sex couples accepted. Wait 5-7 months for shelter placement. Possible financial help for families facing eviction or move-in costs. Call for intake interview. If you get an answering machine, leave your name & phone number. If you don't have a return number, call until you get through. English, Spanish, Mandarin.

Hamilton Family Emergency Center. 260 GOLDEN GATE AVE. (bet. Leavenworth & Hyde). 292-5228. Shelter for 1- or 2-parent families, also expectant couples (with proof) & pregnant women in 3rd trimester (or 5 mos. with high risk). Same-sex couples accepted. Call at 11am or 5pm for 1 night of shelter (0-14 beds nightly) or at 11am to ask about 60-day beds. Case management available.

Missionaries of Charity. 55 SADOWA ST. (bet. San Jose & Plymouth). 586-3449 (M-W, F-Sun 9-11:30am, 3:30-5:30pm). For pregnant women (3 months+ with proof). Childless women & women with girl children (or with boys under 3) may stay up to 1 month. Be clean & sober, with proof of negative TB, & able to live a communal life. Call for appointment for personal interview. Stay up to 1 month after childbirth. 2 meals daily; leave the house by 10am. Curfew 5pm. No new shelter guests accepted Th.

Youths

Diamond Youth Shelter at G-House. 536 Central Street (at Haight) 1-800-669-6196 (toll-free) or 567-1020 (both 24 hrs) or 673-0911 ext. 252 (M-F 8:15am–6pm). Youths 12-17 call or show up M-F 6:30pm–7:30am, Sat-Sun 4pm–7:30am. Dinner, breakfast, showers, counseling & referrals. Length of stay varies. Guardians contacted after 5 nights. English, Spanish. Drop-in center: 1142 Sutter (bet. Larkin & Polk). 673-0911 ext 5 or 1-800-669-6196 (toll-free, 24 hrs). Youths 12-19. M-F, 8am–6pm and Sat-Sun, 8am–4pm. Showers, lockers, food, case management, education & counseling available.

Huckleberry House. 1292 PAGE (at Lyon). 621-2929 (24 hrs). Youths 11-17, who are not on probation, call if you can or show up to be assessed for short-term housing. If accepted, they'll contact your guardians within 24 hours. Open 24 hrs. 3 meals daily for shelter guests; access to medical services, case management, and individual & family therapy. English, Spanish.

Lark Inn. 869 ELLIS (at Van Ness). 749-2968 or 1-800-447-8223 (toll-free, 24 hrs). Youths 18-24. Come in or call any time (24 hrs) to get on waiting list for a bed (40 beds nightly). Length of stay varies, maximum 4 months and case management is required. Curfew 7 pm. Leave by 8:30am. 3 meals daily for long-term shelter guests. Job readiness training, remedial education, GED & college-entry prep available. Up to 21 nights per year of emergency shelter; show up at 9:45 pm each night for lottery. English, Spanish.

Victims of Human Trafficking

Freedom House. 18 Month residential program, a home for survivors of slavery and human trafficking located in the San Francisco Bay Area. Long term aftercare for adult female survivors of sex or labor trafficking. Freedom House will provide job skills training and will assist in the job search for survivors.

(650) 488-0831

www.freedomhousesf.org

IDENTITY THEFT

This sheet contains important information for you if:

Someone has used your personal identifying information (your name, address, telephone number, social security number, driver's license number, etc.) without your consent for an unlawful purpose.

Your wallet, purse or mail were recently stolen containing credit cards or applications, blank or completed checks, your driver's license, social security number, work or school ID, passport, etc.

Your personal information can be used by thieves to apply for credit, to create and use counterfeit checks or credit cards, to establish new phone service, obtain medical care, or to purchase items on credit by phone or mail. This may go on for months or years without you even knowing it! This sheet contains important information to reduce the risk and damage to you of identity theft. Although you are not responsible for monetary losses that result from identity theft, you should protect yourself from being further victimized and act immediately to minimize the damage to your credit. Notify the following agencies and financial institutions and keep a record of your conversations and copies of all letters and documents.

Law Enforcement: Report identity theft crimes immediately to your local police department and to the FTC at 877-438-4338 or www.ftc.gov. Penal Code 530.6 requires your local police department to take your report, regardless where the identity theft occurred, and forward it to the law enforcement agencies located where the checks or credit cards were used, or where the fraudulent credit applications were presented. When possible prepare a typed statement of what happened and provide it to officers, along with documentation of the fraudulent accounts and charges, including the city & state where the fraud occurred. The theft of your wallet, purse, or mail is a separate crime from the fraudulent use of your identity, often involving different perpetrators. If you have not already done so you should make a police report for the theft – separate from the fraudulent use of your identity. Record the police report number(s) you're given and provide them to your creditors. Although the police will take your report, it will be up to you to make all the necessary contacts to protect yourself from further loss and to restore your credit. Lack of evidence often prevents police from making arrests in every case, but your timely report is valuable in any case.

Credit Bureaus: Call all three credit reporting companies. Report the theft and fraudulent use of your checks, credit cards, ID, or social security number. Ask that your account be flagged for fraud. Also, add a statement to your report, up to 100 words, **“My identity has been used to apply for credit fraudulently. Contact me at (home or work telephone #) to verify all applications.”** Be sure to ask how long the fraud alert is posted on your account, and how you can extend it if necessary. **California Civil Code 1785.15.3(b)** now entitles identity theft victims to a free copy of their credit report every month for 12 months. **Civil Code 1785.11.2(m)** allows you to put a freeze on your credit report free of charge, to prevent new accounts being opened in your name.

If fraudulent accounts have been opened in your name, ask the credit bureaus for names and phone numbers of credit grantors. Send each credit bureau a copy of your police report, and ask them to block the fraudulent information immediately - **Cal. Civil Code 1785.16(k)** requires them to do so. Ask the credit bureaus to notify those who have received your credit report recently, to alert them to the disputed and erroneous information.

Credit Reporting Bureaus

<p>Equifax www.equifax.com P.O. Box 740241, Atlanta, GA 30374-0241 To report fraud call: 888 766-0008 For a credit report: 800- 685-1111.</p>	<p>Experian (formerly TRW) www.experian.com. P.O. Box 9532, Allen, TX 75013 To report fraud call: 888- 397-3742 For a credit report: 888- 397-3742.</p>	<p>Trans Union www.tuc.com P.O. Box 6790, Fullerton CA, 92834 To report fraud call: 800- 680-7289 For a credit report: 800- 888-4213.</p>
--	--	--

Creditors: Contact all creditors and merchants with whom your name has been used fraudulently by phone and in writing. Provide fraud affidavits or written statements and supporting documentation as requested. You can download a form from the Federal Trade Commission website to use in notifying creditors at www.consumer.gov/idtheft. Close old accounts and get replacement cards with new account numbers for accounts that have been used fraudulently. Carefully monitor your mail and credit card bills for evidence of new fraudulent activity and report it. For information about how to obtain a copy of a fraudulent application made in your name contact the Calif. Dept. of Consumer Affairs, 800-952-5210

Cal. Penal Code 530.8 requires creditors to give you the personal information used to open a fraudulent account in your name, and all the transactions conducted on that account, once you give them a copy of your police report.

Stolen checks or counterfeit checks: If you have had checks stolen or counterfeited, or bank accounts set up fraudulently, report it to the police and to every one of the listed check verification companies. Banks do not automatically send them fraud reports and they do not share data with each other. Cancel all bank accounts affected by fraud, and obtain new account numbers. **Stop-payments are not effective because they only last 90 days – and they cost you money.** Also, stolen account numbers can be used to print new checks on personal computers with check-writing software, and to make fraudulent automated transfers.

Check Verification Services (Call all of them)

<p>Global Payments Inc: 877-215-8117 Chexsystems: 800-513-7125 CrossCheck Inc.: 707-665-2100, 800-654- 2365</p>	<p>SCAN: 866-707-9884, 800-262-7771 TeleCheck: 800-710-9898 Certigy: 800-437-5120</p>
--	---

ATM Cards: If your ATM card has been stolen or compromised get a new card, account number and PIN. Do not use your old PIN. When creating a PIN don't use common numbers like the last four digits of your Social Security number or your birth date.

Driver's License: If someone is using your driver license information as identification on bad checks or for traffic violations, report this to police and to Investigators at the nearest office of the Department of Motor Vehicles (DMV). Ask if any other licenses were issued in your name and put a fraud alert on your DMV record. You may ask for a new drivers license number. California Department of Motor Vehicles (DMV) fraud unit: 866-658-5758, email dlfraud@dmv.ca.gov, or www.dmv.ca.gov

Mail Theft or fraudulent change of address:

Make a report with the local Postal Inspector if you suspect someone has stolen your mail, filed a change of your address or has used the mail to commit credit or bank fraud. If you find out where fraudulent credit cards in your name were sent, notify the local Postmaster for that address to forward all mail in your name to your own address. You may also need to talk with the mail carrier. U.S. Postal Inspection Service in San Francisco: 877-876-2455, [http://postalinspectors.uspis.gov/](http://postalinspectors.uspis.gov)

Social Security Number misuse: Call the Social Security Administration to report fraudulent use of your Social Security number. Be aware the SSA will only issue you a new number if you fit their fraud victim criteria. You should order a copy of your Earnings and Benefits Statement and check it for accuracy. Social Security Administration: To report fraud: 800-269-0271 or www.ssa.gov/oig/public_fraud_reporting/index.htm

To order your Earnings and Benefits Statement: 800-772-1213. For more information go to www.socialsecurity.gov

Passports: If your passport has been stolen notify the passport office in writing. San Francisco Passport Agency: 95 Hawthorne St., #5 San Francisco, CA 94105, 415-538-2700. Toll free 877-487-2778.

Utilities & Phone Service: 505 Van Ness Ave. 415-703-2782. If someone has ordered service in your name cancel the account and open a new one. Provide a password that must be used any time the account is changed. If you are having trouble with falsified accounts contact the State Public Utilities Commission.

Internet Fraud: Report suspected criminal or civil fraud committed over the Internet to the FBI at www.ic3.gov

Traffic Citations, Suspensions, or Revocations Issued in Your Name

Make a police report of identity theft with your local law enforcement agency, and submit to the issuing court your right thumbprint and a statement under penalty of perjury, that you are not the person to whom the citation or warrant was issued, per Vehicle Code 40500(e). Request a finding of factual innocence, as authorized in Penal Code 530.6. For criminal warrants, you may have to request a hearing in the county where the warrant was issued.

Your Consumer Rights

You are not required to pay any bill or portion of a bill that is a result of identity theft. Any payment you do make could be used to prove your liability for the debt. You are not required to cover any checks that were written or cashed fraudulently. Your credit rating

should not be permanently affected and no legal action should be taken against you. If any merchant, financial institution or collection agency suggests otherwise, simply restate your willingness to cooperate, but don't allow yourself to be coerced into paying fraudulent bills. You may wish to consult with an attorney.

For more information about-privacy rights and identity theft.

www.idtheftcenter.org

How to Protect Yourself

- Buy a shredder and use it before you discard or recycle any papers containing your name or personal information.
- Shred all junk mail, especially pre-approved credit card offers or convenience checks – a common source of fraud.
- Never carry your social security number or passport unless necessary. Only carry credit cards you plan to use.
- Photocopy the contents your wallet and keep the copies in a safe place, if needed later to make a police report.
- Get a free copy of your credit report each year from the three Credit Reporting Bureaus, to check for fraudulent accounts.
- Go online to www.annualcreditreport.com or call 877-322-8228.
- Check your bank and credit card statements every month for fraudulent charges, additional signers, or address changes.
- Unless your mailbox is secure, mail check payments at the post office and pick up new checks at the bank to avoid theft.
- Don't give identifying information over the phone or internet to anyone you didn't call or don't know personally.
- Never leave your checkbook, purse or wallet in a vehicle, an office desk drawer, on a chair, or in shopping cart.
- Beware of pickpockets when in crowds or taking public transportation, and carry your wallet or purse in front of your body.
- Don't use your mother's maiden name as a password. Family names are available over the Internet.

