



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

Services for Seniors and Adults with Disabilities

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

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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 call Information, Referral and Assistance (415) 355-6700 with any complaints or changes related to any agency or service provider listed.

The information in this handbook is current as December 2010.

INFORMATION REFERRAL AND ASSISTANCE

The San Francisco Department of Aging and Adult Services, Information Referral and Assistance provides 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

Website: www.networkofsupport.com

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, 26 Valencia. MUNI Metro – Van Ness Avenue Station. Office is one block from nearest MUNI stop either at Van Ness and Mission or Mission at Duboce.

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. 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 will be a toll free, **non-emergency** number that the public can call to access information about San Francisco government services. Citizens, tourists and businesses can reach a live customer service agent 24 hours a day, seven days a week, 365 days a year. 311 will be available through wired, wireless and pay telephones with a San Francisco 415 area code. Callers from outside the San Francisco 415 area code can reach the San Francisco 311 Customer Service Center by calling 415-701-2311.

311 will be able to provide translation services in more than 145 languages and will employ a diverse staff of customer service agents rigorously trained to provide excellent customer service that is culturally competent.

AGING AND DISABILITY RESOURCE CONNECTION

The Aging and Disability Resource Connection of San Francisco City and County, a partnership between The Aging and Disability Resource Center operated by the Episcopal Community Services of San Francisco (ECS-ADRC), The Independent Living Resource Center of San Francisco (ILRCSF) , Self-Help for the Elderly Resource Center (SHERC) and the Department of Aging and Adult Services (DAAS) Long Term Care Integrated Intake and Screening Unit share the mutual goal to provide information, referral, assessment, follow-up, translation and assistance to locate the most appropriate care coordination to promote independence at home and to reduce the risk of institutionalization. This goal includes offering informational outreach and training about the services available throughout the City & County of San Francisco.

Hours and locations of the ADRC outstations, managed by ECS-ADRC and SHERC, are subject to change. It is recommended that you call the main sites for updated information.

DAAS Integrated Intake

1650 Mission Street, 5th Floor
San Francisco, CA 94103
(415) 355-6700
(415) 355-6750 (fax)

Episcopal Community Services of San Francisco

Main Location: Canon Kip Senior Center
705 Natoma at 8th Street
San Francisco, CA 94103
(415) 487-3370 (Main)
(415) 487-3371 (Spanish)
(415) 487-3372 (Russian)
(415) 487-3373 (Chinese)
Monday – Friday (8:30AM - 4:00PM)
English, Cantonese, Mandarin, Spanish, Russian & Tagalog

Kimochi

JCCNC (Issei Memorial Hall) 1st Floor
1840 Sutter Street
San Francisco, CA 94115
Wednesdays (10:00AM - 1:00PM)
English, Cantonese & Mandarin

OMI - Catholic Charities

65 Beverly Street
San Francisco, CA 94132
Mondays (9:00AM - 12:00PM)
Friday (9:00AM - 12:00PM)
English, Cantonese, & Mandarin

30th Street Senior Center

225 30th Street 3rd Floor
San Francisco, CA 94131
Mondays (8:30AM - 2:30PM)
Wednesdays & Fridays (8:30AM - 4:00PM)
English & Spanish

Visitacion Valley Senior Center

66 Raymond Avenue
San Francisco, CA 94134
Mondays (10:00AM - 1:00PM)
English, Cantonese & Mandarin

Richmond Senior Center

6221 Geary Blvd.
San Francisco, CA 94121
Thursdays (10:00AM - 12:00PM)
English, Cantonese, Mandarin, & Russian

Lighthouse for the Blind

214 Van Ness Avenue
San Francisco, CA 94102
Wednesdays (1:30PM - 5:00PM)
English

Dr. Davis Senior Center (formerly the Bayview Hunters Point Multi Purpose Senior Services Center)

1706 Yosemite Avenue
San Francisco, CA 94124
Tuesdays (1:00PM - 5:00PM)
Wednesdays (8:30AM - 12:00PM)
Fridays (1:00PM - 5:00PM)
English

SF Senior Center-Downtown Branch

481 O'Farrell Street
San Francisco, CA 94102
Thursdays (9:00AM - 12:00PM)
English, Cantonese & Mandarin
1st Wednesday of the month (10:00AM - 3:00PM)
English & Russian

Sunset Senior Center

1290 5th Avenue and Irving
San Francisco, CA 94122
Tuesdays (10:00AM - 12:30PM)
English, Cantonese and Mandarin

Outer Sunset (PACE Learning Center)

2436 Judah Street
San Francisco, CA 94132
Mon, Tues, Wed (9:30AM - 12:30PM)
English, Cantonese, Mandarin, Russian

Janet Pomeroy Center

207 Skyline Blvd.
San Francisco, CA 94132
Tuesdays (10:30AM - 12:00PM)
English, Cantonese, Mandarin

Excelsior Senior Center

4468 Mission Street
San Francisco, CA 94110
Tuesdays (9:30AM -12:30PM)
English, Spanish
Thursdays (9:30AM -12:30PM)
English & Tagalog
Fridays (9:30AM -12:30PM)
English, Cantonese, Mandarin

Chinatown Branch Library

1135 Powell Street
San Francisco CA 94108
Wed, Thurs, Fri (1:30PM - 5:00PM)
English, Cantonese, Mandarin

Telegraph Hill Neighborhood Center

660 Lombard Street
San Francisco, CA 94133
Tuesdays (10:00AM - 1:00PM)
English, Cantonese, Mandarin

Family Service Agency of San Francisco

6221 Geary Blvd. 3rd Floor
San Francisco, CA 94121
Fridays (10:00AM - 12:00PM)
English, Cantonese, Mandarin, & Russian

Independent Living Resource Center (ILRCSF)

649 Mission Street, 3rd Floor
San Francisco, CA 94105
Tuesdays (9:30AM - 3:30PM)
English and Russian
415-543-6222

Self-Help for the Elderly

Main Location:

407 Sansome Street Room 105
San Francisco, CA 94111
Monday - Friday (9:00AM - 4:00PM)
English, Cantonese & Mandarin
415-677-7600

777 Stockton Street, Room 106
San Francisco, CA 94108
Monday - Friday (9:00AM – 4:00PM)
English, Burmese, Cantonese, Mandarin, Toishan

ABUSE

Elder or dependant 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.

Institute On Aging – Consortium for Elder Abuse Prevention
3575 Geary Blvd. S.F., CA 94118 (415) 750-4180

Ombudsman – San Francisco
6221 Geary Blvd. 2nd 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 CENTERS

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 of a sliding fee basis.

San Francisco Adult Day Services Network
(A collaborative effort of San Francisco agencies providing adult day services)
221 Main Street, Suite 300
S.F., CA 94105
(415) 808-7371

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

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

Coastside Adult Day Health

645 Correas Street
Half Moon Bay, CA 94019
(650) 726-5067

**Institute on Aging/ Ruth Ann Rosenberg
Adult Day Health Alzheimer's Center**

3575 Geary Boulevard
S.F., CA 94118
(415) 750-5330
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

Kimochi, Inc.

1531 Sutter Street
S.F., CA 94109
(415) 922-9972
Area Served: Richmond, Sunset, Western Addition

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
S.F., CA 941431
(415) 550-2230
Area Served: Noe Valley, Diamond Heights, Excelsior, Glen Park, Outer Mission

On Lok Lifeways Geary Center (Partnership with IOA)

2700 Geary Blvd.
S.F., CA 94118
(415) 447-8900
Area Served: Richmond, Sunset

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 Mission Center

4430 Mission Street

S.F., CA 94112

(415)292-2620

Area Served: Mission and Excelsior Neighborhood

On Lok Lifeways Montgomery Center

1000 Montgomery Street

S.F., CA 94133

(415) 292-8600

Area Served: North Beach Telegraph Hill, Chinatown

On Lok Lifeways Powell Center

1441 Powell Street

S.F., CA 94133

(415) 292-8650

Area Served: Chinatown, Northbeach

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

St. Mary's Adult Day Health

35 Onondaga Avenue

S.F., CA 94112

(415) 334-4000

Area Served: Ingleside, Ocean View, Merced Heights, Alemany, Cayuga, Excelsior, Outer Mission, Outer Bernal Heights, Crocker-Amazon, & Visitacion Valley

Stepping Stone - Golden Gate

350 Golden Gate Street

S.F., CA 94102

(415) 359-9210

Area Served: North Beach, Chinatown, Tenderloin, South of Market

Stepping Stone - Mabini

55 Mabini Street

S.F., CA 94107

(415) 882-7301

Area Served: North Beach, Chinatown, Tenderloin, South of Market

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: Chinatown, Tenderloin, South of Market, North Beach

Tenderloin Health

(A program for adults of all ages with HIV)

255 Golden Gate Avenue

S.F., CA 94102

(415) 437-2900

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.

211 - Information & Referral Line

(English, Spanish, Cantonese)

(415) 808-4357

Catholic Charities

San Francisco, Adult Day Support Program

50 Broad Street

S.F., CA 94112

Area Served: San Francisco County

(415) 452-3500

Community Gatepath

875 Stanton Road

Burlingame, CA 94010

(650) 259-8500

Curry Senior Center

333 Turk Street

S.F., CA 94102

Area Served: North & South of Market, Potrero Hill

(415) 885-2274

Irene Swindells Center for Adult Day Services

3698 California Street 2nd Floor

S.F., CA 94118

Area Served: San Francisco

(415) 600-2690

Janet Pomeroy Center

207 Skyline Boulevard

S.F., CA 94132

Area Served: San Francisco, San Mateo, Marin Counties

(415) 665-4100

Kimochi, Inc.

1531 Sutter Street

S.F., CA 94109

Area Served: Richmond, Sunset, Western Addition

(415) 922-9972

San Francisco Adult Day Services Network

(A collaborative effort of San Francisco agencies providing adult day services)

221 Main Street Suite 300

S.F., CA 94105

(415) 808-7371

South San Francisco Adult Day Care Center

601 Grand Avenue 2nd Floor

South San Francisco, CA 94083

(650) 829-3824

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.

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

California Alliance for Retired Americans (510) 550-0828
600 Grand Avenue Room 410
Oakland, CA 94610

Community Behavioral Health Services (415) 255-3421
1380 Howard Street 5th Floor (888) 246-3333
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 (415) 777-9635
211 Main Street Suite 480
San Francisco, CA 94105

Consumer Fraud and Environmental Protection Unit (415) 553-1814
732 Brannan St.
San Francisco, CA 94103

Consumer Rights for Community Living - (415) 703-0286
A program through Planning for Elders in the Central City TTY (415) 703-0186
965 Mission St. #550
San Francisco, CA 94103

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 605 Chenery St. San Francisco, CA 94131	(415) 469-8300
Family Caregiver Alliance 180 Montgomery St. San Francisco, CA 94104	(415) 434-3388
Gray Panthers 1182 Market St. #203 San Francisco, CA 94102	(415) 552-8800
HICAP – Health Insurance Counseling Advocacy Program 407 Sansome Street San Francisco, CA 94111	(415) 677-7520 (800) 434-0222
Homeless Advocacy Project 1360 Mission St. Rm. 201 San Francisco, CA 94103	(415) 865-9206 (800) 405-4427
Housing Rights Committee of SF 427 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
Mayors Office on Disability 401 Van Ness Ave. Suite 300 San Francisco, CA 94102	(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 – San Francisco (Long Term Care) (415) 751-9788
Family Service Agency of San Francisco Crisis Line (800) 231-4024
6221 Geary Blvd. 2nd Floor
San Francisco, CA 94121

People First! (510) 286-0439
A self-advocacy group for people with developmental disabilities.

Planning for Elders in the Central City (PECC) (415) 703-0188
965 Mission St. #550
San Francisco, CA 94103

San Francisco County Veterans Service Office (415) 503-2000
27B Van Ness Ave.
San Francisco, CA 94103

San Francisco Mental Health Clients Rights Advocates (415) 552-8100
1095 Market St. #618 (800) 729-7727
San Francisco, CA 94103

San Francisco Tenants Union (415) 282-6622
558 Capp St.
San Francisco, CA 94110

Senior Action Network (415) 546-1333
965 Mission St. #705
San Francisco, CA 94103

United Cerebral Palsy of the Golden Gate (510) 832-7430
1970 Broadway, Suite 715
Oakland, CA 94612

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)

Ed Roberts Campus
3075 Adeline Suite 260
Berkeley, CA 94703
(800) 806-1191

Hearing and Speech Center

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

Independent Living Resource Center San Francisco (ILRCSF)

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

Lighthouse or the Blind and Visually Impaired

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

Self-Help for the Elderly

407 Sansome Street
S.F. CA 94111
(415) 677-7600

*Also see the Internet Resources section for more resources on Assistive Devices.

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 CYO Aging Services (415) 406-1150
1948 Ocean Ave
S.F., CA 94112

Edgewood Center for Children & Families (415) 865-3000
For grandparents or other family members caring for minor children
101 15th Street
S.F., CA 94103

Family Caregiver Alliance (415) 434-3388
180 Montgomery St. Suite 900
S.F., CA 94104

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) 931-2294
1715 Buchanan Street
S.F., CA 94115

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

Self Help for the Elderly (415) 677-7591
407 Sansome Street
S.F., CA 94111

ALZHEIMER'S DAY CARE RESOURCE CENTERS

Catholic Charities of San Francisco Alzheimers Adult Day Services

50 Broad Street
S.F., CA 94112

(415) 452-3500

Institute on Aging Alzheimer's Day Care Resource Center

3575 Geary Blvd.
S.F., CA 94118

(415) 750-5330 ext. 371

Self-Help for the Elderly Alzheimer's Daycare Resource Center

408 22nd Avenue
S.F., CA 94121

(415) 677-7556

GENERAL CAREGIVING

Sponsored by: **Bayview Hunter's Point Adult Day Health**

1250 LA Salle Avenue
S.F., CA 94124

(415) 826-4774

Sponsored by: **Edgewood Center for Children and Families**

(For grandparents or other family members caring for minor children)

1801 Vicente Street
S.F., CA 94116

(415) 865-3000

Sponsored by: **Institute on Aging**

3575 Geary Blvd.
S.F., CA 94118

(415) 750-5330 ext. 370

When: 1st Saturday of each month, 10:30 a.m. – 12:00 p.m.

Sponsored by: **St. Mary's Adult Day Health Care Center**

35 Onondaga Ave.
S.F., CA 94112

(415) 334-4000

NON-ENGLISH SPEAKING GROUPS

Sponsored by: **Kimochi**

Location: 1715 Buchanan St.
S.F., CA 94115

(415) 674-0216

Japanese Speaking

Sponsored by: **Self-Help for the Elderly**

Location: 408 22nd Avenue
S.F., CA 94121

(415) 677-7556

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.

Bernal Heights Neighborhood Center

515 Cortland Avenue S.F., CA 94110

(415) 206-2140

Contact: Karen Garrison

Area Served: Bernal Heights/Excelsior

Canon Kip Senior Center

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

(415) 487-3780

Contact: Lolita Kintanar, Senior Center Director

Area Served: Citywide

Catholic Charities - OMI Senior Center

1948 Ocean St. S.F., CA 94127

(415) 587-1443

Contact: Logan Frederick

Area Served: Citywide

Centro Latino De San Francisco

1656 15th Street S.F., CA 94103

(415) 861-8790

Spanish Speaking

Area Served: Citywide

Community Behavioral Health Services

1380 Howard Street 5th Floor

(415) 255-3421

San Francisco, CA 94103

(888) 246-3333

Area Served: Citywide

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

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

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)

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*)

**Health at Home, Home Health Agency
S.F. Department of Public Health**

45 Onondaga St. S.F., CA 94112 (415) 452-2100

Contact: April Lax

Area Served: Citywide (For patients of the S.F. City Health Plan only)

Home Coming Service Network

481 O'Farrell St. S.F., CA 94102 (415) 923-4490

Area Served: Citywide

**Italian-American Community
Services Agency**

678 Green St. S.F., CA 94133 (415) 362-6423

Contact: Case Manager

Area Served: Citywide (Serves elderly individuals of Italian descent)

Jewish Family and Children's Services - Seniors-At-Home

2245 Post St. S.F. CA 94115 (415) 449-3777

Contact: Intake Department

Area Served: Citywide

Kimochi, Inc.

Japanese American Senior Services

1715 Buchanan St. S.F. CA 94115

(415) 931-2275

Contact: Sango Harumi

Area Served: Citywide

(Primarily serves Japanese American seniors)

La Raza Centro Legal

474 Valencia St. Suite 295 S.F. CA 94103

(415) 575-3500

Area Served: Citywide

Information and referral service. Provides bilingual and bicultural resources to service providers that can assist monolingual Spanish speakers

Linkages

Institute on Aging

3575 Geary Blvd., S.F. CA 94118

(415) 750-4150

Contact: Martha Jimenez

Area served: Citywide

(For seniors without SSI and younger disabled)

Meals on Wheels of San Francisco

1375 Fairfax Avenue, S.F. CA 94124

(415) 920-1111

Contact: Robin Meese Cruz

Area Served: Citywide

(Must be a Meals on Wheels Client)

Multipurpose Senior Services Program (MSSP)

Institute on Aging

3626 Geary Blvd., S.F. CA 94118

(415) 750-4141 Ext.305

Contact: Martha Jimenez

Area served: Citywide

Network for Elders

1555 Burke St., Suite A, S.F. CA 94124

(415) 647-5353

Contact: Karen Fishkin

Area Served: Bayview Hunter's Point

On Lok Lifeways 30th Street Senior Services (Spanish Speaking)

225 30th St. 2ND Floor S.F. CA 94131

(415) 550-2214

Contact: Herman Carrera

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

RAMS Inc.

3626 Balboa Street S.F. CA 94121

(415) 668-5955

Contact: Intake Unit

Area Served: Richmond district

San Francisco Homeless Outreach Team (HOT Team)

1060 Howard St. 3rd Floor S.F. CA 94103 (415) 865-5200
Area Served: Citywide

San Francisco Senior Center

481 O'Farrell St. S.F. CA 94102 (415) 771-7950
Contact: Kathleen Mayeda
Area Served: Citywide

Self-Help for the Elderly

407 Sansome St. S.F. CA 94111 (415) 677-7600 Ext.7593
Contact: Vivian Wong
Area Served: Citywide

St. Anthony Foundation Senior Services

350 Golden Gate Avenue S.F. CA 94102 (415) 592-2769
Contact: Intake Worker
Area Served: Tenderloin, South of Market

Veteran's Administration

4150 Clement St. S.F., CA 94121 (415) 221-4810 Ext.2044
Contact: Social Services
Area Served: Citywide (For eligible veterans and families)

PRIVATE PRACTITIONERS *(Some case managers practice privately)*

Verne Doxey, MSW

Care planning and care management (415) 921-0644

Beth MacLeod, LCSW

Caregiver consultation and psychotherapy (415) 441-4782

Gene Marchi

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

Mary Kay Stegner and Michael Mantelle

Stegner Registry (415) 775-4508
Consultation and assessment, placement

Rena Harel, RN, PHN & Associates

Geriatric Case management (415) 453-3128

Thomas A. Lucas, LCSW

Geriatric Case Management (415) 552-2042

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

Lacrouts-Fyonnaise French Laundry (415) 647-1534

3359 26th Street S.F., CA 94110

Delivery Charge: None with \$20.00 minimum

Payment: cash or check

Area served: Citywide

Sohn's French Cleaners (415) 351-2400

5 locations in San Francisco, Pick Up/Delivery Charge: None with \$40 minimum

Home Cleaning Services:

Cleanrific – Jewish Family and Children's Services

2150 Post Street

San Francisco, CA 94115

(415) 820-7230

Clutter Free Organizing Services

San Francisco Bay Area

(415) 346-3205

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 #25

Daly City, CA 94015

(650) 991-3650

COALITION OF AGENCIES SERVING THE ELDERLY

The Coalition of Agencies Serving the Elderly (CASE) has served as a 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 San Francisco, CA 94110</p>	<p>Tel: (415) 206-2140</p> <p>Fax: (415) 648-0793</p> <p>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 Street, 2nd Floor San Francisco, CA 94107</p>	<p>Tel: (415) 974-5171</p> <p>Fax: (415) 777-2904</p> <p>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 CYO</p> <p>180 Howard Street, Suite 100 San Francisco, CA 94105</p>	<p>Tel: (415) 972-1200</p> <p>Fax: (415) 972-1201</p> <p>www.cccyo.org</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>Curry Senior Center</p> <p>(North of Market Senior Services)</p> <p>333 Turk Street San Francisco, CA 94102</p>	<p>Tel: (415) 885-2274</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>Aging Solutions Inc.</p> <p>Since 1997 Terri Abelar</p>	<p>Tel: (415) 324-5088 & (877) 301-9702</p> <p>Click here to e-mail 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>Click here to e-mail 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 Fax: (650) 757-2600</p> <p>Click here to e-mail Click here to e-mail 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 (510) 644-2779 Fax: (510) 548-7501</p> <p>Click here to e-mail 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>Click here to e-mail Click here to e-mail 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>Click here to e-mail 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). Serving the SF Bay Area since 1997.</p>
<p>Counseling & Consultation to Seniors & Adult Children of Aging</p>	<p>Tel: (415) 420-5097 Fax: (415) 386-2838</p>	<p>Adult Social Day Care Alzheimers Day Care Resource Ctr. Community Services/Senior Center Case Management</p>

<p>Parents</p> <p>Maureen Samson, LCSW</p>	<p>Click here to e-mail</p>	<p>Housing In-Home Attendant Care Integrated Support Services Meal Sites</p>
<p>Reliable Caregivers</p> <p>Linda Leary</p>	<p>Tel: (415) 436-0100 Fax: (415) 346-3425</p> <p>Click here to e-mail www.reliablecaregivers.net</p>	<p>Non-medical home care – bathing and hygiene, companionship, meal preparation, medication reminders and housekeeping.</p>
<p>Reverse Mortgages Only</p> <p>Judy Schwartz</p>	<p>(650) 591-4430</p> <p>Click here to e-mail 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</p> <p>Terri Neill</p>	<p>Tel: (650) 343-5833</p> <p>Click here to e-mail 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</p> <p>Susan Steiner Saal</p>	<p>Tel: (415) 861-7433 Fax: (415) 861-7434</p> <p>Click here to e-mail 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</p> <p>Lynn Dow Melissa Lee</p>	<p>Tel: (800) 282-1163</p> <p>Click here to e-mail 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</p> <p>Nina Huebsh</p>	<p>Cell: (415) 823-3800 Phone / Fax: (415) 824-2816</p> <p>Click here to e-mail 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</p> <p>Mary K. Stegner, MA, MS Mark Mantelle</p>	<p>Tel: (415) 775-4508 (650) 365-1884 (Fax: (925) 462-3789)</p> <p>Click here to e-mail Click here to e-mail 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 to elderly clients or families.</p>

<p>Eldercare Services 605 A Chenery St. San Francisco, CA 94131</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>165-8th Street San Francisco, CA 94103</p>	<p>Tel: (415) 487-3780 Fax: (415) 487-3795</p>	<p>Case Management Community Services Daily Money Management Emergency Housings Needs Funds Exercise Programs Information and Referral Meal Site Nutrition Senior Center</p>
<p>Family Caregiver Alliance</p> <p>180 Montgomery St. Suite 1100 San Francisco, CA 94104</p>	<p>Tel: (415) 434-3388 Fax: (415) 434-3508</p> <p>Click here to e-mail www.caregiver.org</p>	<p>Adult Day Services Advocacy Foster Grandparents Mental Health Services Ombudsman — nadelbl@aol.com Senior Companions Program Senior Peer Counseling</p>
<p>Family Service Agency of S.F.</p> <p>6221 Geary Blvd. San Francisco, CA 94121</p>	<p>Tel: (415) 474-7310 Fax: (415) 447-9805</p> <p>www.fsasf.org</p>	<p>Geriatric Mental Health:</p> <ul style="list-style-type: none"> - 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>Aging Services:</p> <ul style="list-style-type: none"> - Foster Grandparents - Senior Companions - Long-term Care Ombudsman - Senior Community Service Employment Program
<p>Golden Gate Senior Services</p> <p>Richmond Senior Center 6221 Geary Blvd 3rd Floor San Francisco, CA 94121</p> <p>Castro Senior Center 100 Diamond Street San Francisco, CA 94114</p>	<p>Tel: (415) 752-6444 Fax: (415) 831-7370</p> <p>Tel: (415) 863-3507 Fax: (415) 252-7495</p> <p>www.ggsenior.org</p>	<p>Richmond Senior Center Aging and Disability Resource Center hub Aquarium Community Services Meal Site Project Integration Senior Center Social & Recreational Activities Volunteer Opportunities</p> <p>Castro Senior Center Community Services Meal Site Senior Center Social & Recreational Activities Project Integration</p>

		LGBT support groups Volunteer Opportunities
IHSS Consortium 1453 Mission St. Suite 520 San Francisco, CA 94103	Tel: (415) 255-2079 Fax: (415) 255-0679	In-Home Services Training and Placement Referral for In-Home Support Workers
IHSS Public Authority 832 Folsom St., 9th Floor San Francisco, CA 94107	Tel: (415) 243-4477 Fax: (415) 243-4407 www.sfihsppa.org	Advocacy In-Home Supportive Service Referral Registry and On-Call Program Private Pay Registry
Institute on Aging 3330 Geary Blvd., 2 nd Floor San Francisco, CA 94118	Tel: (415) 750-4111 Fax: (415) 750-4179 www.IOAging.org	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
Italian American Community Services 678 Green Street San Francisco, CA 94133	Tel: (415) 362-6423 Fax: (415) 362-3565	Case Management Financial Assistance Home Visits Information & Referrals Interpreting Social and Cultural Activities Volunteer Matching Volunteer Opportunities
Jewish Community Center — Montefiore Senior Center 3200 California Street San Francisco, CA 94129 751- 25th Avenue San Francisco, CA 94121	Tel: (415) 292-1262 JFCC Front Desk: (415) 292-1260 Fax: (415) 474-1612 www.jccsf.org	Adult Day Programs Exercise Program Congregate Meals Community Services Health Education Home Delivered Meals Information & Referral Nutrition Senior Centers

<p>Jewish Family and Children's Services</p> <p>2150 Post Street San Francisco, 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 In-Home Care Medical Transportation Seniors at Home Program</p>
<p>Lawyer Referral and Information Service (SF Bar Association)</p> <p>301 Battery Street San Francisco, CA 94111</p>	<p>Tel: (415) 782-9000 x8782 Fax: (415) 477-2389 www.sfbar.org/lawyerreferral</p>	<p>Attorney Referral Services [low-income/sliding scale?]</p>
<p>Legal Assistance to the Elderly</p> <p>995 Market Street, Suite 1400 San Francisco, CA 94103</p>	<p>Tel: (415) 538-3333 Fax: (415) 538-3316</p>	<p>Individual Advocacy Legal Services</p>
<p>LifeWell Assistive Services</p> <p>P.O. Box 16618 San Francisco, CA 94116 Lana Zotman MS, CAPS, ATACP, PM</p>	<p>Tel: (415) 517-5262 Click here to e-mail</p>	<p>Home Adaptation and Assistive Technology Solutions Provider. Aging-in-Place (CAPS) certified staff and Assistive Technology specialists are ready to assist older adults and disabled people remain independent and safe in their own homes.</p>
<p>Lighthouse for the Blind and Visually Impaired</p> <p>214 Van Ness Avenue San Francisco, 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 Street, #628 San Francisco, 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>Tel: (415) 920-1111 Fax: (415) 920-1110</p>	<p>Community Services Congregate Meals Home-Delivered Meals</p>

1375 Fairfax Avenue San Francisco, CA 94124	www.mowsf.org/	Nutrition
North California Presbyterian Homes & Services 881 Turk St. San Francisco, CA 94102	Tel: (415) 474-0334 Fax: (415) 474-1955 www.ncphs.org	Case Management Community Services Information & Referral Senior Housing Coming of Age
On Lok Senior Health Program 1333 Bush Street San Francisco, CA 94109	Tel: (415) 292-8888 Fax: (415) 292-8745 www.onlok.org	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
30th Senior Services (On Lok) 225 - 30th Street - 3rd Floor San Francisco, CA 94131	Tel: (415) 550-2210 Fax: (415) 648-3957 www.onlok.org	Active Seniors Program Case Management Citizenship Education Community Services Congregate Meals Hispanics/Latinos Programs Home-Delivered Meals Nutrition Social and Recreational Programs Wellness Programs
Openhouse 870 Market Street, Suite 458 San Francisco, CA 94102	Tel: (415) 296-8995 Fax: (415) 296-8008 www.openhouse-sf.org	Community Programs at Senior Centers Housing Referral, Information and Assistance Cultural Competency Training for Staff on LGBT Aging Issues
Planning for Elders 1370 Mission St., 3rd Floor San Francisco, CA 94103	Tel: (415) 703-0188 Fax: (415) 703-0186 www.planningforelders.com	Advocacy Computer Classes Group Advocacy Health Advocacy Senior Empowerment Program Homecare Advocacy
Project Open Hand 730 Polk Street San Francisco, CA 94109	Tel: (415) 447-2300 Fax: (415) 447-2490 www.openhand.org	Congregate Meals Nutrition Education Volunteer Opportunities

<p>Rebuilding Together San Francisco</p> <p>Pier 28, The Embarcadero San Francisco, CA 94105</p> <p>"Changing Neighborhoods Changing Lives"</p>	<p>Tel: (415) 905-1611 Fax: (415) 905-1610</p> <p>www.RebuildingTogetherSF.org</p>	<p>Volunteer Opportunities Community reinvestment Corporate volunteer opportunities</p> <p>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</p> <p>300 Anza Street San Francisco, 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>SF Adult Day Services Network</p> <p>221 Main Street, Suite 300 San Francisco, CA 94105</p>	<p>Tel: (415) 808-7371 Fax: (415) 391-8302</p> <p>www.sfadultday.org</p>	<p>Advocacy Adult Day Health Care Adult Day Health Care Enhancements Information & Referral</p>
<p>San Francisco Dept. of Aging & Adult Services In-Home Supportive Services (IHSS)</p> <p>P.O. Box 7988 San Francisco, CA 94132</p>	<p>Tel: (415) 557-5251 Fax: (415) 557-5271</p> <p>www.sfgov.org/dhs/</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 Avenue San Francisco, 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 Centers Aquatic Park</p> <p>890 Beach Street San Francisco, CA 94111</p>	<p>Tel: (415) 775-1866 Fax: (415) 775-4020</p>	<p>Adult Education Always Active - Fitness Center Congregate Meals Community Services Case Management Health Screening Homecoming Services Information and Referral</p>