IMMIGRATION AND NATURALIZATION

API Legal Outreach

1121 Mission St. S.F., CA 94103
(415) 567-6255

Asian Law Caucus

55 Columbus St. S.F., CA 94111
(415) 896-1701

Catholic Charities

990 Eddy St. S.F., CA 94109
(415) 972-1313

Central American Resource Center (CARECEN)

3101 Mission St. S.F., CA 94110
(415) 642-4400

Centro Latino de San Francisco

1656 15th St. S.F. CA 94103
(415) 861-8761

International Institute of the Bay Area

657 Mission St. Suite 301 S.F., CA 94105
(415) 538-8100

Jewish Family and Children's Services

2150 Post St. S.F., CA 94115
(415) 449-1200

La Raza Centro Legal

474 Valencia St. #295 S.F., CA 94103
(415) 575-3500

Self Help for the Elderly

601 Jackson St. S.F., CA 94133
(415) 677-7600

IN-HOME SUPPORT PROGRAMS

If you need support in your home, ranging from housekeeping services to medical treatments, there are agencies that provide visits from a variety of workers to meet your needs. Medicare, Medi-Cal and private insurance may cover some of these services. Below is a descriptive list of various types of assistance.

Registered Nurse (RN)

A professional nurse who is licensed by the California Board of Registered Nurses. The RN provides skilled care including giving medications and administering treatments as prescribed by a physician.

Certified Home Health Aide (CHHA)

Provides help with personal hygiene, such as bathing, toileting and grooming. May also assist a patient in walking, meal preparation and other activities of daily living.

Certified Nurse's Aide (CNA)

Provides non-specialized nursing services such as taking vital signs, giving baths, and changing linens and personal care.

Licensed Vocational Nurse (LVN)

Provides specialized nursing services such as medication monitoring and wound care, but cannot provide the range of services of an RN.

Medical Social Worker (MSW)

Provides counseling and support, coordinates services from resources in the community. Can arrange for alternative living arrangements such as placement in a board and care or nursing home if requested.

Occupational Therapist (OT)

Assist patients with disabilities to function more independently, including use of special equipment, exercise and education.

Physical Therapist (PT)

Provides help to people whose strength, ability to move or sensation is impaired using exercise, heat, cold, water therapy or other treatments to control pain, strengthen muscles and improve coordination.

Speech Therapist (ST)

Provides instruction and treatment to patients with speech and swallowing problems.

Registered Dietician (RD)

Assists with special diets for health problems, weight loss or weight gain. Provides counseling regarding diet, nutrition, food preparation and menus.

Homemaker

Assist with household tasks including light housekeeping, shopping and errands.

Pointers to consider before Hiring

1. Before calling for assistance, write down a list of duties you need help with.
2. Check with several in-home support agencies because prices and level of care vary.
3. If you are hiring through an agency, call the Better Business Bureau at **(510) 238-1000** to see whether there have been complaints lodged against the agency you are thinking of using.
4. Make a contract that includes the duties to be performed, unacceptable behavior, your name and the employee's name, salary, days, work hours and date of contract.
5. If possible, have someone else there with you to help you with the interview.
6. Make sure you get receipts for all purchases made on your behalf.
7. Avoid problems: don't tempt anyone – put money and valuables in a safe place.

The Department of Aging and Adult Services, which publishes this guide, does not recommend or endorse any of the homecare agencies listed below. The information provided in this guide has been submitted by the agencies listed and are subject to change. Please call Information, Referral and Assistance (415) 355-6700 with any complaints or changes related to any homecare agency listed.

Homecare Resources

Name, Phone	Services	Live-In	Area Served	Bonded & Insured	Payment & Rates
Accent Care 1-800-834-3059 Intake Specialist Line	CHHA, CNA homemaker, companion, respite care free assessment Bath/tuck-in Service for \$50-1hr visit	Yes SF County \$410- \$440/day	San Francisco, San Mateo, East Bay \$280-\$320 Depending on Location	Yes	Please call
American Carequest (415) 885-9100	Assist patients with simple daily activities such as bathing, dressing and kitchen needs	Yes \$375/day \$27/Hourly 4 hour min.	San Francisco Bay Area San Mateo Co. Santa Clara Co. Alameda Co.	Yes	Please Call
Alegre Home Care (415) 255-2880	RN, CHHA, CNA, OT, PT, ST, Homemaker, Respite care, Bathing, Dressing, Meal preparation, Light housekeeping	Yes \$365- \$420/day Hourly: \$27.75, 4 hr. min. Home Visit: \$61, 1.5 hrs	San Francisco Bay Area Marin Co. Sonoma Co. San Mateo Co. Alameda Co Contra Costa Co. Napa Co. Solano Co. Santa Clara Co.	Yes	Medicare, Medi-Cal, Private Insurance Please call for special rates.
Amedisys (650) 652-9128	RN, CHHA, LVN, MSW, OT, PT, ST	No \$275 visit support 1.5 hour	San Francisco, Bay Area, San Mateo, Marin	Yes	Medi-Cal with Medicare, Private Insurance, Private Pay

Asian American Home Care (415) 434-0138	RN, CHHA, LVN, MSW, OT, PT, ST, IV therapist	No	San Francisco Bay Area Alameda Co. San Mateo Co. Santa Clara Co. Contra Costa Co.	Yes	Medicare, Medi-cal, Private Insurance, Private Pay
CareGiver Staffing (415) 397-2727	CNA, Respite Care, Bathing, Dressing, Meal Prep, Laundry, Med. Reminder, Surgery recovery, shopping, dr visits.	Yes \$270 per 12hours \$26.00/hr	San Francisco Co. San Mateo Co. Marin Co.	Yes	Private pay
Care For Seniors (415) 664-9991	Companion-ship Personal care, Meal Preparation Light house-Keeping	Hourly: \$30 Min 4hours After 4hours \$26-\$28	San Francisco, San Mateo County, Santa Clara County	Yes	Private Pay Long Term Care Insurance
Caring Hands/Manos Carinosas (415)-626-2128	Homemaker, House cleaning, Home health Care	No	San Francisco, East Bay	No	Direct Pay \$15/hr. \$20/hr Baby Sitting, Adult Care, Cleaning House 3 hr. minimum.
Choice Care Home Referral Services (415) 665-2010	Personal care, Medication reminders, Care Management, Meal preparations, Errands, Light shopping, housekeeping	Yes \$285/day	San Francisco Co. Alameda Co. Marin Co. San Mateo Co.	Yes	Private pay \$24/hr, 4 hr. minimum. Call for detailed rates
Compassionate Community Care (415) 921-5038	Bathing, dressing, homemaker, house keeping, laundry, meal preparation, medication reminder, care management, companionship Call for other services.	Yes 24 hour Live-in rate: \$395/day Hourly: \$28, 4 hour minimum	San Francisco, Daly City, South San Francisco, San Mateo Part of East Bay	Insured Employee covered by Workers Comp	Private pay, please call for special rates

Department of Aging and Adult Services - In-Home Support Services (IHSS) (415) 355-6700	Assessment and evaluation by social worker to determine amount of home care	No	San Francisco	N/A	Eligibility based on assets, income and functional need Private provider \$11.75/hr
Home Care Assistance (415) 904-1085 1(866) 454-8346	Bathing, dressing, grooming, homemaker, house keeping, laundry, meal preparation, medication Reminder, companionship	Yes \$340/day \$27-\$29/hr Min. 4hours	San Francisco	Yes	Private Pay
Homecoming Transitional Care Program (415) 923-4491	Agency provides linkages with citywide agencies to provide transportation, medical escorts, emergency IHSS & meals, adaptive equipment, medication coordination	No	San Francisco	Please Call	Please Call
Home Instead Senior Care (415) 333-3944 1 (877) 803-2700	Homemaker, Companion, Errands, Transportation, Light house keeping, Preparing meals, Personal care	Yes \$260-\$400/day	San Francisco San Mateo Co	Yes	DIRECT PAY \$26-28/hr Long Term Care.
IHSS Consortium (415) 255-2079	Homemaker, Home care provider Case Management	No	San Francisco IHSS consumers	Yes	Dept. of Social Services By IHSS Referral, and paid by IHSS.
IHSS Public Authority (415) 243-4477	Homemaker Home Care Provider	No Depend upon agreement between consumer and provider	San Francisco, IHSS consumers	No	Dept. of Social Services, Independent Provider paid through IHSS

Interim Health Care (650) 480-5703 24hr On Call Service	CNA, Homemaker, Companion, Personal Care Aide	Yes \$390-\$475/day	San Francisco, Santa Clara Co. San Mateo Co.	Yes	Private Insurance, Private Pay \$24-\$26/hr 4hr. min Long Term Care.
Kaiser Home Health Department (415) 833-2770	RN, CHHA, MSW, OT, PT, ST	No	San Francisco	Yes	Kaiser Plan members and Medicare Must be referred by Kaiser MD
Kimochi, Inc. (415) 931-2275	Homemaker, respite care, transportation	No	San Francisco	No	Private Pay \$15-\$17/hr
Institute on Aging Home Care and Support Services (415) 750-4111	RN, LVN,CAN, Homemaker, Respite Care, Bathing, Dressing, Meal preparation, Light Housekeeping, Book keeping, Care Management	Yes, Please call for rates	San Francisco, San Mateo, Santa Clara	Yes	Please call
Network for Elders (415) 647-5353	Homemaker	No	San Francisco	No	\$15.00/hr
NEXT Village San Francisco (415) 888-2868 www.nextvillagesf.org	Transportation, Grocery Shopping, Support for Seniors living at home.	No	Northeast SF neighborhoods	No	Annual membership fee. Can be subsidized by grant.
Rest Care Home Care (510) 357-4222 357-1002	Bathing, Meal Prep, Light Housekeeping, Grocery Shopping, Transport for personal use.	Yes \$295/day	San Francisco Co. Alameda Co.	Yes	Private Pay \$35.00/hr Long Term Care
Providence Care (415) 359-9700	Coordinate Medical Appts. Transportation, Escorting, Complex and Hospice Care, Alzheimer's Care	No	San Francisco Co, San Mateo Co, Marin Co, Alameda Co.	Yes	Private Pay, Long Term Care Insurance \$27/hr, 4 hour min.

Reliable Caregivers Inc. (415) 436-0100 (650) 286-0111 (510) 845-0100	In home care, Meal Prep, Light House keeping, Grocery Shopping	Yes \$375/day	San Francisco, Bay Area	Yes	\$26-\$30/hr Please contact Care Manager.
San Francisco Village (415) 387-1375 www.sfvillage.org	Home maintenance, home medical/dentist visits, meal delivery, home safety services	No	San Francisco	Not Bonded Grant covers membership	Membership Fee \$50-\$63
Self-Help for the Elderly Emergency In-Home Support Service (415) 677-7595	CHHA, Homemaker, Cooking, Shopping Age 60+ low income clients only \$9,200 P/Mo	No No IHSS	San Francisco	No	Free 4 times per year for 3 hours. or 1 free deep cleaning per year (eviction prevention)
Seniors At Home – Jewish Family and Children’s Services (415) 449-3777	Homemaker, Personal attendant, Bill paying, Eldercare, Companion, Conservator-ship, Skilled Nursing services.	Yes Direct Pay \$360/day Nurse Visit: \$150/visit Sliding Scale	San Francisco, Bay Area, North & South Peninsula, Marin County	Yes	\$23-\$26/Hr. Long Term Insurance Two hour shift available for \$60
Sutter Care @ Home (415) 749-4200	RN, CHHA, MSW, OT, PT, ST, RD, Hospice services, Infusion therapy	No	San Francisco	Yes	Medicare, Medi-Cal, Private Insurance, Private Pay (MD referral only)
TAPcare (415) 659-5329 Contact: Peter O’Connell www.tap-care.org	Bathing, cooking, feeding, transfers, housekeeping, companionship	No	San Francisco	Yes	Please call
THRIVE Support Services Inc. (510) 292-5056	Homemaker health care, light housekeeping and meal prep.	Yes \$19-\$22 No Min. Required	San Francisco, San Mateo Co.	Insured Not Bonded	Private Pay

UCSF- Home Healthcare (415) 353-3155 or (415) 353-3100	RN, CHHA, MSW, OT, PT, ST, Nutrition	No	San Francisco, San Mateo Co. Marin Co.	Insured not bonded	Medi-Cal, Medicare
VA Homemaker/ Home Health Aide (415) 221-4810 Contact: Kathleen Mink x:2822 (for last's names A-L) Jane Price x:4345 (for last's names M-Z)	CH/HHA Services Home Respite Services	No	San Francisco, San Mateo	Yes	Both Programs may require a \$15 per visit co. payment. Veterans must receive their medical care at the SFVA

IN HOSPITAL RESPITE PROGRAMS

The following are programs that offer 24 hour care so the caregiver can have a break. Some of the programs are paid by Medi-Cal, a co-payment or are free.

Laguna Honda Hospital

(415) 682-5681

Contact: Ilma Batres

Respite Services 8 weeks per year.

Medi-cal – Medicare – Private Pay

No HMO

VA Respite Programs (VETERANS ONLY)

Martinez

(925) 372-2000 x4704

Contact: Walt Atkins

Menlo Park

(650) 493-5000 x27196

Contact: Cesz Islaya, LCSW

San Francisco

(415) 221-4810 x4246

Contact: Anne Johnson, LCSW

INTERNET RESOURCES

Assistive Technology:

www.hearingspeech.org
www.atnet.org
www.ataccess.org
www.jan.wvu.edu
www.activeforever.com
www.drleonards.com
www.buckandbuck.com
www.smarthome.com
www.independentliving.com
www.abledata.com
www.simpleclosures.com

Attendant Referral:

www.sfhsspa.org
www.ihssco.org
www.daretodreamattendantservices.com

Caregivers:

www.caregiverlist.com
www.caregiving.org
www.caregiverstress.com
www.carelinx.com

CareLinx allows both care providers and care seekers to join, and search for compatible care providers and care giving positions.

www.caresimply.com

CareSimply is an online resource that lets families find and hire local caregivers. Each caregiver listed has completed a profile that is reviewed.

www.tap-care.org

Online marketplace where people can search, find and contact personal care assistants.

www.tendertree.com

Search for caregivers by your city or zip code.

Computer Technology Network and Social Media:

www.sfcommunityliving.org Community Living Campaign

www.ctnbayarea.org Community Technology Network

www.ccsf.edu City College of San Francisco

www.conard.org Conard House

www.sfconnected.org Dept. of Aging and Adult Services SF Connected Program

www.selfhelpelderly.org Self-Help for the Elderly

www.senior-surf.org

Department of Aging and Adult Services website:
www.sfdaas.org

Disability Rights California:
disabilityrightsca.org

Email:
www.mail.yahoo.com
www.outlook.com
www.mail.google.com

Fraud:
Site serves seniors, family members and caregivers with information about preventing and reporting fraud, abuse and neglect.
www.seniors.ca.gov

Gilbert Guide:
A comprehensive senior housing guide and homecare directory for the aging.
www.gilbertguide.com

Groceries:
www.planetorganics.com (Delivery of organic produce only.)
www.delivery.com
www.safeway.com
www.spud.com

Homeless:
www.sfhomeless.net
www.freeprintshop.org

Job Search:
www.craigslist.com
www.yahoo.com
www.monster.com

LGBT:
Gay Civil Unions: www.gay-civil-unions.com
Gay Parent magazine online: www.gayparentmag.com
LGBT Community Resource Center: www.LGBT.stanford.edu
Openhouse: www.lgbtcommunitypartnership.org
Queer Resources Directory: www.qrd.org
Transgender Forum's Resource Guide: www.3dcom.com/tgfr.html

Lift Repairs & Vehicle Modifications:
www.mobilitysystems.com
www.drivingspecialties.com

Maps:

www.maps.yahoo.com
www.maps.google.com
www.mapquest.com

Medical Information:

www.webmd.com
www.medlineplus.gov
www.kidshealth.org

Moving Assistance:

Donna Robbins (510) 703-7476
www.ultimatemoves.net

News:

www.sfgate.com
www.msnbc.com
www.news.google.com

Online Communities:

www.aarp.com
www.facebook.com
www.linkedin.com
www.sfcommunityliving.org

Pain Management & Physical Therapy:

www.sfpmp.com
San Francisco Pain Management & Physical Therapy accepts most major insurance plans.

Physical Fitness:

www.aarp.com
www.seniorfitness.net

Prescription Online Orders:

www.walgreens.com
www.safeway.com
www.cvs.com

Residential Care Facilities:

www.residentialcareguide.org

San Francisco Free Help Charts:

For a current listing of Free Eats, Medical Offices, Mental Health Services, Neighborhood fix it, Pantries, and Shelters in San Francisco, please visit:
www.freeprintshop.org

Search Engines:

www.google.com

www.yahoo.com

www.bing.com

www.ask.com

Seniors & Persons with Disabilities:

www.sfdaas.org

www.sfhealthyaging.org

www.ilrcsf.org

www.lighthouse-sf.org

Sex and Disability:

www.sexuality.about.com

www.independentliving.org

www.thesite.org

www.nsrc.sfsu.edu

Sign Language Interpreters:

www.bacainterp.com

www.beyondthewordsinc.com

handshired@aol.com

Spirituality and Aging:

www.asaging.org

www.ioaging.org

www.ncoa.org

Support Groups:

www.caregiver.org

Veterinary Services: Refer to the **PET SERVICES** section in this guide for additional information.

www.animalfarmsf.com

www.bayareabirdhospital.com

Volunteer Opportunities:

www.volunteermatch.org

www.comingofage.org/bayarea

www.baads.org (Bay Area Association of Disabled Sailors)

Wheelchair Repair & Rental:

www.scootaround.com

LEGAL ASSISTANCE

American Association of Retired Persons (AARP) Call for information on your local chapter	1-888-687-2277
Asian Law Caucus 55 Columbus Avenue S.F., CA 94111	(415) 896-1701
Asian Pacific Islander Legal Outreach 1121 Mission Street S.F., CA 94103	(415) 567-6255
Bay Area Legal Aid 1035 Market Street 6 th Floor S.F., CA 94103	(415) 982-1300
Catholic Charities 990 Eddy Street S.F., CA 94109	(415) 972-1200
Central American Resource Center (CARECEN) 3101 Mission Street S.F., CA 94110	(415) 642-4400
Eviction Defense Collaborative 995 Market Street S.F., CA 94103	(415) 947-0797
Fair Housing Enforcement SF Human Right Commission 25 Van Ness Ave. 3 rd Floor S.F., CA 94102	(415) 252-2500
International Institute of the Bay Area 657 Mission Street, Suite 500 S.F., CA 94105	(415) 538-8110
Instituto Laboral de la Raza 2947 16 th Street S.F., CA 94103	(415) 431-7522
La Raza Centro Legal 474 Valencia Street Suite 295 S.F., CA 94103	(415) 575-3500

Lawyers' Committee for Civil Rights (415) 543-9444
131 Steuart Street 4th Fl, Suite 400
S.F., CA 94105

Legal Assistance to the Elderly (415) 538-3333
995 Market Street Suite 1400
S.F., CA 94103

National Center for Lesbian Rights (415) 392-6257
870 Market Street, Suite 370
S.F., CA 94102

Public Guardian – Dept. of Aging and Adult Services (415) 355-3555
1650 Mission Street 5th Floor
S.F., CA 94103

Swords to Plowshares (415) 252-4788
1060 Howard Street
S.F., CA 94103

Transgender Law Center (415) 865-0176
870 Market Street
San Francisco, CA 94102

If there agencies are unable to help you with your legal matter, they will refer you to the:

Bar Association of San Francisco
Lawyer Referral Service
301 Battery Street, 3rd Floor
San Francisco, CA 94111
(415) 989-1616 Referral Line
(415) 982-1600 Main Number

LESBIAN GAY BISEXUAL TRANSGENDER

30th Street Senior Center

225 30th Street 3rd Floor
San Francisco, CA 94131
(415) 550-2210

Alliance Health Project

UCSF Division of LGBTQ Services
1930 Market Street
San Francisco, CA 94102
(415) 476-3902

Castro Senior Center

Golden Gate Senior Services
110 Diamond Street
San Francisco, CA 94114
(415) 863-3507

Canon Kip Senior Center - Episcopal Community Services of San Francisco

705 Natoma at 8th Street
San Francisco, CA 94103
(415) 487-3300 x6200

Catholic Charities

990 Eddy Street
San Francisco, CA 94109
(415) 972-1200

COLAGE

3543 18th Street #1
San Francisco, CA 94110
(415) 861-5437

Communities United Against Violence

427 South Van Ness Ave.
San Francisco, CA 94103
(415) 777-5500

Family Caregiver Alliance

(Support Group)
785 Market St. Ste. 750
San Francisco, CA 94103
(800) 445-8106

Gaylesta, Inc.

584 Castro Street, #230
San Francisco, CA 94114
(415) 729-3996

Health Right 360

Haight Ashbury Medical Clinic – Walden House Programs
558 Clayton Street
San Francisco, CA 94117
(415) 746-1950

1735 Mission Street
San Francisco, CA 94103
(415) 746-1940

Institute on Aging

3575 Geary Blvd.
San Francisco, CA 94118
(415) 750-4111

Jewish Family and Children's Services

2150 Post Street
San Francisco, CA 94115
(415) 449-1200

Lavender Seniors

1395 Bancroft Ave.
San Leandro, CA 94577
(510) 667-9655

LGBT Community Center

1800 Market St.
San Francisco, CA 94102
(415) 865-5555

Lyon-Martin Health Services

1748 Market Street Suite 201
San Francisco, CA 94102
(415) 565-7667

LYRIC

127 Collingwood Street
San Francisco, CA 94114
One block west of Castro between 18th & 19th Streets
(415) 703-6150

National Center for Lesbian Rights

870 Market Street, Suite 370
S.F., CA 94102
(415) 392-6257

Newcomers Health Program

Refugee Medical Clinic
995 Potrero Ave. Bldg. 80 Rm. 518
San Francisco, CA 94110
(415) 206-8608

Openhouse

1800 Market Street, PMB 93
3rd Floor of the SF LGBT Community Center
San Francisco, CA 94102
(415) 296-8995

PFLAG – Parents, Family and Friends of Lesbian and Gays

P.O. Box 640223
San Francisco, CA 94164
(415) 921-8850

San Francisco AIDS Foundation

1035 Market St Ste 400
San Francisco, CA 94103
(415) 487-3000

Tom Waddell Health Center

50 Lech Walesa (Ivy) Street
San Francisco, CA 94102
(415) 355-7400

Transform SF (Citywide HIV Prevention Program)

Asian & Pacific Islander Wellness Center
730 Polk Street 4th Floor
San Francisco, CA 94109
(415) 409-4101

Transgender Law Center

870 Market Street
San Francisco, CA 94102
(415) 865-0176

LIBRARY SERVICES

All San Francisco Public Library facilities are accessible for wheelchair users.

For other accommodations, individuals can call specific programs listed below, or call the Access Services Manager: **(415) 557-4557**.

Computers with [adaptive technology \(AT\)](#) software and peripheral devices are available for use in SFPL libraries. Software includes programs for screen magnification, screen reading, voice recognition, braille translation, etc. Peripherals include large monitors, keyboards with large characters, alternative mouse/pointing devices, refreshable braille display, etc.