<p>Downtown</p> <p>481 O'Farrell Street San Francisco, CA 94104</p>	<p>Tel: (415) 771-7950</p> <p>Fax: (415) 771-1135</p>	<p>Life-Long Learning Program Literacy/ESL Hearing Resources Medicare Information & Counseling Nutrition Social & Recreational Programs Volunteer Opportunities</p>
<p>Self-Help for the Elderly</p> <p>407 Sansome Street, San Francisco, CA 94111-3112</p>	<p>Tel: (415) 677-7600</p> <p>Fax: (415) 296-0313</p> <p>Click here to e-mail</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 Action Network</p> <p>965 Mission St. #705 San Francisco, CA 94103</p>	<p>Tel: (415) 546-1333</p> <p>Fax: (415) 546-1344</p> <p>www.sfsan.org</p>	<p>Healthcare Advocacy Pedestrian Safety & Transportation Advocacy Senior Housing Action Committee SHAC Senior University - Senior Empowerment Volunteer Opportunities</p>
<p>Senior Community Service Employment Program</p> <p>A partnership of Family Service Agency and National Council on the Aging</p> <p>870 Market Street, Suite 785 San Francisco, CA 94102</p>	<p>Tel: (415) 982-7007</p> <p>Fax: (415) 982-0528</p> <p>www.fsasf.org</p>	<p>Employment Services for Low Income Seniors</p> <p>Job Training & Job Search Programs</p> <p>Older Adult Economic Security Initiative</p>
<p>Seniors•At•Home a division of Jewish Family and Children's Services</p>	<p>Tel: (415) 449-3777</p> <p>Fax: (415) 449-3742</p>	<p>Home Care Palliative and End of Life Care Skilled Nursing Healthcare Advocacy Care Management Counseling Money Management Conservatorship</p>

<p>2245 Post Street San Francisco, CA 94115</p>	<p>Click here to e-mail www.seniorsAtHome.org</p>	<p>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]</p> <p>55 Mabini Street San Francisco, 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</p> <p>1099 Mission Street San Francisco, CA 94103</p>	<p>Tel: (415) 255-2347 Fax: (415) 255-2358 www.veteransequitycenter.org</p>	<p>Case Management Community Services</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
1010 Gough 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
407 Sansome Street S.F. CA 94111
1-800-434-0222
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
- Institute on Aging Older Adult Behavioral Screening & Response Project** (415) 750-4111
13901/2 Turk Street S.F. CA 94115
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 Senior Peer Counseling

(415) 474-7310 Ext.218

Contact: Judy Gustin

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 Senior's at Home

(415) 449-3777

Counseling for seniors on a sliding scale.

DEATH RELATED SERVICES

Department of Aging and Adult Services - Public Administrator

1650 Mission Street 5th Floor
San Francisco, CA 94103
(415) 355-3555

Department of Public Health

Office of Vital Records
101 Grove Street Room 105
San Francisco, 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 Street - North Terrace
San Francisco, CA 94103
(415) 553-1694

Grief Counseling/Support Groups:

Institute on Aging

Center for Elderly Suicide Prevention and Grief Counseling
3575 Geary Blvd.
San Francisco, CA 94118
(415) 750-4111

Jewish Family and Children's Services

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

SF Behavioral Health of Catholic Charities CYO

180 Howard Street, Suite 100
San Francisco, 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

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) 626-2380

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 - Buchannan 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) 421-1435**

Kari Hugsted, DDS (650) 716-7814

Peter Kawamura, DDS, MS (650) 594-9640

Home visit MD information

Dr. Jerome Franz

(415) 826-7575

Department of Veterans Affairs,
Home Based Primary Care

(415) 750-2045

UCSF House Call Program

(415) 514-3577

For free or low cost dental/medical services visit **freeprintshop.org**

EDUCATION

30th Street Senior Center

225 30th Street
San Francisco, CA 94131
(415) 550-2230

City College of San Francisco Older Adults Department

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

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

Osher Lifelong Learning Institute

San Francisco State
835 Market Street, 6th Floor
San Francisco, CA 94103-1901
(415) 405-7700 [press 5]

San Francisco Public Library

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

Self-Help for the Elderly

407 Sansome Street
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 letters 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</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. SF, CA 94105 Herb Levine, Executive Director (415) 543-6222 TTY: 415-543-6698 herb@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
	<p>Resources for All Ages</p>	
AGENCY	PROGRAM	RESOURCE TYPE
<p>AMERICAN RED CROSS BAY AREA 85 Second St. San Francisco, CA 94105 (415) 427-8000</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</p> <p>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</p>	<p>Neighborhood watch; business security; older adult safety</p>	<p>Community safety information www.sfsafe.org/</p>
<p>SAN FRANCISCO CARD 1675 California Street San Francisco, CA 94109 Alessa Adamo, Coordinator (415) 955-8946 ext. 230 Alessa@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 sffdnert@sfgov.org</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.

Community Life Line (415) 750-5530
St. Mary's Medical Center (800) 236-8550
450 Stanyan Street, S.F., CA 94117

Bay Area Vital Link (800) 752-5522
Emergency Life Saving System
2131 University Avenue, Suite 314
Berkeley, CA 94704
Financial Aid Available

Medic Alert (800) 432-5378
2323 Colorado Avenue
Turlock, CA 95382
www.medicalert.com

Mobile Crisis Treatment Team (MCTT) (415) 355-8300
Community Mental Health Services
Available to all senior residents - 365 Days a Year
Mon – Fri 9 a.m. – 11 p.m.
Sat – Sun, 12 noon – 8 p.m.
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

Telephone: (916) 552-9200

California Department of Rehabilitation (DOR)

(916) 324-1313

TTY: (916) 558-5807

Employment Development Department (EDD)

Job and training referrals, job search assistance and workshops.

(800) 695-0350

TTY: (916) 654-9820

Hire-Ability Employment Services

1234 Indiana Street

San Francisco, 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.

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

870 Market Street # 785

San Francisco, CA 94102

(415) 955-8560

Provides training and employment opportunities to low-income Americans over age 55.

Personal Assisted Employment Services (PAES)

1235 Mission Street

San Francisco, 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 Street

San Francisco, 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

870 Market Street, Suite 785

San Francisco, CA 94102

(415) 982-7007

Employment Services for Low Income Seniors, Job Training & Job Search Programs.

Self-Help for the Elderly

407 Sansome Street
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).

South of Market Employment Center

288 7th Street (at Folsom)
San Francisco, CA 94103
(415) 865-2105

Please contact agency to ask about their employment workshop programs.

The Arc of San Francisco

1500 Howard Street
San Francisco, 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

(415) 733-0990

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

Cash Assistance Linked to Medi-Cal (CALM)

1440 Harrison St. S.F., CA 94103

(415) 558-1978

Catholic Charities CYO

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

(415) 972-1200

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) 557-6200, Ext. 4**

Episcopal Community Services of San Francisco Canon Kip Senior Center

Emergency housing assistance (ages 60 and above)

Contact: Ken Powell

(415) 487-3356

Eviction Defense Collaborative - RadCo

Rental assistance/loans to prevent evictions.

(415) 947-0797

Family Caregiver Alliance

Respite services are available for caregivers of dementia.

(415) 434-3388

Food Stamps

In San Francisco, food stamp benefits are distributed via the Electronic Benefit Transfer (EBT) debit cards, known as the Golden State Advantage card. Food stamp EBT cards can be used to purchase any food at many San Francisco grocery stores. In addition, elderly, disabled, or homeless food stamp customers may purchase meals at various restaurants in San Francisco. EBT offers users privacy when making their food stamp benefit transactions.

San Francisco Assistance Service Center: **(415) 558-1001.**

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. See <http://ilrcsf.org/programs/index.shtml>

(415) 543-6222

TTY: 543-6698

Lutheran Care Services for Aging

Provide move in and/or back rental assistance.

Contact: Tina Haner

(415) 441-7777

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

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

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 - \$30,500. **Contact:** **(415) 648-0260**

San Francisco Family Foundation

Must be 62 years of age or older.

(415) 922-4091

Salvation Army

Provides rental assistance to those who qualify.

(415) 553-3568

San Francisco Food Bank – Supplemental Food Program

For information on how to apply, please contact HelpLink at 211 or **1-800-273-6222**.

St. Anthony's Foundation

Rental assistance for disabled or family with children under 18.

Contact: Eric Ambeau

(415) 592-2782

Swords To Plowshares

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

(415) 252-4788

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 (877) 858-7463**

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) 554-7100**

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

ElderWise (415) 752-0139
Area Served: Citywide

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

Network for Elders (415) 647-5353
Area Served: Bayview District

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
Big Apple Grocery Express 1650 Polk St., S.F., CA 94109 (415) 775-9090 Area Served: North Beach, Nob Hill, Pacific Heights, Financial District	\$75 minimum purchase; \$10 delivery charge	3pm – 6pm	Cash, VISA, MasterCard, American Express
California Market 6001 California St. S.F., CA 94121 (415) 221-7600 Area Served: Citywide	\$50 minimum purchase	Monday & Wednesdays 12-4pm	VISA, MasterCard American Express
New College Hill Market 3798 Mission St., S.F., CA 94110 (415) 824-0900 fax Area Served: Noe Valley	\$40 minimum purchase	2 times a day	Checks (After 1 st time Cash)
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 for call-in order, free if shop in store	7 days/week	Checks, All major credit cards
SPUD (415) 695-9688 Area Served: Citywide	\$33 minimum purchase for free delivery	Tues, Wed, Thurs. 9am-8pm	Visa, Master card, American Express

*If you have access to the internet, there are a number of online grocery delivery programs. **Safeway has online ordering.***

HEALTH MAINTENANCE AND PHYSICAL FITNESS

30th Street Senior Center

225 30th Street
San Francisco, CA 94131
(415) 550-2230

Castro Senior Center

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

Dance for Parkinson's (Sponsored by PDSF Network)

Twinspace Studio
2111 Mission Street
San Francisco, CA 94110
(415) 285-7377
1st Thursday of the month, 1pm-2:30pm
(\$15 is requested but no one will be turned away regardless of donation.)