For more information about AT, please call the Access Services Manager: **(415) 557-4557**

The [Deaf Services Center](#) (DSC) provides in-depth resources for adults and children who are deaf or hard of hearing, their families, friends and professionals. The DSC collection includes books, videos and DVDs, magazines, and resource files with information about American Sign Language, Deaf culture, interpreting, parenting, hearing loss, deafness and other related subjects.

A videophone is available for free use by the public during DSC open hours.

Sign language interpreter services can be provided for SFPL-sponsored public programs. These services should be requested as far in advance as possible. Submitting requests at least three days in advance will help to ensure availability. Please call (415) 557-4557 (voice) to make requests.

For more information, please call:
(415) 557-4434 (voice)
(415) 625-9082 (videophone)
(415) 557-4433 (tty)

The [Friends for Life](#) service gets library materials to people who live in San Francisco and are unable to visit the library because of a permanent or long-term disability.

Patrons may elect to have a friend select and pick materials up for them. Alternatively, they can get library materials sent free through the mail, including books, CDs, DVDs, etc. Postage is paid by the library. You turn the mailing card over on the zippered book bag and send everything back through the mail.

Librarians will help you select materials and place holds on them, or you can place your own holds online.

For an application, please call the Library for the Blind and Print Disabled: **(415) 557-4253**. Ask for Friends for Life.

The [Library for the Blind and Print Disabled](#) (LBPD) on the 2nd floor of the Main Library offers free services to San Francisco residents of any age who are unable to read traditional print materials due to a visual or physical disability.

LBPD provides recorded books (a collection of new titles and old favorites), magazines, and the special playback equipment needed to listen to them. A small collection of audio-described movies is also available on DVD. Materials can be sent by mail or checked out at LBPD. Mail service is provided free of charge through a special USPS program.

SFPL documents can be provided in braille or large print formats when requested.

For further information, please call: **(415) 557-4253** or send e-mail: lbpd@sfpl.org

The [Library on Wheels](#) is a wheelchair-accessible bookmobile providing services for seniors at over 30 places where they live and meet. The Library on Wheels also visits The Arc of San Francisco each month. For more information, please call: **(415) 557-434**

MEALS

Prepared and Delivered to Home

If you are unable to prepare meals for yourself and are unable to attend a congregate meal site, call the following programs and inquire.

Department of Aging and Adult Services – Information & Referral

Phone: (415) 355-6700, Outside S.F.: (800) 510-2020

A centralized intake and referral system to assist and link you to appropriate home-delivered meal services.

30th Street Senior Center

Phone: (415) 550-2210 Fax: (415) 648-3957

Delivery 6 days a week, including holidays (Therapeutic meals available)

(Serves Seniors in the Excelsior, Visitacion Valley, Ingleside, Noe Valley, Diamond Heights, Portola, Mission, Eureka Valley, Glen Park, Bernal Heights)

www.onlok.org/30thStreetSeniorCenter.aspx

Centro Latino de San Francisco

Phone: (415) 861-8758

Provides Latino and Filipino meals, delivery 6 days a week.

(Serves Seniors in the Mission, Ocean, Merced, Ingleside, Excelsior, Visitacion Valley)

www.centrolatinodsf.org

Home on the Range

Phone: (415) 333-1787

(Serves the Bay Area, call for monthly menu)

www.homeontherangemeals.com

Jewish Family and Children's Services

Phone: (415) 449-3824 Fax: (415) 449-3839

Provides kosher meals, delivery 5 days a week.

(Serves Seniors in Richmond, Sunset, Park Merced, Forest Hill)

www.jfcs.org

Kimochi, Inc.

Phone: (415) 931-2294 Fax: (415) 931-2275

Provides Japanese meals, delivery 5 days a week.

(Serves Seniors in the Marina, Western Addition, Richmond, Sunset)

www.kimochi-inc.org

Meals on Wheels of San Francisco

Phone: (415) 920-1111 Fax: (415) 920-1110

Provides two meals per day with modified diet options, delivery daily, weekdays or two times per week.

(Serves Seniors Citywide)

www.mowsf.org

Project Open Hand (Provides meals for persons living with AIDS)

Phone: (415) 447-2300 or (800) 551-6325, Fax: (415) 447-2492

Serves Citywide

www.openhand.org

Russian American Community Services

Phone: (415) 387-5336 Fax: (415) 387-5357

Provides Russian Meals, delivery 6 days a week.

(Serves Seniors and adults with disabilities in the Sunset, Parkside, Richmond)

www.racssf.org

Self-Help for the Elderly

Phone: (415) 677-7600 Fax: (415) 296-0313

Provides Chinese meals, delivery 5 days a week.

(Serves Seniors and Adults with disabilities in Chinatown, Tenderloin, North Beach, Outer Sunset, Richmond)

www.selfhelpelderly.org

The Salvation Army – Meals That Heal

Phone: (415) 440-4325

Provides American/Western style meals Monday thru Friday.

(Serves Homebound Seniors and Adults with Disabilities in the Tenderloin)

Western Addition Senior Citizens Service Center

Phone: (415) 921-7805 Fax: (415) 931-1933

Provides American/Southern style meals.

(Serves Seniors and Adults with Disabilities in the Western Addition)

www.bhpmss.org

Other Food Options**San Francisco/Marin Food Bank**

Phone: (415) 282-1900 Fax: (415) 282-1909

Offers the following: USDA Supplemental Food Program, Brown Bag Pantries and Home Delivered Groceries. For more information about these programs contact the San Francisco Food Bank.

www.sfmfoodbank.org

Waiters on Wheels

Phone: (415) 452-6600 Fax: (415) 452-6640

Delivers meals from over 100 restaurants, as well as light grocery shopping at corner stores. Call for a Restaurant Guide, and for delivery charge information.

Accepts Cash, VISA, MasterCard, American Express

www.waitersonwheels.com

There are also some restaurants that deliver citywide or within certain areas. Many offer a wide variety of items on their menus. If you would like to find a restaurant that delivers to your home, log onto: www.grubhub.com

CONGREGATE MEAL SITES BY ZIP CODE

Name of Agency / Meal Site	Address	Telephone Number	Zip Code
Curry Senior Center (R)	333 Turk St.	(415) 885-2274	94102
Lighthouse for the Blind & Visually Impaired	214 Van Ness Ave.	(415) 431-1481	94102
Downtown Branch – SF Senior Center	481 O'Farrell St.	(415) 771-7950	94102
Glide Foundation/United Methodist Church (V)	330 Ellis St.	(415) 674-6000	94102
South East Asian Senior Meal Program **	315 Turk St.	(415) 920-1357	94102
Alexis Apartments	390 Clementina St.	(415) 495-9541	94103
Canon Kip Senior Center (V)** ECS	705 Natoma St.	(415) 487-3300x6200	94103
Centro Latino de San Francisco**	1656 - 15th St.	(415) 861-8758	94103
Francis of Assisi Community (R)	145 Guerrero St.	(415) 861-5790	94103
Veterans Commons**	150 Otis St.	(415) 252-4787	94103
Wolf House (R)	801 Howard St.	(415) 495-0931	94103
Mendelsohn House **	737 Folsom St.	(415) 243-9018	94107
Potrero Hill Neighborhood House (R)**	953 DeHaro St.	(415) 826-8080	94107
Manilatown Senior Center	848 Kearny St., 3 Fl.	(415) 398-3250	94108
On Low Wui / Geen Mun Senior Center**	777 Stockton St.	(415) 391-3843	94108
Aquatic Park Branch -SF Senior Center (R)**	890 Beach St.	(415) 775-1866	94109
Kimochi Home (L)	1531 Sutter St.	(415) 922-9972	94109
Senior Action Network	1187 Franklin St.	(415) 546-2096	94109
Bernal Heights Neighborhood Center	515 Cortland Ave.	(415) 206-2142	94110
Mission Neighborhood Center**	362 Capp St.	(415) 206-7750	94110
Excelsior Senior Center	4468 Mission St.	(415) 334-9919	94112
Mission YMCA (R)	4080 Mission St.	(415) 452-7565	94112
Castro Senior Center**	110 Diamond Street	(415) 863-3507	94127
Hamilton Senior Center (R)	1900 Geary Blvd.	(415) 292-2008	94115
Kimochi Senior Center	1840 Sutter St. #101	(415) 931-2287	94115
Western Addition Senior Citizens Service Center**	1390 -1/2 Turk St.	(415) 921-7805	94115

Rosa Parks Senior Center**	1111 Buchanan St.	(415) 292-3474	94115
CHAMPSS: S&E Café	2406 – 19 th Ave.	(415) 677-7600	94116
South Sunset Senior Center	2601 - 40th Ave.	(415) 566-2845	94116
Jewish Community Center of S.F. (V)	3200 California St.	(415) 292-1260	94118
Russian American Community Services**	300 Anza St.	(415) 387-5336	94118
Jackie Chan Senior Center (R)**	5757 Geary Blvd.	(415) 677-7571	94121
Richmond Senior Center**	6221 Geary Blvd., 4th Floor	(415) 752-6444	94121
Sunset Senior Center (R)	1290 – 5th Ave.	(415) 759-9507	94122
Presidio Gate Apartments	2770 Lombard St.	(415) 567-1050	94123
Dr. George W. Davis Senior Center (R) **	1706 Yosemite St.	(415) 822-1444	94124
30th Street Senior Center (V)	225 - 30th St. 3 rd Floor	(415) 550-2210	94131
OMI Senior Center	1111 Junipero Serra Blvd.	(415) 334-5550	94132
Stonestown YMCA	3150 - 20th Avenue.	(415) 242-7135	94132
Lady Shaw Senior Center (R)**	1483 Mason St.	(415) 677-7581	94133
Telegraph Hill Neighborhood Center (R)**	660 Lombard Street	(415) 421-6443 x10	94133
John King at Visitation Valley (R)	500 Raymond Ave.	(415) 239-9919	94134
John King Senior Center (R)**	500 Raymond Ave.	(415) 239-9919	94134
Samoan Community Development Center	2055 Sunnydale Ave, #100	(415) 841-1086	94134

Notes:

(R) Reservation recommended.

(V) Vegetarian option available; call for details.

** Also serve Adults with Disability clients (age 18-59).

Seniors are age 60+

Visit ***Freeprintshop.org*** for a listing of free eats and free pantry locations.

MEDI-CAL CONTACTS

Health Insurance Counseling Advocacy Program - HICAP

Provides free unbiased assistance on health insurance issues for people with Medi-care.

(415) 677-7520 or 1-800-434-0222

Medi-Cal Application Health Connection in San Francisco

Hotline: (415) 863-9892

Medi-Cal workers can provide home visits to assist in application process.

Contact: Mary Adrien at (415) 558-1951

Medi-Cal Application Processing in San Mateo County:

Daly City and Pacifica: (650) 301-8440

San Bruno and South San Francisco: (650) 877-5663

San Mateo: (650) 802-6470

Medi-Cal Replacement Card: (415) 558-1836

San Francisco County

MEDICAL SUPPLIES AND EQUIPMENT

Medical equipment such as oxygen, walkers, wheelchairs and grab bars can enhance your comfort and safety in your home. Medicare, Medi-Cal and private insurance may cover some of these items. The supplier will be able to furnish you with information regarding coverage.

Able Medical

(415) 831-2228

448 Clement St. (near 6th Ave.)

San Francisco, CA 94118

Area served: Citywide

APRIA Healthcare

(650) 588-9744

(800) 788-5007

480 Carlton Court

South San Francisco, CA 94080

Area served: Citywide

Provides 24 hour emergency service

APRIA Healthcare

(650) 330-2420

3905 Bohannon Dr. #CG

Menlo Park, CA 94025

Area served: Citywide, Bay Area

Provides 24 hour emergency service

California Home Medical Equipment (CHME)

(650) 357-8550

289 Foster City Blvd. Ste A

Foster City, CA 94404

Home Safety Services

(650) 571-7774

1169 Chess Drive, Unit L

Foster City, CA 94404

Area Served: Bay Area

ITC Medical

(415) 387-7100

4373 Geary Blvd

San Francisco, CA 94118

Area served: Citywide

ITC Medical

(415) 661-4900

1235 Noriega St

San Francisco, CA 94122

Area served: Citywide

ITC Medical

(415) 346-7100

1635 Divisadero St. Suite 105

San Francisco, CA 94115

Area served: Citywide

ReCares

(415) 487-5405

ReCARES is a non-profit organization that collects durable and disposable medical equipment and Redistributes it free of charge to those in need.

63-65 Dorland St.

San Francisco, CA 94110

Open Thursdays 10am -1pm

Shield Health Care

1 (800) 675-8840

Products to manage incontinence

Area Served: Citywide

MENTAL HEALTH

Access Line (Community Behavioral Health Services)

(415) 255-3737 or 1-888-246-3333

Offers authorization and access to all short and long-term outpatient mental health services offered by Community Behavioral Health Services.

Central City Older Adults

(415) 558-5900

Primarily serves seniors 60+ who live in the Tenderloin and SOMA area. Offers crisis intervention, psychiatric evaluation, medication management, counseling, home visits and referrals.

Chinatown North Beach Mental Health Services

(415) 352-2000

Offers psychiatric evaluation, individual therapy, counseling, socialization program, Medication, case management, crisis outreach, consultation, acupuncture, referrals to other city funded programs.

Public Conservator (Dept. of Aging & Adult Services)

(415) 355-3555

The Public Conservator (PC) provides mental health conservatorship services for San Francisco residents who are gravely disabled (unable to provide for food, clothing, or shelter) due to mental illness and found by the Court unable or unwilling to accept voluntary treatment. The PC operates under the authority and direction of the California Welfare and Institutions Code and the Superior Court. Mental health conservatorship is a legal procedure that appoints a conservator of the person to authorize psychiatric treatment of a person of any age (conservatee) who has been referred by a psychiatric hospital. The PC provides investigation reports to the Court and reports for placement, psychosocial evaluations, medical consents, and psychiatric medication consents, supervision of treatment, advocacy, and placement and case management of conservatees placed outside of San Francisco County. PC conservatorships are generally time limited.

FSA Geriatric Services

(415) 386-6600

For seniors 60+ only. Offers individual, couple and family counseling, various outpatient groups, peer counseling, crisis intervention, case management, psychiatric evaluation, medication monitoring, day socialization program, and home visits.

Family Service Agency of San Francisco

(415) 474-7310

Offers individual psychotherapy and counseling, psychiatric medication evaluations, and neuropsychological testing.

Grief Related Services at CESP

(415) 750-4180

For people of any age who have experienced difficult, sudden, or traumatic loss. Offers traumatic loss grief group and individual grief counseling.

HelpLink (For Bay Area Resources)

211 or 1-800-273-6222

Offers confidential information and referral services for Bay Area mental health resources.

Institute on Aging Dept. of Memory Assessment & Psychological Services

(415) 750-4111

Provides both home and clinic based neuropsychological assessments and psychotherapy.

Institute on Aging - Older Adult Behavioral Screening & Response Project

(415) 750-4111

Provides prevention focused screening and brief counseling for depression, anxiety, sleep, and other issues to adults 55+.

Mission Mental Health

(415) 401-2700 Fax: (415) 401-2741

Provides mental status evaluations, support groups, medication support and other services for adults age 18-59.

Mental Health Association of San Francisco

(415) 421-2926

Offers mental health education and awareness, various support groups, advocacy, and referral assistance.

Mobile Crisis Treatment Team (CBHS)

(415) 970-4000

Offers crisis intervention for SF residents and visitors, age 18+.

National Alliance on Mental Illness (NAMI)

(415) 905-6264

Offers support, referral, advocacy, and support groups for families and friends of those with mental health issues.

Openhouse

(415) 296-8995

Openhouse offers a variety of groups including grief and loss support group; self-care support group; women's support group; men's drop-in group, men's HIV support group, LGBT dementia caregivers support group, and women-identified transgender support group. These LGBT -specific groups offer a safe and supportive space for older LGBT community members.

San Francisco Downtown VA Clinic

(415) 281-5103

Offers Substance abuse services/sobriety support, group counseling, mental health intensive case management, psychiatric outpatient care.

Southeast-Mission Geriatric Services

(415) 337-2400

Offers children and families psychiatric medication management, counseling, clinical case management and group therapy. Priority given to Bernal Heights, Outer Mission, Visitation Valley area.

Suicide Prevention

(415) 781-0500

Offers 24 hour crisis counseling.

Sunset Mental Health Services

(415) 753-7400

Offers medication support, therapy, and wellness/recovery program for psychiatrically disabled adults.

Swords to Plowshares

(415) 252-4788

Offers case management, social services, individual counseling, employment, legal assistance, substance abuse support, information and referrals, emergency and transitional housing and benefits advocacy for all veterans.

Westside Community Services

(415) 431-9000

Offers housing referrals, employment assistance, counseling, medication support, crisis services and methadone detox and maintenance for adults 18+.

Westside Crisis

(415) 355-0311

Offers crisis intervention, brief crisis treatment and referrals for adults 18+.

MONEY MANAGEMENT SERVICES

Bayview Senior Connections

(415) 647-5353

Representative payee services are offered to seniors in need of assistance with managing their finances.

Community Payee Partnership

(415) 557-5586

Provides counseling on budgeting, handles finances for clients

Conard House (Community Services)

Directly handle finances for clients, disbursing client funds for rent, food, clothing and personal needs.

Community Services – North

(415) 928-0111

Community Services – SOMA

(415) 836-1784

Community Services – South

(415) 558-8767

Conard House (Ambassador Housing tenants only)

(415) 359-9227

Department of Aging and Adult Services

Representative Payee Program

(415) 355-3555

Provides payee services for adults and elderly individuals with physical and/or mental impairments. Participants must have a case manager to be eligible.

Marchi & Smith

Gene Marchi

(415) 383-9777

Golden Gate Regional Center

(415) 546-9222

Provides payee services for developmentally disabled individuals.

Institute on Aging

(415) 750-4111

Money management services for older adults.

Living in Familiar Environments (LIFE)
(415) 533-6874 or Toll Free: 1-866-622-3098

Lutheran Social Services
(415) 581-0891

Provides payee and money management services for adults with HIV/AIDS.

Seniors At Home – Jewish Family and Children’s Services
(415) 449-3777

Provides money management services for seniors over 60 and above.

Swords to Plowshares
(415) 252-4788

Provides payee services for Veterans only.

NOTARY PUBLIC

Notaries public certify writings to make them authentic and take affidavits and depositions. Not all official papers require notarization, so make sure that your papers need to be certified by a Notary Public.

Lee Hartgrave (by appointment)

1390 Market St. Ste. 228
San Francisco, CA 94102
(415) 863-9550

MOBILE NOTARY SERVICE

Bay Area Traveling Notary

Contact: Kathleen Solaris
(415) 771-1850

OTHER RESOURCES FOR THE HOMEBOUND

Institute on Aging, **Center for Elders and Youth in the Arts** customizes programs for assisted living, residential communities, adult day programs, and other senior sites, as well as offering individual instruction in the home. Through creative expression, CEYA helps elders remain connected to the community with the goal of helping them experience improved physical and emotional well-being.

(415) 750-4111

PET SERVICES

The San Francisco Society for the Prevention of Cruelty to Animals (SFSPCA) offers a variety of programs for seniors and homebound.

(415) 554-3000

www.sfspca.org

Assistance Programs

- [CareCredit](#)
- [Payment Arrangements](#)
- [Pet-a-care Senior Discount Program](#)
- [Emergency Care Grant](#)
- [Spay-neuter Free and Sliding Scale](#)
- [New Adopter Assistance](#)

PAWS (Pets Are Wonderful Support)

(In-home pet care, delivery of pet food and supplies, financial assistance for veterinary services.

(415) 979-9550

Rover

Pet sitting, pet day care and dog walking.

(888) 366-0993

Listed below is a veterinarian who makes house calls. All veterinarian services are available.

Julio Bolivar-Dillon, DVM

2212 Derry Way

South San Francisco, CA 94080

(415) 333-4673

Fees: \$50 for exam plus \$100 for house call (10% discount to Senior Citizens)

Area Served: San Francisco Bay Area

Valencia Veterinary Clinic

855 Valencia St. at 20th

San Francisco, CA 94110

(415) 648-1222

Fees: \$49 for exam plus \$49 for house call

PHARMACIES

Call your neighborhood pharmacy to see if they will deliver your medications.
Below is a list of pharmacies that deliver.

Name/Address Phone/Area Served	Delivery Charge	Type of Payment	Delivery Schedule
Daniel's Pharmacy 943 Geneva Avenue S.F., CA 94112 (415) 584-2210 Area Served: Citywide	No	Cash, Checks, Medi-Cal, Insurance, Credit Cards with phone payment only.	2-3 times/day Mon - Fri 9am – 6:30pm
Golden Gate Pharmacy 1844 Noriega St. S.F., CA 94122 (415) 661-0790 Area Served: Citywide	Free to 5.00	Cash, Credit Cards, Medi-Cal	2 times/day Mon - Fri 10am-9pm
Reliable Drug Company 801 Irving St. S.F., CA 94122 (415) 421-1895 Area Served: Citywide	\$7.00	Cash Only	4 times/day Mon – Fri 10am – 4pm
Safeway Pharmacy 1335 Webster Street S.F., CA 94115 (415) 921-5502 Area Served: Citywide	\$6.00	Cash, Checks, Medi-Cal, Insurance, Credit Cards	4 times/day Mon – Fri 10:30am – 4:30pm Sat. 10:30am- 12:30pm
Safeway Pharmacy 850 La Playa at Fulton S.F., CA 94121 (415) 387-0481 Area Served: Citywide	\$6.00	Cash, Checks, Medi-Cal, Insurance, Credit Cards	4 times/day Mon – Fri 10am – 4:30pm
Safeway Pharmacy 2350 Noriega at 30 th Ave. S.F., CA 94122 (415) 665-8456 Area Served: Citywide	\$6.00	Cash, Checks, Medi-Cal, Insurance, Credit Cards	4 times/day Mon – Fri 2pm – 6:00pm
Safeway Pharmacy 730 Taraval S.F., CA 94118 (415) 665-0119 Area Served: Citywide	\$6.00	Cash, Checks, Medi-Cal, Insurance, Credit Cards	4 times/day Mon – Fri 10am – 6:00pm
450 Sutter Pharmacy 450 Sutter Street 7 th Floor	\$7.50	Cash, Medi-Cal, Insurance, Credit	Mon -Fri

S.F., CA 94102 (415) 392-4137 Area Served: Citywide	No charge with a minimum order of 2 prescriptions.	Cards, No Checks on first delivery	9am, 1pm, 3pm
--	--	--	------------------

PODIATRISTS

Podiatry is a medical specialty that treats the lower extremities from the knee down. Because of healing problems due to poor circulation, diabetics should be particularly careful of their feet, toenails, and corns. Medicare will pay for routine footcare if you have a medical condition affecting the lower limbs.

If your own podiatrist does not make house calls, you should call one of the podiatrists listed below. There is an extra charge for a house call and you might want to call around to check on extra charges and billing.