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/>

Healthier Living Workshops:

Northern California Presbyterian Home and Services

April 5 - May 10, 2011

Every Tuesday 1pm - 3:30pm

Location: 711 Eddy St. @ Polk

San Francisco, CA 94109

Workshop will be conducted in English

Pre-Registration is required by:

Calling Shelly Glazer (CCSF) 415-5839

NCPHS with Jennifer Sinnott at 415-776-0114 x 230

Self Help for the Elderly

March 29 - MAY 3, 2011

Friday's 1:00 - 3:30pm

Location: Geen Mun Senior Center

777 Stockton St.

San Francisco, CA 94108

Workshop will be conducted in Chinese

Pre-Registration is required by:

Calling April Chan (415) 677-7603

San Francisco City College

April 20 - May 25, 2011

Wednesday's, 12:30 - 3:00pm

Location: Ocean View branch Library

345 Randolph St. @ Ramsell

San Francisco, CA 94132

workshop will be conducted in English

Pre-Register is required by:

Contact the Older Adults Department at City College of S.F.

Shelly Glazer: (415) 452-5839

Curry Senior Center

May 9 - June 13, 2011

Mondays, 1:00pm - 3:30pm

Location: Curry Senior Center

315 Turk St.

San Francisco, CA 94102

workshop will be conducted in Chinese

Pre-Registration is required by:

Angela Cai: (415) 292-1092

San Francisco City College

April 26 – May 31

Tuesdays, 12:30-3:00pm

Location: Jewish Community Center of San Francisco

3200 California St.

San Francisco, CA 94118

Workshop will be in English

Pre-registration is required:

Contact the Older Adults Department at City College of S.F. at

(415) 452-5839 or contacting Shelley Glazer at (415) 452-5839

Janet Pomeroy Center

207 Skyline Blvd.

San Francisco, CA 94132

(415) 665-4100

Stonestown Family YMCA

333 Eucalyptus Drive

San Francisco, CA 94132

(415) 242-7101

Taoist Tai Chi Society of the USA: SF Branch

DSG Studios

564 Monterey Blvd

Studio A: the door at far right

Harvey Milk Recreational Arts Building

50 Scott St (@Duboce Ave.)

2nd Floor Dance Room

(415) 820-1662

The San Francisco Senior Center:

Aquatic Park location

890 Beach Street

San Francisco, CA 94109

(415) 775-1866

The San Francisco Senior Center:

Downtown location

481 O'Farrell St.

San Francisco, CA 94102

415-771-7950

HEARING SERVICES

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

Audient offers free hearing aides for low income. Applications can be downloaded online at the following website: www.audientalliance.org or call **1-877-283-4368**.

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

The **Hearing and Speech Center of Northern California** offers hearing aids, if you have MediCal. Please call **(415) 921-7658** or TTY Phone: **(415) 921-8990**.
1234 Divisadero Street S.F., CA 94115

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 other services. Please call **(415) 705-0550** for information.

The agency 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 510

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

HOME MAINTENANCE AND REPAIR

For small home repairs that do not require a contractor you have several options:

Look in the Yellow Pages of the telephone book under “**Home Repairs and Maintenance.**”

Call **Rebuilding Together** at **(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 1-800-321-2752

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**

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

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

2245 Post St.
San Francisco, CA 94115
(415) 449-3777

Laguna Honda Hospice

375 Laguna Honda Blvd.
San Francisco, CA 94116
(415) 759-2327

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

1625 Vanness Ave. Suite 4A
San Francisco, CA 94109-3608
(415) 600-0460

Self Help HomeCare & Hospice

407 Sansome St.
San Francisco, CA 94111
(415) 677-7628

HOUSING RELATED SERVICES

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

Canon Kip Senior Center

Episcopal Community Services of San Francisco

705 Natoma at 8th Street

San Francisco, CA 94103

Telephone: (415) 487-3370

Monday – Friday 8:30AM – 4:00PM

English & Tagalog; Cantonese, Mandarin, Spanish & Russian on certain days and times.

You can also contact the **Department of Aging and Adult Services Information Referral and Assistance Unit** for a list of housing opportunities. (415) 355-6700.

Mayor's Office on Housing

1 South Van Ness Avenue, 5th Floor

S.F., CA 94103

(415) 701-5500

San Francisco Housing Authority

440 Turk Street

S.F., CA 94102

(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

407 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 are changing; call ahead if you can or call 311 (311 is free from any SF pay phone).

1) **Mission Neighborhood R.C.**, 165 CAPP (bet. 16th & 17th Sts.), 869-7977, MTuW
7am-12pm, 2-8pm; Sat 7am-12pm English, Spanish.

2) **Bayview Hunters Point R.C.**, 2111 JENNINGS (at VanDyke), 671-1100, daily 7am-9am, 7pm-10pm English, Spanish.

3) **Glide Walk-In Center**, 330 ELLIS ST., (at Taylor), 674-6012, daily 7-11am, 5pm-9pm.
English & Spanish.

4) **Multi-Service Center**, 525 5TH ST. (at Bryant), 597-7960, daily 10am, 5-9pm. 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).861-8688 (Mondays 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.). 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. Call 751-0880 (24 hrs) or 1-877-751-0880 (24 hrs & toll free) for shelter. New guests M-F only, except in emergencies. 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, 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. 442-5134 or toll free 1-888-811-7233 (M–F 9am-noon, M,W,F 1-5pm). 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 (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 (bet. San Jose & Plymouth). 586-3449 (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 3 weeks. Be clean & sober, with proof of negative TB & HIV status, & 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 9:45 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 20 nights per year of emergency shelter; show up at 9:45 pm each night for lottery. English, Spanish.

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

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.	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.	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.
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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 or the Office of Privacy Protection, 866-785-9663 or visit www.privacy.ca.gov.

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 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)

Global Payments Inc: 877-215-8117	SCAN: 866-707-9884, 800-262-7771
Chexsystems: 800-513-7125	TeleCheck: 800-710-9898
CrossCheck Inc.: 707-586-0551, 800-311-9920	Certigy: 800-437-5120

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: 415-778-5800, <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.

Utilities & Phone Service: 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, including links to many other government agencies, contact the CDSA Office of Privacy Protection, tel. 800-952-5210, www.privacy.ca.gov. They provide downloadable forms in several different languages.

Other Consumer websites which offer information: www.privacyrights.org and 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 Street
San Francisco, CA 94103
(415) 567-6255

Asian Law Caucus

55 Columbus Street
San Francisco, CA 94111
(415) 896-1701

CARECEN

3101 Mission Street
San Francisco, CA 94110
(415) 824-2330

Centro Latino de San Francisco

1656 15th Street
San Francisco, CA 94103
(415) 861-8761

International Institute of San Francisco

657 Mission Street Suite 500
San Francisco, CA 94105
(415) 538-8110

Jewish Family and Children's Services

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

La Raza Centro Legal

474 Valencia Street
San Francisco, CA 94103
(415) 575-3500

Self Help for the Elderly

407 Sansome Street
San Francisco, CA 94111
(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 **(415) 243-9999** 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 \$250- 280/day	San Francisco, San Mateo, East Bay	Yes	Please call
Ahau Home Care Agency (650) 866-3157	LVN, HHA, Certified Nurses Aides, Caregivers	Yes \$150 - \$200/day	San Francisco, Alameda, Contra- Costa, San Mateo, Santa Clara	Yes	Direct pay to agency
Arcadia Health Care (415) 255-2880	RN, CHHA, CNA, OT, PT, ST, Homemaker, Respite care, Bathing, Dressing, Meal preparation, Light housekeeping	Yes \$300/day Hourly: \$26, 4 hr. min. Home Visit: \$57, 1.5 hrs	San Francisco Bay Area	Yes	Medicare, Medi-Cal, Private Insurance Please call for special rates.
Asian American Home Care (415) 434-0138	RN, CHHA, LVN, MSW, OT, PT, ST, IV therapist	No	San Francisco Bay Area	Yes	Medicare, Medi-cal, Private Insurance, Private Pay
Aunt Ann's Agency (415) 974-3530	CHHA, CNA, homemaker, respite care, cook, driver	Yes \$300- 350/day 2 hr. service, \$60	San Francisco, Pacifica, Daly City, South San Francisco	Yes	Private pay 4-8 hr shifts: \$24-28/hr.
Care Giver Staffing (415) 397-2727	CNA, Respite Care, Bathing, Dressing, Meal Prep, Laundry, Medication reminders	Yes \$260/day \$23.00/hr	San Francisco	Yes	Private pay
Care Resource (650) 301-3270	Homemaker, Respite care, Personal care, Bathing service, Escorting	Yes \$235 & up/ day	San Francisco, San Mateo	Yes	Private Pay \$23.50/hr, 4 hour min. Home Visit: \$55/1.5 Hrs

Name, Phone	Services	Live-In	Area Served	Bonded & Insured	Payment & Rates
Care For Seniors (415) 664-9991	Companion-ship Personal care, Meal Preparation Light house- Keeping	Yes \$280- \$350/day Hourly: \$22 & up	San Francisco, San Mateo County, Santa Clara County	Yes	Private Pay
Caring Hands/Manos Carinosas (415)-626-2128	Homemaker, House cleaning, Home health care	Please call agency.	San Francisco, South San Francisco, East Bay	No	Direct Pay \$13-15/hr. \$20/hr for heavy house cleaning, 3 hr. minimum.
Choice Care Home Referral Services (415) 665-2010	Personal care, Medication reminders, Meal preparations, Errands, Light shopping, housekeeping	Yes \$240/day Visits (rise and shine or tuck-in) \$60/ 1.5Hrs	San Francisco	Yes	Private pay \$24/hr, 4 hr. minimum. Call for detailed rates
Compassionate Community Care (415) 921-5038	Bathing, dressing, grooming, Homemaker, house keeping, laundry, meal Preparation, medication Reminder, companionship Call for other services	Yes 24 hour Live-in rate: \$300/day Hourly: \$24- \$27	San Francisco, Daly City, South San Francisco, San Mateo	Yes	Private pay
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 \$11.54/hr
Home Coming Network (415) 923-4488	Agency provides linkages wih citywide agencies to provide 2wks of free attendant care in the home.	Call Agency	San Francisco	Please Call	Please Call

Name, Phone	Services	Live-In	Area Served	Bonded & Insured	Payment & Rates
Home Instead Senior Care (415) 333-3944 1 (866) 988-9887	Homemaker, Companion, Errands, Transportation, Light house keeping, Preparing meals, Personal care	Yes \$250-\$300/day	Bay Area	Yes	DIRECT PAY \$23-27/hr 4 hr Min.
Home Sweet Homecare (415) 776-7337 (800) 286 2774	CHHA, CNA, Homemaker, Companion, Escorting, Exercise assistance, Hospice service	Yes Please call for rates	San Francisco, Bay Area, Redwood City	Yes	Direct pay for referrals only. Private Pay-Call for rates 4 hrs/day, 3 day a week Min.
IHSS Consortium (415) 255-2079	Homemaker, Home care provider	No	San Francisco IHSS consumers	Yes	Dept. of Social Services
IHSS Public Authority (415) 243-4477	Homemaker	Yes	San Francisco, IHSS consumers	No	Dept. of Social Services, Individual Consumers
Interim Health Care (415) 447-7336	CHHA, CNA, Homemaker, Companion	Yes \$300 per day & up	San Francisco, Bay Area	Yes	Private Insurance, Private Pay \$22/hr & up, 4 hr. minimum
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	Direct Pay \$12-\$15/hr
Network for Elders (415) 647-5353	Homemaker, Respite Care, Transportation	No	Sam Francisco	No	\$10.00/hr
Nightingale Nursing Home Care (510) 482-2600	Bathing, Meal Prep, Light House keeping, Grocery Shopping	Call for Rates	San Francisco, Bay Area	Yes	Please call for rates

Name, Phone	Services	Live-In	Area Served	Bonded & Insured	Payment & Rates
Providence Care (415) 359-9700	Coordinate Medical Appts. Transportation, Escorting, Complex and Hospice Care, Alzheimer's Care	Yes \$240/day	San Francisco	Yes	Private Pay, Long Term Care Insurance \$20/hr, 4 hour min.
Self-Help for the Elderly Emergency In-Home Support Service (415) 677-7595	CHHA, Homemaker, Cooking, Shopping Age 60+ low income clients only	No	San Francisco	No	Free 4 times per year for 3 hours. 1 free deep cleaning per year (eviction prevention)
Self-Help for the Elderly Employment Training & Economic Development (415) 677-7600	CHHA, Homemaker, Home Health Aide	Yes Please call for rates	San Francisco, San Mateo County	Yes	Direct Pay for referrals only. Call for hourly rates.
Seniors At Home – Jewish Family and Children's Services (415) 449-3777	Homemaker, Personal attendant, Bill paying, Eldercare, Companion, Conservatorship, Skilled Nursing services.	Yes Direct Pay \$320/day Nurse Visit: \$150/visit Sliding Scale	San Francisco, Bay Area, North & South Peninsula, Marin County	Yes	\$23-\$26/Hr. Two hour shift available for \$60
Sutter VNA and Hospice Intake: (415) 600-0444	RN, CHHA, MSW, OT, PT, ST, RD, Hospice services, Infusion therapy	No	San Francisco, Northern, Pacifica, South San Francisco	Yes	Medicare, Medi-Cal, Private Insurance, Private Pay (MD referral only)

Name, Phone	Services	Live-In	Area Served	Bonded & Insured	Payment & Rates
Tender Loving Care (650) 652-9128	RN, CHHA, LVN, MSW, OT, PT, ST	No	San Francisco, Bay Area, San Mateo, Marin	Yes	Medi-Cal with Medicare
THRIVE Support Services Inc. (510) 292-5056	Homemaker health care, light housekeeping and meal prep.	Yes	San Francisco, San Mateo	Please Call	Sliding Scale Fee
UCSF- Home Healthcare (415) 353-3100	RN, CHHA, MSW, OT, PT, ST, Nutrition	No	San Francisco, Bay Area	Insured not bonded	Medi-Cal, Medicare
VA In-Home Respite Program (Veterans) Contact: Jane Price (415) 221-4810	H/HHA Services	No	San Francisco, San Mateo	Yes	May require co-payment for in-home respite program. The H/HHA Program is free with a long wait-list.

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) 759-2327

Contact: Ilma Batres

Respite Services 8 weeks per year.

Medi-cal

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.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

Computer Technology Network:

Computer Training
www.ctnbayarea.org
www.ccsf.edu
www.senior-surf.org

Department of Aging and Adult Services website:

www.sfgov.org/daas

Disability Rights California:

disabilityrightsca.org

Email:

www.mail.yahoo.com
www.hotmail.com
www.mail.google.com

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

Information for Caregivers:

www.caregiving.org

Job Search:

www.craigslist.com
www.yahoo.com
www.monster.com

LGBT:

Deaf Queer Resource Center: www.deafqueer.org
Gay Civil Unions: www.gay-civil-unions.com
Gay Parent magazine online: www.gayparentmag.com
LGBT Community Resource Center: www.stanford.edu/group/QR
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

Network of Support for Community Living:

Network of Support for Community Living is a comprehensive, internet based community resource for people with disabilities of all ages and seniors, as well as their caregivers and service providers. This easy to use website provides an extensive directory to put people in touch with the right services at the right time. It also offers vital information about chronic illnesses, diseases, assistive devices and caregiving, as well as daily news from around the world concerning aging and disabilities. This unique, one stop information tool enables you to keep personal records, create an online family meeting place, and communicate directly with elected officials. www.networkofsupport.org

News:

www.sfgate.com

www.msnbc.com

www.news.google.com

Online Communities:

www.aarp.com

www.facebook.com

www.linkedin.com

www.sfcommunityliving.tyze.com

www.sfcommunityliving.org

Physical Fitness:

www.aarp.com

www.seniorfitness.net

www.seniors-site.com

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.dogpile.com

Seniors & Persons with Disabilities:

www.networkofsupport.com

www.sfgov.org/DAAS

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.handsonsvs.com
www.beyondthewordsinc.com
handshired@aol.com

Spirituality and Aging:

www.asaging.org
www.ioaging.org
www.ncoa.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.com (Bay Area Association of Disabled Sailors)

Wheelchair Repair & Rental:

www.downtownmedical.com
www.wheelchairstech.com
www.rehabspecialists.com
www.scootaround.com

LEGAL ASSISTANCE

American Association of Retired Persons (AARP) 1-888-687-2277
Call for information on your local chapter

Asian Law Caucus (415) 896-1701
55 Columbus Avenue
S.F., CA 94111

Asian Pacific Islander Legal Outreach (415) 567-6255
1188 Franklin Street suite 202
S.F., CA 94109

Bay Area Legal Aid (415) 982-1300
1035 Market Street 6th Floor
S.F., CA 94103

Catholic Charities CYO (415) 972-1313
180 Howard Street Suite 310
S.F., CA 94105

Central American Resource Center (CARECEN) (415) 642-4400
1245 Alabama Street
S.F., CA 94110

Eviction Defense Collaborative (415) 947-0797
995 Market Street
S.F., CA 94103

Fair Housing Enforcement (415) 252-2505
25 Van Ness Ave. 3rd Floor
S.F., CA 94102

International Institute of the Bay Area (415) 538-8110
657 Mission Street, Suite 500
S.F., CA 94105

La Raza Centro Legal (415) 575-3500
474 Valencia Street Suite 295
S.F., CA 94103

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

Legal Assistance to the Elderly

995 Market Street Suite 1400
S.F., CA 94103

(415) 538-3333

Public Guardian – Dept. of Aging and Adult Services

1650 Mission Street 5th Floor
S.F., CA 94103

(415) 355-3555

Swords to Plowshares

1060 Howard Street
S.F., CA 94103

(415) 252-4788

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
San Francisco, CA 94131
(415) 550-2230

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) 487-3370

Catholic Charities CYO

180 Howard Street Suite 100
San Francisco, CA 94105
(415) 972-1200

Children of Lesbians and Gays Everywhere

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

Coming Home

825 Van Ness Avenue #604
San Francisco, CA 94109
(415) 474-2250

Communities United Against Violence

160 14th Street
San Francisco, CA 94103
(415) 777-5500

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

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

Openhouse

870 Market Street #458
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) 821-9850

San Francisco AIDS Foundation

995 Market St Ste 200
San Francisco, CA 94103
(415) 487-3000

The Center

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

LIBRARY SERVICES

For information on branches that have wheelchair access please call:
(415) 557-4400

- To use the free Blind and Low Vision Handicapped Library, request an application by calling **(415) 557-4253**. Have your doctor fill it out and send it to the Blind and Print Handicapped Library, 100 Larkin Street, S.F.,CA 94102. Once your application is on file with the library you can order books on tape and they will be sent to you.
- Free video tapes for the hearing impaired are available at the Main Library, and tapes can be picked up by a person who has library card and a valid driver's license or California I.D. card. Two tapes can be borrowed at one time and are loaned for two days. For further information, please call: **(415) 557-4400**
- The TTY phone number is: **(415) 557-4433**
- Library on Wheels is the San Francisco Public Library's mobile branch. Weekly or monthly service stops are made to senior housing sites, hotels, and senior centers in San Francisco. Please call for the schedule. **(415) 557-4400**

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 Assistance & Referral

(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.

Centro Latino de San Francisco

(415) 861-8758

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

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

Home on the Range

(415) 333-1787

(Serves the Bay Area, call for monthly menu)

Jewish Family and Children's Services

(415) 449-3824

Provides Kosher meals, delivery 5 days a week.

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

Kimochi, Inc.

(415) 931-2294

Provides Japanese meals, delivery 5 days a week.

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

Meals on Wheels of San Francisco

(415) 920-1111

Provides American Western style meals and modified diets, delivery 7 days a week.