Name/Address/Phone/Area Served	Type of Payment
J.K. Bernard, DPM 1580 Valencia Street, Room 804 S.F.,CA 94110 Phone: (415) 392-5626 Fax: (415) 392-5632 www.sutterpodiatrygroup.com Area Served: Citywide	Cash only for home visits
Maureen Lee, DPM 1480 Sutter Street, Ground Floor S.F.,CA 94109 Phone: (415) 567-3136 Fax: (415) 309-3693 Area served: Please Call	Cash, Checks, Medicare
Sharon Hosaka, DPM 369 Pine Street, Suite 103 S.F.,CA 94104 Phone: (415) 421-3630 www.foot.sf.com Area Served: Citywide	Medi-Cal, Medicare, Checks, Visa, Mastercard

PSYCHOTHERAPY IN THE HOME

The following agencies take Medicare, Medi-Cal, and offer a sliding scale fee

Central City Older Adults

San Francisco Districts of Tenderloin, South of Market and Central City
Phone: (415) 558-5900 Fax: (415) 558-5959

Chinatown North Beach Mental Health Services

San Francisco County
Phone: (415) 352-2000 or (415) 352-2099 Fax: (415) 352-2050

Family Service Agency Geriatric Services West

San Francisco Districts of Ocean View, Merced Heights, Ingleside, Richmond and Sunset

Phone: (415) 386-6600 Fax: (415) 751-3226

www.FSASF.org

Family Service Agency Geriatric Services

Western Addition, Central City, Downtown

Phone: (415) 474-7310 Fax: (415) 931-3773

www.FSASF.org

Institute on Aging

San Francisco County

Phone: (415) 750-4111

www.IOAging.org

Southeast Mission Geriatric Services

Mission, Bayview, Oceanview, Merced Heights, Ingleside

Phone: (415) 337-4722 Fax: (415) 337-2415

www.sf.dph.org

RESIDENTIAL CARE / ASSISTED LIVING FACILITIES

This care may be needed if the client has difficulties with daily living skills but doesn't qualify for a skilled nursing facility. The cost for rent includes food, laundry, medication monitoring, activities, and 24-hour assistance. The homes are licensed and regulated through the California Department of Social Services Community Care Licensing Division. For updated verification of facility licenses or complaints made against them, please contact Community Care Licensing or the Ombudsman program. These agencies can also provide information about quality of life and quality of care choices for consumers, as well as a more complete listing of facilities. Under some facility listings, there are specialties listed such as dementia, hospice, and behavioral health, meaning they provide care or services in these areas. **Please note that the Department of Aging and Adult Services does not endorse any of the following facilities or agencies and it does not maintain updated information on them.**

Licensing Information

Community Care Licensing
801 Traeger Ave. Suite 105
San Bruno, CA 94066

Main: (650) 266-8800

Fax: (650) 266-8841

Contact: Victoria Cowan (Regional Manager)

Ombudsman:

6221 Geary Blvd 3rd Floor
San Francisco, CA 94121

Main: (415) 751-9489

Fax: (415) 266-8877

Placement Registry

Apexcare/Realcare: 1-800-287-9111

California Registry: 1-800-548-2273

New Lifestyles booklet: www.newlifestyles.com

San Francisco Association of Residential Care Homes: (650) 992-2337

Stegner Registry: (415) 775-4508. www.stegnerregistry.com

AgeSong at Hayes Valley and Laguna Grove

(415) 318-8670

601-624 Laguna St.

S.F., CA 94102

\$4600/month and up

(Behavioral Health, Dementia, Hospice, Non-amb, High Level Assisted Living)

www.agesong.com

Angela's Rest Home
(650) 992-1690
740 Washington Street
Daly City, CA 94015
\$2000/month & up
(Behavioral Health, Dementia, Hospice, Non-ambulatory)

Autumn Glow
(415) 934-1622
Contact: Joni Wu
654 Grove St.
S.F., CA 94102
\$2750/month & up
(Dementia)
www.selfhelpelderly.org

Bebe's Care Home
(415) 387-9075
419 – 28th Ave.
S.F., CA 94121
\$1800/month & up
(Age: 18-59, Ambulatory, SSI plus patch program)

Bernal Heights Retirement Home
Main: (415) 826-8586 Fax: (415) 826-2032
400 Franconia St.
S.F., CA 94110
\$3500/month & up
(Dementia, Hospice, Non-ambulatory)

Buena Vista Manor
(415) 863-1721
Contact: David Wall
399 Buena Vista East
S.F., CA 94117
\$3100-\$4500/month
(Dementia, Non-ambulatory)
www.buonavistamanorhouse.com

Coventry Park
Main: (415) 921-1552 Fax: (415) 292-4005
1550 Sutter St. S.F., CA 94109
\$2,700/month & up
(Dementia, Hospice, Non-ambulatory)
www.vintagesenior.com

Damenik's Home
Main: (415) 379-9051 Fax: (415) 379-9673
331 30th Avenue
S.F., CA 94121
\$2600/month & up
(Dementia, Hospice, Non-ambulatory)

Eden Villa
Main: (415) 346-0246 Fax: (415) 346-0658
2750 Geary Blvd
San Francisco, CA 94118
\$3850/month & up
(Dementia, Hospice, Non-ambulatory)

Family Circle Board and Care Home
(650) 580-8501
194 Canterbury Avenue
Daly City, CA 94015
\$1400-\$2500/month

Foronda Board and Care Home
Main: (415) 387-0848 Fax: (650) 741-6048
Contact: Lucy
727 41st Ave.
S.F., CA 94121
\$2000-\$3500/month
(Ambulatory Only)

Gonzalez Home
(415) 242-0848
2237 Noriega St.
S.F., CA 94112
\$2,500/month & up
(Non-ambulatory)

Julie's Rest Home
Main: (415) 566-4527 Fax: (415) 566-0604
Manager: Julie (415) 264-4130
1363 5th Ave
S.F., CA 94122
\$2000/month & up
(Behavioral Health, Non-Ambulatory)

Kimochi Home
Main: (415) 922-9972 Fax: (415) 922-6821
Contact: Linda Chan
1531 Sutter St.

S.F., CA 94109
\$2,730/month & up
www.kimochi-inc.org

Kokoro Assisted Living Inc.
Main: (415) 776-8066 Fax: (415) 674-5941
Contact: Kirk Miyaki
1881 Bush St.
S.F., CA 94109
\$2000/month & up
(Dementia, Hospice, Non-ambulatory)
www.kokoroassistedliving.org

Merced Residential Care Facility
Main: (415) 285-7660 Fax: (415) 285-7057
Contact: James Wu
1420 Hampshire St.
S.F., CA 94110
\$2,500/month & up
(Dementia, Hospice, Non-ambulatory)
www.mercedcare.com

Minerva's Place
(925) 457-8912
2972 Palo Verde Way
Antioch, CA 94509
\$1500/month & up
(Dementia, Non-ambulatory)
www.assistedlivingfacilities.org

Nobis Care Home
Main: (415) 387-3297 Fax: (415) 387-0199
Contact: Carole Nobis
760 35th Ave.
S.F., CA 94121
\$2,500/month & up
(Dementia, Hospice, Non-ambulatory)

Parkside Board and Care
Main: (415) 810-1754 or (415) 681-5321 Fax: (415) 681-3103
Contact: Grace Bondoc
2360 33rd Ave
S.F., CA 94116
\$2200/month & up
(Ambulatory, SSI plus supplement)

Providence Place
Main: (415) 359-9700 Fax: (415) 775-4117
2456 Geary Blvd.
S.F., CA 94115
Call for Rates
(Dementia, Hospice, Non-ambulatory)
www.providencecare.com

San Bruno Care Home
Main: (650) 827-1382 Fax: (650) 827-5377
Contact: Rodrigo Cayabyab
(650) 255-7691
1382 Williams Avenue
San Bruno, CA 94066
\$3000/month & up
(Dementia, Hospice, Non-ambulatory)
www.sanbrunocarehome.com

Stemberga Retirement Home
Main: (415) 642-1362 Fax: (415) 826-2032
1108 Powhatten Street
S.F., CA 94110
Contact: Ana Stemberga
(650) 520-4430
(Dementia, Hospice, Non-ambulatory)

Sunset Gardens
(415) 664-4327
Contact: Lucy Tanato
1338 27th Avenue
S.F., CA 94122
\$2500/month & up
(Ambulatory, Dementia, Hospice, Non-ambulatory)

Sutro Heights Residential Care Home
(415) 412-8468
Contact: Earl Mills
659 4th Avenue
S.F., CA
\$3000/month & up
(Dementia, Hospice, Non-ambulatory)

Victorian Manor
Main: (415) 921-7550 Fax: (415) 921-6427
1444 McAllister St. S.F., CA 94115
\$3000-\$4000/month (Dementia, Non-ambulatory)

SSI RESIDENTIAL CARE FACILITIES

Araville Residential Care Home
(415) 285-6497
Contact: Dorie Paniza
1506 Florida St. (at Cesar Chavez)
S.F., CA 94110
(BH, MH)

Autumn Glow
Main: (415) 934-1622 Fax: (415) 934-1068
Contact: Joni Wu
654 Grove St.
S.F., CA 94102
(Dementia)
www.selfhelpelderly.org

Belen Residential Care Home
Main: (415) 621-8505 Fax: (415) 621-2074
Contact: Belen Encarnacion
565 Grove St.
S.F., CA 94102
(BH, MH, Non-amb.)

Bestudios Care Home
(650) 755-1498
Contact: Boni Bestudio
51 DeLong St.
S.F., CA 94112
(MH)

Golden Residential Care Home
(415) 587-2507
Contact: Nina Magtibay
166 Foote Avenue
S.F., CA 94112
(BH, MH)

Golden Sunset Care Home
(415) 731-0965 or (650) 743-3495
1219 32nd Ave.
S.F., CA 94122
(DD)
www.goldensunsetcarehome.com

Guirola Resident Care
(415) 334-6498
Contact: Teodora Guirola
618 Holloway Ave.
S.F., CA 94112
(MH, DD)

Hayes Valley Care Home
Main: (415) 252-1128, x19 Fax: (415) 864-8904
601 Laguna Street
S.F., CA 94102
(BH, Dementia, Non-amb.)

Henderson's
Main: (510) 653-4610 Fax: (510) 301-7476
Contact: Barbette Newton
4201 W Street
Oakland, CA
(Non-amb.)

Kennedy's Manor
(415) 346-0342
Contact: Venezuela Kennedy
1811 Lyon Street
S.F., CA 94115
(BH, MH)

Leonard House
(415) 750-1159
Contact: Polliana
1771-1773 Waller St.
S.F., CA 94117
(Dementia, Hospice, Non-amb.)

Lina's
(415) 586-8171
Contact: Lina Bautista
84 Norton St.
S.F., CA 94112
(MH)

Lina's
(415) 239-6388
Contact: Lina Bautista
393 Silver Ave.
S.F., CA 94112 (MH)
Lorne House, Inc.

(415) 587-6437
Contact: Mae Clark
727 France Avenue
S.F., CA 94112
(DD)

Lorne House, Inc.
(415) 550-7379
Contact: Mae Clark
628 Shotwell St.
S.F., CA 94110
(DD)

Maulino Board and Care
(415) 826-9234
Contact: Carmelita Maulino
370 Richland Ave.
S.F., CA 94110
(BH, MH)

McLeod Care Home
(415) 584-9826
Contact: Tracy McLeod
850 Mansell St.
S.F., CA 94134

Morning Star
(415) 334-8738
Contact: Mr. Mateo
336 Aston Ave.
S.F., CA 94110
(BH, MH)

Palarca Rest Home
Main: (415) 681-1550 Fax: (415) 564-9241
Contact: Domingo/Carmen Palarca (415) 564-0323
1241 26th Ave.
S.F., CA 94122
(BH, Non-amb.)

Palarca Rest Home
(415) 665-6484
Contact: Domingo/Carmen Palarca (415) 564-0323
1278 La Playa St.
S.F., CA 94122
(Non-Amb)

Rhoda Goldman Plaza
(415) 345-5060
Contact: Iris Hudis
2180 Post St.
S.F., CA 94115
(Dementia, Hospice, Non-amb.)

Santiago Board and Care
(415) 333-8964
Contact: Marilyn Santiago
152 Harold Avenue
S.F., CA 94112
(BH, Non-amb.)