(Serves Seniors Citywide)

On Lok Lifeways 30th Street Senior Center

(415) 550-2210

Delivery 6 days a week, including holidays

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

Project Open Hand

(415) 447-2300 or (800) 551-6325

(Serves Citywide, provides meals for persons living with AIDS)

Russian American Community Services

(415) 387-5336

Provides Russian Meals, delivery 6 days a week.

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

Self-Help for the Elderly

(415) 677-7600

Provides Chinese meals, delivery 5 days a week.

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

The Salvation Army – Meals That Heal

(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

(415) 921-7805

Provides American/Southern style meals.

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

Other Ideas

There are also some restaurants that deliver citywide or within certain areas. Many offer a wide variety of items on their menus. Check the yellow pages for restaurants that deliver.

If you would like to find a restaurant that delivers to your home, log onto:

www.grubhub.com

Waiters on Wheels (415) 452-6600

Delivers meals from over 100 restaurants. Call for a Restaurant Guide, and for delivery charge information. Accepts Cash, VISA, MasterCard, American Express.

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
Glide Foundation/United Methodist Church	330 Ellis Street	(415) 674-6000	94102
KROC Center *	240 Turk Street	(415) 345-3400	94102
Lighthouse for the Blind & Visually Impaired	214 Van Ness Ave.	(415) 431-1481	94102
Mother's Kitchen *	7 Octavia Street	(415) 641-7457	94102
SF Rescue Mission*	140 Turk St.	(415) 441-1628	94102
Downtown Branch – SF Senior Center	481 O'Farrell St.	(415) 771-7950	94102
South East Asian Senior Meal Program **	315 Turk St.	(415) 920-1357	94102
St. Anthony Dining Room *	45 Jones Street	(415) 241-2600	94102
St. Francis Living Room Foundation	350 Golden Gate Ave.	(415) 592-2872	94102
Alexis Apartments **	390 Clementina St.	(415) 495-9541	94103
Canon Kip Senior Center **	705 Natoma St.	(415) 982-9171	94103
Centro Latino de San Francisco	1656 - 15th St.	(415) 861-8758	94103
City Team Ministries *	164 - 6th Street	(415) 861-8688	94103
Francis of Assisi Community (R) **	145 Guerrero St.	(415) 861-5790	94103
Martin de Porres House of Hospitality *	225 Potrero Street	(415) 552-0240	94103
SOMA Gene Friend Recreation Center **	270 – 6th Street	(415) 554-9532	94103
Wolf House (R)	801 Howard St.	(415) 495-0931	94103
Asian American Yerba Buena Corps *	360 - Fourth Street	(415) 777-2677	94107
Mendelsohn House **	737 Folsom St.	(415) 243-9018	94107
Potrero Hill Neighborhood House (R) **	953 DeHaro St.	(415) 826-8080	94107
Silver Crest *	133 Shipley Street	(415) 777-2677	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) 923-4483	94109
Bernal Heights Neighborhood Center	515 Cortland Ave.	(415) 206-2142	94110
Mission Corps *	1156 Valencia Street	(415) 648-0260	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	94114
Noe Valley Ministry**	1021 Sanchez St.	(415) 648-1030	94114
Hamilton Senior Center (R)	1900 Geary Blvd.	(415) 346-1200	94115
Jones Memorial United Methodist Church *	1975 Post Street	(415) 921-7653	94115
Kimochi Inc.	1715 Buchanan St.	(415) 931-2294	94115
Third Baptist Church *	1399 McAllister	(415) 346-4426	94115

Western Addition Senior Center Citizens Service Center**	1390 -1/2 Turk St.	(415) 921-7805	94115
South Sunset Senior Center **	2601 - 40th Ave.	(415) 566-2845	94116
All Saints' Episcopal Church *	1350 Waller St.	(415) 621-1862	94117
Jewish Community Center of S.F.	3200 California St.	(415) 292-1260	94118
Russian American Comm. 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., 3rd Floor	(415) 752-6444	94121
Calvary United Methodist Church *	1400 Judah	(415) 566-3704	94122
Sunset Senior Center (R)	1290 – 5th Ave.	(415) 759-9507	94122
Bayview Hunters Point Sr Center (R) **	1706 Yosemite St.	(415) 822-1444	94124
Hunter's View Community Center	125 West Point Road	(415) 826-4774	94124
United Council of Human Services*	2111 Jennings	(415) 671-1100	94124
OMI Senior Center	1111 Junipero Serra Blvd.	(415) 334-5550	94127
30th Street Senior Service	225 - 30th St.	(415) 550-2210	94131
Stonestown YMCA	3150 - 20th Avenue.	(415) 252-7118	94132
Lady Shaw Senior Center (R) **	1483 Mason St.	(415) 677-7581	94133
St. Peter & Paul Catholic Church*	666 Filbert Street	(415) 421-0809	94133
Telegraph Hill Neighborhood Center (R) **	660 Lombard Street	(415) 421-6443	94133
John King Senior Center *	500 Raymond Ave.	(415) 337-6533	94134
Samoan Community Development Center	2055 Sunnysdale Ave, #100	(415) 841-1086	94134
Visitation Valley Comm. Center **	66 Raymond Ave.	(415) 987-9915	94134

Notes:

* Indicate sites not funded by S.F. Dept. of Aging & Adult Services, Office on the Aging (OOA).

Sites without * are OOA-funded for seniors (60+). Suggested donation requested, but no one turned away regardless of donation.

** OOA-funded sites that also serve adults with disabilities.

R = reservation highly recommended at this site.

This list only includes sites that are open to the public. Also, sites that are listed on the S.F. Free Eats Chart which open once a month are not listed here. For complete list of sites on the S.F. Free Eats Chart, download document from: <http://freeprintshop.org>

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

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

Golden Years Medical Supply

(415) 333-0746

1415 Ocean Avenue
San Francisco, CA 94112
Area served: Citywide, 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

Royal Medical Supply
1024 Mission St.
San Francisco, CA 94103
Area served: Citywide

(415) 346-2925

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.

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 Geriatric 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+.

Mental Health Association of San Francisco

(415) 421-2926

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

Mobile Assistance Patrol

(415) 431-7400 (24hr hotline)

Offers transportation to and from detox or shelter. Offers street-based assessment and referral.

Mobile Crisis Treatment Team (CBHS)

(415) 355-8300

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.

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

American Association of Retired Persons (AARP)

Contact: Jay Egger, Money Management Program:

(415) 826-4774 x1005

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

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.

Episcopal Community Services

Canon Kip Senior Center

(415) 487-3780

Marchi & Smith

Gene Marchi

(415) 383-9777

Golden Gate Regional Center

(415) 546-9222

Provides payee services for developmentally disabled individuals.

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.

St. Anthony Foundation

(415) 241-2655

Provides payee services to disabled adults for 60 and above.

Swords to Plowshares

(415) 252-4788

Provides payee services for Veterans only.

Walden House

(415) 934-3444

Provides payee services for disabled adults and kids.

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

Cable Car Notary Specialists

Monday – Friday
(415) 398-7848

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) 750-4140

PET SERVICES

The San Francisco Society for the Prevention of Cruelty to Animals (S.F., SPCA) offers a variety of programs for seniors and homebound. Call **(415) 554-3000** for information. (www.sfspca.org)

1. **Pets for Elderly People:** Offers at no cost: adoption; spraying or neutering and initial vaccinations; medical care and grooming for one year; a starter kit of basic pet supplies; behavioral consultation by phone and other services.
2. **Pet-A-Care:** Provides a comprehensive, nominal cost pet health care plan. If you are 65 or older and have a low income you are eligible for this plan of basic veterinary care.
3. **The Sido Service:** Provides the guarantee of a loving home for your pet in the event of your death. They provide free medical care for your pet in its new home and will periodically check in with the new owners. This is a free service to S.F., SPCA members.
4. **Charitable Chow:** Offers free pet food for the homebound with pets.
5. **Hearing Dog Program:** Trains dog to help the hearing impaired to become aware of the doorbell or telephone.
6. **Friends of Friends:** Volunteers visit homebound seniors and help with pet care such as nail trimming, delivering supplies, litter box, cleaning and brushing animals.

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
ACE Pharmacy 2505 Noriega Ave (at 32 nd Ave) S.F., CA 94122 (415) 731-3535 Area Served: Citywide	No	Cash, Checks, Medi-Cal, Insurance, Credit Cards	4 times/day 6 days/week 10:30am-4:30pm
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

Pharmacies cont'd

Name/Address Phone/Area Served	Delivery Charge	Type of Payment	Delivery Schedule
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 S.F., CA 94102 (415) 392-4137 Area Served: Citywide	\$7.50 No charge with a minimum order of 2 prescriptions.	Cash, Medi-Cal, Insurance, Credit Cards, No Checks on first delivery	Mon -Fri 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 (415) 392-5626 Area Served: Citywide	Cash only for home visits
Maureen Lee, DPM 1480 Sutter Street, Ground Floor S.F., CA 94109 (415) 567-3136 Area served: Please Call	Cash, Checks, Medicare
Sharon Hosaka, DPM 369 Pine Street, Suite 103 S.F., CA 94104 (415) 421-3630 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
(415) 558-5900

Chinatown North Beach Mental Health Services

San Francisco County
(415) 352-2050

Family Service Agency Geriatric Services West

San Francisco Districts of Ocean View, Merced Heights, Ingleside, Richmond and Sunset
(415) 386-6600

Family Service Agency Geriatric Services

Western Addition, Central City, Downtown
(415) 474-7310

Institute on Aging

San Francisco County
(415) 750-4111

Southeast Mission Geriatric Services

Mission, Bayview, Oceanview, Merced Heights, Ingleside
(415) 337-4722

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: (650) 266-8800

Ombudsman: (415) 751-9788

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

AgeSong at Hayes Valley and Laguna Grove

(415) 318-8670

601-624 Laguna

S.F., CA 94102

\$4600/month and up

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

Angela's Rest Home

(650) 992-1690

1816 Louvaine Drive

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)

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
(415) 826-8586
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)

Coventry Park
(415) 921-1552
1550 Sutter St.
S.F., CA 94109
\$2,700/month & up
(Dementia, Hospice, Non-ambulatory)

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

Eden Villa
(415) 346-0246
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
(415) 387-0848
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
(415) 566-4527
Manager: Julie (415) 264-4130
1363 5th Ave
S.F., CA 94122
\$2000/month & up
(Behavioral Health, Non-Ambulatory)

Kimochi Home
(415) 922-9972
Contact: Linda Chan
1531 Sutter St.
S.F., CA 94109
\$2,730/month & up

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

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

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

Nacario's Board and Care Home
(415) 751-6429
Contact: Peachie Nacario
723 35th Ave.
S.F., CA 94121
\$3000/month & up
(Dementia, Non-ambulatory)

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

Parks Rest Home for the Aged
(415) 752-5040
Contact: Song Park
576 12th Ave.
S.F., CA 94118
\$1800-\$2000/month
(Dementia, SSI)

Parkside Board and Care
(415) 810-1754 or (415) 681-5371
Contact: Grace Bondoc
2360 33rd Ave
S.F., CA 94116
\$2200/month & up
(Ambulatory, SSI plus supplement)

Providence Place
(415) 359-9700
2456 Geary Blvd.
S.F., CA 94115
Call for Rates
(Dementia, Hospice, Non-ambulatory)

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

Stemberga Retirement Home
(415) 642-1362
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
(415) 921-7550
1444 McAllister Street
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
(415) 934-1622
Contact: Joni Wu
654 Grove St.
S.F., CA 94102
(Dementia)

Belen Residential Care Home
(415) 621-8505
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)

Ellis Board and Care
(415) 239-5477
Contact: Sandy Ellis after 6pm
219 Holloway Avenue
S.F., CA 94112
(BH, 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)

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

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

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

Kennedy's Manor
(415) 346-0342 or (415) 298-8444
Contact: Venezuela Kennedy
181 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
(415) 681-1550
Contact: Domingo/Carmen Palarca
1241 26th Ave.
S.F., CA 94122
(BH, Non-amb.)

Palarca Rest Home
(415) 665-6484
Contact: Domingo/Carmen Palarca
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.)

Seventh Avenue Rest Home
(415) 661-1645
Contact: James Robinson
1266 7th Ave.
S.F., CA 94122
(Dementia, DD, MH)

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

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)

University Mound Ladies Home
(415) 239-6696
Contact: David Hahklotubbe
350 University St.
S.F., CA 94134
(Dementia, Non-amb.)

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.

Golden Gate Disposal & Recycling Services

(415) 626-4000

Jaco Environmental

(800) 741-0172

Operates refrigerator/freezer, washing/drying machine, stove, Recycling

Rebate Program (Rebate pickup) with PG&E

Log onto: <http://www.jacoinc.net/rebate.aspx>

Rancho Grande Appliances

(415) 641-5139

Will pick up used appliances and recycle them.

S.F. Recycling Hotline

(415) 554-3409

Sunset Scavengers Bulk Pickup

(415) 330-1300

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

SENIOR CENTERS

Agency/Site Name	Address	City	State	ZipCode	Tel Number
Alexis Apartments	390 Clementina Street	SF	CA	94103	415-495-9541
Bayview Hunters Point Multipurpose Senior Services, Inc.	1706 Yosemite	SF	CA	94124	415-822-1444
Bernal Heights Neighborhood Center	515 Cortland Avenue	SF	CA	94110	415-206-2140
Canon Kip Senior Center	705 Natoma Street	SF	CA	94103	415-487-3780
Centro Latino de San Francisco: SOMA Gene Friend Recreation Center	270 6 th Street	SF	CA	94103	415-554-9532
Curry Senior Center	333 Turk Street	SF	CA	94102	415-885-2274
Francis of Assisi Community	145 Guerrero Street	SF	CA	94103	415-861-5790
Glide Foundation/United Methodist Church	330 Ellis Street	SF	CA	94102	415-674-6041
Golden Gate Senior Services: Castro Senior Center	110 Diamond Street	S	CA	94127	415-863-3507
Golden Gate Senior Services: Richmond Senior Center	6221 Geary Boulevard	SF	CA	94121	415-752-6444
Hamilton Senior Center	1900 Geary Boulevard	SF	CA	94115	415-931-2287
Jackie Chan Senior Center	5757 Geary Boulevard	SF	CA	94121	415-677-7571
Jewish Community Center of San Francisco: Montefiore Senior Center	3200 California Street	SF	CA	94118	415-292-1262
John King Senior Center	500 Raymond Avenue	SF	CA	94134	415-337-6533
Kimochi Senior Center	1840 Sutter Street	SF	CA	94115	415-292-2008
Korean Senior Center	1362 Post Street	SF	CA	94109	415-441-1881
Lighthouse for the Blind & Visually Impaired	214 Van Ness Avenue	SF	CA	94102	415-431-1481
Meals on Wheels of San Francisco: Dorwin Jones Senior Center	1668 Bush Street	SF	CA	94109	415-292-2476
Mission Neighborhood Center: Capp Street Senior Center	362 Capp Street	SF	CA	94110	415-206-7750
Mission Neighborhood Center: Excelsior Senior Center	4752 Mission Street	SF	CA	94112	415-239-1029
Mission YMCA	4080 Mission Street	SF	CA	94112	415-586-3030
Noe Valley Senior Center	1021 Sanchez Street	SF	CA	94114	415-648-1030
On Lok Lifeways: 30th Street Senior Center	225 30th Street	SF	CA	94131	415-550-2210
Potrero Hill Neighborhood House	953 DeHaro Street	SF	CA	94107	415-826-8080
Russian American Community Services	300 Anza Street	SF	CA	94118	415-387-5336
Samoan Community Development Center	2055 Sunnysdale Avenue	SF	CA	94134	415-841-1086
San Francisco Senior Center: Aquatic Park Branch	890 Beach Street	SF	CA	94109	415-775-1866
San Francisco Senior Center: Downtown Branch	481 O'Farrell Street	SF	CA	94102	415-771-7950
Self Help for the Elderly: Fun & Fit Total Wellness	779 Kearney Street (Portsmouth Square)	SF	CA	94108	415-773-1869

Self Help for the Elderly: Lady Shaw Senior Center	1483 Mason Street	SF	CA	94133	415-677-7581
Self Help for the Elderly: Manilatown Senior Center	848 Kearny Street	SF	CA	94108	415-398-3250
Self Help for the Elderly: Mendelsohn House	737 Folsom Street	SF	CA	94107	415-243-9018
Self Help for the Elderly: On Low Wui Senior Center/ Geen Mun Senior Center	777 Stockton Street	SF	CA	94108	415-391-3843
Self Help for the Elderly: South East Asian Senior Meal Program	315 Turk Street	SF	CA	94102	415-920-1357
Self Help for the Elderly: South Sunset Senior Center	2601 40th Avenue	SF	CA	94116	415-566-2845
Self Help for the Elderly: Visitacion Valley Senior Center	66 Raymond Avenue	SF	CA	94134	415-467-3075
Self Help for the Elderly: Woolf House	801 Howard Street	SF	CA	94103	415-495-0931
Southwest Community Corporation: T. Bookman Community Center	446 Randolph Street	SF	CA	94132	415-586-8020
Stonestown YMCA	3150 20th Avenue.	SF	CA	94132	415-242-7118
St. Francis Living Room	350 Golden Gate Avenue	SF	CA	94102	415-621-3279
Sunset Senior Center	1290 5th Avenue	SF	CA	94122	415-759-9507
Telegraph Hill Neighborhood Center	660 Lombard Street	SF	CA	94133	415-421-6443
Veterans Equity Center	1010 Mission Street	SF	CA	94103	415-255-2347
Vietnamese Elderly Mutual Assist. Assoc.	910 Larkin Street	SF	CA	94109	415-923-0778
Western Addition Senior Center Citizens Service Center	1390 -1/2 Turk Street	SF	CA	94115	415-921-7805

SIGHT/LOW VISION

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.

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

Kim M. Lee, OD

5372 Mission Street

S.F. CA 94112

(415) 452-8320

Norman H. Wong, OD

5196 Mission Street

S.F. CA 94112

(415) 587-3937

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.com.

SUPPORT GROUPS

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

Grief: www.ioaging.org

Hearing/Speech: www.hearingspeech.org

Heart Disease: www.supportpath.com

LGBT caregivers: www.caregiver.org

Mental Illness: www.nami.org

Narcotics: www.norcalna.org

Parkinson Association: www.parkinson.org

San Francisco Aids Foundation: www.sfaf.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 **(800) 868-4171**

State of California – State Controller’s Office **(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

Area Served: Citywide

Episcopal Community Services of San Francisco (415) 487-3780

Canon Kip Senior Center

Area Served: Citywide

Family Service Agency (415) 386-6600

Area Served: Richmond, Sunset

Italian-American Community Services (415) 362-6423

Area Served: Citywide

Jewish Family and Children's Services (415) 449-3777

Area Served: Citywide

Network for Elders (415) 647-5353

Area Served: Bayview District

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

1-800-227-2345

Cancer patients only for radiation treatment/chemotherapy, needs referral from medical team.

Lighthouse for the Blind and Visually Impaired

(415) 431-1481

Taxi vouchers to medical appointments for low income and disabled.

Little Brother's – Friends of the Elderly

(415) 771-7957

Senior Escort Program

Medsam: (415) 561-0630

Paratransit Service Providers (Group Van);

Centro Latino: **(415) 861-8790**

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

Mobility Plus: **(415) 285-6945**

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.

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

Aquatic Park Senior Center

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

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 CYO

180 Howard Street, Suite 100
San Francisco, CA 94105
(415) 972-1297

Coming of Age: Bay Area

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

Downtown Senior Center

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

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

Project Open Hand

730 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

San Francisco Volunteers

727 Golden Gate Avenue
San Francisco, CA 94102
(415) 749-3700

Senior Action Network

965 Mission Street #705
San Francisco, CA 94103
(415) 546-1333

Seniors At Home

2245 Post Street
San Francisco, CA 94115
(415) 449-3377

The Volunteer Center

1675 California Street
San Francisco, CA 94109
(415) 892-8999

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: _____

Utilitites: _____

Other: _____

Medications List with Dosage

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____