St. Catherine Home
(415) 586-7250
Contact: Caridad Masangkay
389 Guttenberg St.
S.F., CA 94112
(MH, Non-amb.)
www.seniorcareauthority.com

Starlight Board and Care
(415) 648-2280
Contact: Teresita Jomok
2680 Bryant St.
S.F., CA 94110
(BH, MH)

Taraval Residential Care Home
(415) 681-0294
Contact: Edmundo Aureus
3721 Taraval St.
S.F., CA 94116
(Ambulatory)

Tiffany Residential Care Home
(415) 285-2112
Contact: Ms. Pahed
50 Tiffany Avenue
S.F., CA 94110
(BH, MH)

Trinity RCFE
(415) 334-2297
Contact: Milagros DelaTorre
859 Ocean Ave.
S.F., CA 94112
(DD)

Wholesome Care Home
(415) 337-5131
Contact: Marian/Michael Parker
565 Argonaut Ave.
S.F., CA 94134

RECYCLING SERVICES

Building Resources

(415) 285-7814

Will pick up building materials but not appliances.

www.buildingresources.org

Recology Golden Gate

900 7th Street

San Francisco, Ca 94107

(415) 626-4000

www.recyclemyjunk.com

Jaco Environmental

(800) 741-0172

Operates refrigerator/freezer, washing/drying machine, stove, recycling Rebate Program (Rebate pickup) with PG&E

www.jacoinc.net

Rancho Grande Appliances

2890 Bryant Street

San Francisco, Ca 94110

(415) 641-5139

Will pick up used appliances and recycle them.

www.usedappliancepairsf.com

S.F. Recycling Hotline

(415) 554-3409

www.calrecycle.ca.gov

Sunset Scavengers Bulk Pickup

250 Executive Park Blvd. Suite 2100

San Francisco, Ca 94134

(415) 330-1300

Will pick up old appliances and other large items for recycling.

www.sunsetscavenger.com

SENIOR CENTERS

Agency/Site Name	Address	City	State	ZipCode	Tel Number
30th Street Senior Center	225 30th St 3 rd Floor	SF	CA	94131	415-550-2210
Alexis Apartments	390 Clementina St	SF	CA	94103	415-495-9541
Bernal Heights Neighborhood Center	515 Cortland Ave	SF	CA	94110	415-206-2140
Canon Kip Senior Center	705 Natoma St	SF	CA	94103	415-487-3300 x6200
Catholic Charities - OMI Senior Center	65 Beverly St	SF	CA	94132	415-334-5550
Centro Latino de San Francisco: SOMA Gene Friend Recreation Center	270 6 th St	SF	CA	94103	415-554-9532
Curry Senior Center	333 Turk St	SF	CA	94102	415-885-2274
Dr. George W. Davis Senior Center	1706 Yosemite Ave	SF	CA	94124	415-822-1444
Francis of Assisi Community	145 Guerrero St	SF	CA	94103	415-861-5790
Glide Foundation/United Methodist Church	330 Ellis St	SF	CA	94102	415-674-6041
Golden Gate Senior Services: Castro Senior Center	110 Diamond St	S	CA	94127	415-863-3507
Golden Gate Senior Services: Richmond Senior Center	6221 Geary Blvd	SF	CA	94121	415-752-6444
Hamilton Senior Center	1900 Geary Blvd	SF	CA	94115	415-931-2287
Jackie Chan Senior Center	5757 Geary Blvd	SF	CA	94121	415-677-7571
Jewish Community Center of San Francisco	3200 California St	SF	CA	94118	415-292-1262
John King Senior Center	500 Raymond Ave	SF	CA	94134	415-337-6533
Kimochi Senior Center	1840 Sutter St	SF	CA	94115	415-931-2287
Korean Senior Center	1362 Post St	SF	CA	94109	415-441-1881
Lighthouse for the Blind & Visually Impaired	214 Van Ness Ave	SF	CA	94102	415-431-1481
Meals on Wheels of San Francisco: Dorwin Jones Senior Center	1668 Bush St	SF	CA	94109	415-292-2476
Mission Neighborhood Center: Capp Street Senior Center	362 Capp St	SF	CA	94110	415-206-7750
Mission Neighborhood Center: Excelsior Senior Center	4752 Mission St	SF	CA	94112	415-239-1029
Mission YMCA	4080 Mission St	SF	CA	94112	415-586-3030
Noe Valley Senior Center	1021 Sanchez St	SF	CA	94114	415-648-1030
Potrero Hill Neighborhood House	953 De Haro St	SF	CA	94107	415-826-8080
Rosa Parks Senior Center	1111 Buchanan St	SF	CA	94115	415-292-3474
Russian American Community Services	300 Anza St	SF	CA	94118	415-387-5336
Samoan Community Development Center	2055 Sunnydale Ave	SF	CA	94134	415-841-1086
San Francisco Senior Center: Aquatic Park Branch	890 Beach St	SF	CA	94109	415-775-1866
San Francisco Senior Center: Downtown Branch	481 O'Farrell St	SF	CA	94102	415-771-7950

Self Help for the Elderly: Fun & Fit Total Wellness	779 Kearney St (Portsmouth Square)	SF	CA	94108	415-773-1869
Self Help for the Elderly: Lady Shaw Senior Center	1483 Mason St	SF	CA	94133	415-677-7581
Self Help for the Elderly: Manilatown Senior Center	848 Kearny St	SF	CA	94108	415-398-3250
Self Help for the Elderly: Mendelsohn House	737 Folsom St	SF	CA	94107	415-243-9018
Self Help for the Elderly: On Low Wui Senior Center/ Geen Mun Senior Center	777 Stockton St	SF	CA	94108	415-391-3843
Self Help for the Elderly: South East Asian Senior Meal Program	315 Turk St	SF	CA	94102	415-920-1357
Self Help for the Elderly: South Sunset Senior Center	2601 40th Ave	SF	CA	94116	415-566-2845
Self Help for the Elderly: John King Senior Center	500 Raymond Ave	SF	CA	94134	415-987-9915
Self Help for the Elderly: Woolf House	801 Howard St	SF	CA	94103	415-495-0931
Southwest Community Corporation: T. Bookman Community Center	446 Randolph St	SF	CA	94132	415-586-8020
Stonestown YMCA	3150 20th Ave	SF	CA	94132	415-242-7118
St. Francis Living Room	350 Golden Gate Ave	SF	CA	94102	415-621-3279
Sunset Senior Center	1290 5th Ave	SF	CA	94122	415-759-9507
Telegraph Hill Neighborhood Center	660 Lombard St	SF	CA	94133	415-421-6443
Veterans Equity Center	1010 Mission St	SF	CA	94103	415-255-2347
Vietnamese Elderly Mutual Assist. Assoc.	910 Larkin St	SF	CA	94109	415-923-0778
Western Addition Senior Center	1390 1/2 Turk St	SF	CA	94115	415-921-7805

Other Socialization Activities

Openhouse
1800 Market St.
S.F., CA 94102
(415) 296-8995
3rd Floor of the LGBT Community Center and other locations.

SF CONNECTED

SF Connected has provided over 250 accessible computers, in six different languages, to senior centers and supportive housing across San Francisco. The computers have special software and hardware that make them more accessible to people with disabilities. Managed by the Department of Aging and Adult Services, SF Connected is a continuation of the Broadband Technology Opportunities Program and now funded by the City and County of San Francisco.

Phone: (415) 355-3555

Website: www.sfconnected.org

Free computer classes or one-on-one tutoring support are available in English, Spanish, Russian, Chinese, and Vietnamese. Feel free to contact us for more information.

30th Street Senior Center
225 30th Street
San Francisco, CA 94131
(415) 550-2210

Bernal Heights Neighborhood Center
515 Cortland Ave
San Francisco, CA 94110
(415) 206-2140

Bethany Center
580 Capp Street
San Francisco, CA 94110
(415) 821-1003

Canon Kip Senior Center
705 Natoma Street
San Francisco, CA 94103
(415) 487-3300 x6200

Capp Street Senior Center
362 Capp Street
San Francisco, CA 94110
(415) 206-7750

Castro Senior Center
110 Diamond Street
San Francisco, CA 94114
(415) 863-3507

Catholic Charities OMI Senior Center

65 Beverly St.
San Francisco, CA 94132
(415) 334-5550

Centro Latino De San Francisco

1656 15th Street
San Francisco, CA 94103
(415) 861-8758

Community Living Campaign

1360 Mission Street Suite 400
San Francisco, CA 94103
(415) 821-1003

Curry Senior Center

315 Turk Street
San Francisco, CA 94102
(415) 885-2274

Dr. George W. Davis Senior Center

1706 Yosemite Ave
San Francisco, CA 94124
(415) 822-1444

Eastern Park Apartments

Northern California Presbyterian Home & Services
711 Eddy Street
San Francisco, CA 94109
(415) 776-0114

Excelsior Community Center

4468 Mission Street
San Francisco, CA 94112
(415) 334-9919

IT Bookman Community Center

446 Randolph St
San Francisco, California 94132
(415) 586-8020
www.itbookmancenter.org

Jackie Chan Senior Center

5757 Geary Blvd
San Francisco, CA 94121
(415) 677-7571

John King Senior Center
500 Raymond Avenue
San Francisco, CA 94134-2361
(415) 337-6533

Lady Shaw Senior Center
1483 Mason Street
San Francisco, CA 94133-4283
(415) 677-7572

Lady Shaw Senior Residence (*for building residents or enrolled participants*)
1483 Mason Street
San Francisco, CA 94133

Lighthouse for the Blind & Visually Impaired
214 Van Ness Ave
San Francisco, CA 94102
(415) 431-1481

Mission YMCA
4080 Mission St.
San Francisco, CA 94112
(415) 586-6900
www.ymcasf.org/mission

Richmond Senior Center
6221 Geary Blvd 3rd floor
San Francisco, CA 94121
(415) 752-6444

Rosa Parks Senior Center
1111 Buchanan Street
San Francisco, CA 94115
(415) 292-2000

San Francisco Senior Center, Downtown Center
481 O'Farrell Street
San Francisco, CA 94102
(415) 771-7950
www.sfsenior.com

SF Senior Center, Aquatic Park Center
890 Beach Street
San Francisco, CA 94109
(415) 775-1866
www.sfsenior.com

Stonestown YMCA

YMCA of San Francisco

3150 20th Ave

San Francisco, CA 94132

(415) 242-7135

www.ymcasf.org/stonestown

Valencia Gardens

Mission Housing/Community Living Campaign

360 Valencia Street

San Francisco, CA 94103

(415) 821-1003

Vietnamese Elderly Mutual Assistance Center (VEMA)

910 Larkin Street

San Francisco, CA 94109

(415) 923-0778

Western Addition Senior Center

1390 1/2 Turk St

San Francisco, CA 94115

(415) 921-7805

SIGHT/LOW VISION

211 San Francisco is available 24hours 7days a week in 150 languages.211 connects callers with hundreds of programs so people can find food, housing, health care, senior services, legal aid, volunteer opportunities as well as assistance with vision and hearing disabilities. Call **211** if you are calling from a 415 area code. For a local office you can call **(415)808-4300**.Or visit the following website for more information <http://211bayarea.org/san-francisco/>

American Foundation for the blind, San Francisco provides local, state, and national information and referrals for people who are blind or visually impaired. **Phone Number: (415)392-4849**, or you can visit the following website: www.afb.org

AudioVision, Inc. offers advocacy and provides description services for movies, videos, and television; live theater, education, media, exhibits, public meetings and other venues, in order to make these events more accessible to people who are blind or visually impaired. **Phone Number (877) 574-0896**, or visit the following website: www.audiovision.org

California Department of Rehabilitation – San Francisco offers a number of services for rehabilitation, but also offers orientation/mobility services for individuals who are blind. **Phone Number: (415) 904-7100**, or visit the following website: www.dor.ca.gov/eps/vocrehab.htm

Eyecare of America Foundation of American Academy of Ophthalmology provides eye care through volunteer ophthalmologists at no cost to those who qualify for U.S. citizens or legal residents, who are without an eye doctor and who do not belong to an HMO or do not have eye care coverage through the Veterans Administration. **Phone Number: (877) 887-6327**, or visit the following website: www.eyecareamerica.org

Lighthouse for the Blind and Visually Impaired

214 Van Ness Avenue
S.F. CA 94102
(415) 431-1481 or TTY: 431-4572
www.lighthouse-sf.org

Home assessments of lighting, magnification, contrast, and low vision aid needs. Suggested donation is \$50.00/hr. No one is refused service due to inability to pay. Large print education materials on eye problems, visual aids and illumination, adjustment to eyesight loss.

Healthy San Francisco does not provide vision care. There are, however, vision care resources located throughout the San Francisco Bay Area that provide free or

reduced cost vision services. Range of services and costs vary depending on an individual's income and assets, and the clinic or agency's own policies related to free and reduced cost care. If you are in need of vision services, contact one of the resources below for more information.

Lions Club International provides programs and assistance to aid people who are blind and visually impaired, and to work at eliminating preventable and reversible blindness. They Provide Recycled eyeglasses, vision screening and other assistance. They can be contacted on line at their website: <http://directory.lionsclubs.org>

North East Medical Services offers information about discount programs for hearing aids and other hearing-related equipment, as well as support and advocacy for people with hearing loss and vision loss, their families and friends. Phone number: **(415) 391-9686** or visit the following website: www.nems.org/index.html

Prevent Blindness Northern California (PBNC) is a adult screening program, held in health fairs, senior centers, and the PBNC office, stresses the early identification of possible eye disorders. Besides glaucoma, the screening program detects signs of other conditions needing immediate medical attention, as well as conditions which need to be further evaluated by an eye care professional. Phone Number: (415) 567-7600, or visit the following website: www.eyefinfo.org

The information provided in this guide is intended as a resource only. Services are not guaranteed. Healthy San Francisco will not pay for, or reimburse the cost of vision care services.

Bradford K. Chang, OD
929 Clay Street, Suite 203
S.F. CA 94108
(415) 982-1700

North East Medical Services
1520 Stockton Street
S.F. CA 94133
(415) 391-9686

Cecilia Mui, OD
1424 Stockton Street
S.F. CA 94133
(415) 421-6666

Premier Eyecare
3201 Mission Street
S.F. CA 94110
(415) 648-3600
www.premiereyecaresf.com

Kim M. Lee, OD
5372 Mission Street
S.F. CA 94112
(415) 452-8320

SOCIAL SECURITY

Toll free number for **Social Security Administration**

1-800-772-1213

www.ssa.gov

Chinatown Branch

1-800-772-1213

560 Kearny Street

San Francisco, CA 94108

Downtown Branch

1-800-772-1213

90 7th Street, ANNEX 1st Fl.

San Francisco, CA 94103

Mission Branch

1-800-772-1213

(415) 556-4043

1098 Valencia Street

San Francisco, CA 94110

If you would like to set up direct deposit for your Social Security checks, please call (800) 333-1795 or log onto www.godirect.org

SUPPORT GROUPS

APA Family Support Services: www.apafss.org

Alcohol: www.alcoholics-anonymous.org

Alzheimer Association: www.alz.org

American Cancer Society: www.cancer.org

American Diabetes Foundation: www.diabetes.org

American Heart Association: www.americanheart.org

American Lung Association: www.lungusa.org

Arthritis Foundation: www.arthritis.org

Asthma: www.respiratoryinstitute.com

Depression: www.depression.about.com

Diabetes: www.diabetes.org

Families of Children with Disabilities: www.supportforfamilies.org

Gambling: www.gamblersanonymous.org (12-step Self-Help Groups)

www.calproblemgambling.org

www.gamanon.org/gamanon/index.htm (12-step self-help group for family members of problem gamblers)

Grief: www.ioaging.org

Hearing/Speech: www.hearingspeech.org

Heart Disease: www.supportpath.com

Hoarding: www.mha-sf.org

LGBT caregivers: www.caregiver.org

Mental Illness: www.nami.org

Narcotics: www.norcalna.org

Openhouse: www.openhouse-sf.org

Parkinson Association: www.parkinson.org

San Francisco Aids Foundation: www.sfaf.org

Veteran's: www.ilrcsf.org

Visual Disability: www.navh.org

Weight Control: www.oasf.org

TAX ASSISTANCE

Tax assistance is provided free of charge to seniors and disabled individuals during the regular tax season. For volunteers who will come to your home to help you with your taxes, call **Senior Information and Referral** at **(415) 355-6700**.

There are also private businesses that prepare tax forms in the home. For a referral to a private agent who will come to your home, call the **California Society of Enrolled Agents** at **(800) 829-7765**

State of California – Franchise Tax Board
www.ftb.ca.gov

(800) 868-4171
(800) 852-5711

State of California – State Controller’s Office
www.sco.ca.gov

(800) 952-5661

TELEPHONE REASSURANCE

There are agencies in San Francisco who offer check-ins by phone for those who may not have friends or family in the area.

Center for Elderly Suicide Prevention/ Friendship Line (415) 752-3778 or
Area Served: Citywide (800) 971-0016

Episcopal Community Services of San Francisco (415) 487-3300
Canon Kip Senior Center x6200
Area Served: Citywide

Family Service Agency (415) 386-6600
Area Served: Richmond, Sunset

Italian-American Community Services (415) 362-6423
Area Served: Citywide (Italian Speakers Only)

Jewish Family and Children's Services (415) 449-3777
Area Served: Citywide

Openhouse (415) 296-8995
Area Served: Citywide for LGBT seniors. x303

Salvation Army Family Services Department (415) 575-4848
Area Served: Citywide
Telephone calls to Home Delivered Meal Clients Only.

Seniors Center Without Walls 1-877-797-7299
Area Served: Northern California. Activities for seniors using telephone conferencing. Free to register.

There is a private agency that will provide telephone reassurance for a fee, along with appointment and medication reminders.

WE CHECK ON YOU
Rose Toney, Manager
(888) 932-5668
Call agency for rates.
www.wecheckonyou.com

TRANSPORTATION SERVICES

If you are unable to use public transportation, there are non-emergency transportation services for wheelchair users and ambulatory people. Please call for service rates.

American Cancer Society

1-866-444-7672

Cancer patients only.

Lighthouse for the Blind and Visually Impaired

(415) 431-1481

Taxi vouchers to medical appointments for low income and disabled.

Little Brothers – Friends of the Elderly

(415) 771-7957

Senior Escort Program

Medsam: (415) 561-0630

Paratransit Service Providers (Group Van);

Centro Latino: **(415) 861-8758** Contact Person: Silvia

Kimochi: **(415) 931-2287**

Self Help for the Elderly: **(415) 677-7600**

Paratransit Services (415) 351-7000

Subsidized taxi vouchers and lift-equipped vans for wheelchair clients. Call for application and eligibility criteria.

Silver Ride (415) 861-7433 or (866) 435-1927

Transportation, accompaniment and courier services. Arrival guaranteed within 15 minutes of scheduled departure. Call for rates.

St. Francis Hospital Shuttle (415) 353-6352

Free service for come-and-go surgery, outpatient treatments, some admissions and discharges.

Shop Around (415) 351-7094

Provides transportation for grocery shopping to registered riders. Please call and ask about eligibility requirements.

Clipper Card (For use on local transportation)

Clipper® is an all-in-one transit card that keeps track of any passes, discount tickets, ride books and cash value that you load onto it, while applying all applicable fares, discounts and transfer rules. This lets you customize your card for your own transit needs. The Clipper card can hold multiple passes, ride books or tickets (which are specific to the transit system being used), as well as up to \$300 in cash value at one time. Cash value on your Clipper card can be used to ride any participating transit system. You can add value (in the form of both passes and cash value) to your card as you go, or for added convenience, you can set up your card to automatically reload whenever your pass expires or your cash balance falls below \$10.

Clipper can be used on Muni, BART, AC Transit, VTA, SamTrans, Caltrain and Golden Gate Transit and Ferry Adult cards are available online, by phone or at participating transit agency ticket offices or retail locations. To obtain a Youth or Senior/Disabled discount card you must submit an application in person at a Customer Service Center or a special sign-up event.

Website: <http://www.mtc.ca.gov/>

Email: custserv@clippercard.com

United States Postal Services (USPS)

There are ways to get postage stamps, postcards, or stamped envelopes sent to your home.

The **Stamps by Phone Program** is a 24-hour daily service. You may make a phone order for stamps, postcards, stamped envelopes or a catalog of postal supplies by calling **(800) 782-6724**. USPS accepts VISA, MasterCard or Discover Card. There is a \$1.00 minimum shipping charge.

Or visit the website at: www.usps.com

VOLUNTEERING

30th Street Senior Center

225 30th Street, #301
San Francisco, CA 94131

Aquatic Park Senior Center

890 Beach Street
San Francisco, CA 94111
(415) 775-1866

Bayview Hunters Point Adult Day Health Center

1250 LaSalle Avenue
San Francisco, CA 94124
(415) 826-4774

Bernal Heights Neighborhood Center

515 Cortland Avenue
San Francisco, CA 94110
(415) 206-2140

Castro Senior Center

100 Diamond Street
San Francisco, CA 94114
(415) 863-3507

Catholic Charities

990 Eddy Street
San Francisco, CA 94109
(415) 972-1297

Coming of Age: Bay Area

881 Turk Street
San Francisco, CA 94102
(415) 474-7787

Community Living Campaign

1360 Mission Street, Suite 400
San Francisco, CA 94103
(415) 821-1003

Downtown Senior Center

481 O'Farrell Street
San Francisco, CA 94104
(415) 771-7950

Dr. George W. Davis Senior Center

1706 Yosemite Avenue
San Francisco, CA 94124
(415) 822-1444

Episcopal Community Services (Canon Kip Senior Center)

705 Natoma Street
San Francisco, CA 94103
(415) 487-3300

Golden Gate Senior Services – Richmond Senior Center

6221 Geary Blvd.
San Francisco, CA 94121
(415) 752-6444

Institute On Aging

3575 Geary Blvd.
San Francisco, CA 94118
(415) 750-4111

Italian American Community Services

678 Green Street
San Francisco, CA 94133
(415) 362-6423

Meals On Wheels of San Francisco

1375 Fairfax Avenue
San Francisco, CA 94124
(415) 920-1111

Openhouse

1800 Market St., S.F., CA 94102
3rd Floor of the San Francisco LGBT Community Center
San Francisco, CA 94102
(415) 296-8995

Project Open Hand

733 Polk Street
San Francisco, CA 94109
(415) 447-2300

Raphael House

1065 Sutter Street
San Francisco, CA 94109
(415) 474-4621

Rebuilding Together

Pier 28, The Embarcadero
San Francisco, CA 94105
(415) 905-1611

Rosa Parks Senior Center

1111 Buchanan Street
San Francisco, CA 94115
(415) 292-3474

San Francisco Ombudsman Volunteer Program

77 Geary St. 5th Floor
San Francisco, CA 94108
(415) 751-9788

Saint Anthony Foundation

150 Golden Gate Avenue
San Francisco, CA 94102
(415) 392-2726

Senior and Disability Action

1360 Mission Street
San Francisco, CA 94103
(415) 546-1333

Seniors At Home

2150 Post Street
San Francisco, CA 94115
(415) 449-3777

The Volunteer Center

1675 California Street
San Francisco, CA 94109
(415) 982-8999

Western Addition Senior Center

1390 ½ Turk Street
San Francisco, CA 94115
(415) 921-7805

VOTING

During an election year, if you would like to vote by mail, you can call to register up to a month in advance to and request an absentee ballot.

Department of Elections

#1 Dr. Carlton B. Goodlett Place Room 48

San Francisco, CA 94102

(415) 554-4375

EMERGENCY PHONE NUMBERS

Local Emergency Services Number: _____

Ambulance: _____

Nearest relative: _____

Local Contact: _____

Out of state contact: _____

Doctors: _____

Social Worker: _____

Insurance Agent: _____

Utilities: _____

Other: _____

Medications List with Dosage

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____