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

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The information in this handbook is current as of April 2019.
INTRODUCTION

This is a guide to various businesses and agencies, both public and private, which provide services to older adults and people with disabilities residing in San Francisco. The guide will also be helpful to the families and caregivers of older adults and people with disabilities.

This directory contains a cross section of services, but is not an exhaustive list of every agency or business that provides services to older adults or people with disabilities. 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 neighborhood businesses or agencies if they are not listed in this book to see if they will make deliveries or home visits.

Your comments and input are welcome. We are interested in your ideas and suggestions on how to assist older adults and people 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 come from the agencies listed and is subject to change. Please contact Information, Referral and Assistance at the numbers or email below with any complaints or changes related to any agency or service provider listed.

Hotline: (415) 355-6700
TTY: (415) 355-6756
E-mail: daas@sfgov.org
Information, Referral, and Assistance

DEPARTMENT OF AGING AND ADULT SERVICES: BENEFITS AND RESOURCES HUB

The San Francisco Department of Aging and Adult Services (DAAS) Information, Referral and Assistance provides information and referral for older adults, caregivers, adults with disabilities and community-based organizations serving older adults and people with disabilities. DAAS Information, Referral and Assistance services include:

- Providing referrals for services such as health care, social services, legal assistance, housing, adult day health centers, transportation and in-home support services.
- Producing and distributing senior resource lists and providing free printed material.
- Conducting orientation sessions for agencies.
- Participating in outreach activities, including presentations to older adult groups.

Fees: None

Eligibility: Older Adults and People with Disabilities

Area Served: San Francisco City & County

Application: Phone, walk-in, or email for Information and Referral Services.

Language: English, Chinese (Cantonese, Mandarin), Spanish and other languages with telephone interpretative assistance.

CONTACT BY PHONE:

Hotline: (415) 355-6700 ext. 2 (outside SF)

Toll Free: (800) 510-2020 (24-hour phone in SF)

TTY: (415) 355-6756
**IN PERSON (DROP-IN):**

2 Gough Street, San Francisco, CA 94103  
**Hours:** Monday – Friday, 8:00am – 5:00pm  
**Accessibility:** Wheelchair accessible, elevator, restroom  
**Transportation:** MUNI – 14 Mission, 49 Mission, 47 Van Ness, F Market  
MUNI Metro – Exit at Van Ness Avenue Station. Office is one block from the Van Ness at Mission or Mission at Duboce MUNI bus stop.

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**ONLINE:**

**Email:** daas@sfgov.org  
**Website:** www.sfdaas.org

The Department of Aging and Adult Services (DAAS) website provides detailed information about the Agency’s programs, including Adult Protective Services, In-Home Supportive Services, and DAAS Integrated Intake and Information and Referral Line. On this website you can also find useful links and information about other programs and agencies in San Francisco working with older adults and people with disabilities.
ADDITIONAL DEPARTMENT OF AGING AND ADULT SERVICES PROGRAMS:

Adult Protective Services
Assists elders (65+) and adults with disabilities/dependent adults who are experiencing abuse or neglect, or at risk of abuse, neglect, or exploitation.
2 Gough Street, San Francisco, CA 94103
www.sfhsa.org/services/protection-safety/adult-abuse
(415) 355-6700

Case Management
Facilitates connections for older adults and adults with disabilities to services that promote and maintain the optimum level of functioning in the most independent setting. This program uses a Centralized Intake and Waitlist system managed by the Department of Aging and Adult Services.
2 Gough Street, San Francisco, CA 94103
www.sfhsa.org/services/care-support/community-case-management
(415) 355-6700

Community Living Fund
Funds home and community-based services, or combination of goods and services, that helps individuals who are currently, or at risk of being, institutionalized. The program uses coordinated case management and purchase of services to assist those at-risk.
2 Gough Street, San Francisco, CA 94103
www.sfhsa.org/services/care-support/community-living-fund
(415) 355-6700
County Veterans Service Office
*Provides assistance to the men and women who served in the Armed Forces of America, their dependents and survivors, to obtain benefits from the U.S. Department of Veterans Affairs, Department of Defense, California Department of Veterans Affairs and other programs for veterans and their families.*
2 Gough Street, San Francisco, CA 94103
www.sfhsa.org/services/access-empowerment/county-veterans-service-office
(415) 934-4200

In-Home Supportive Services (IHSS)
*IHSS is designed to help seniors and people with disabilities live safely in their own homes, serving as an alternative to institutionalization. IHSS consumers direct their workers to assist with household chores like cleaning, laundry, shopping, cooking, and washing dishes. They provide non-medical personal care, like bathing, grooming, like bathing, grooming, feeding, dressing or toilet assistance.*
2 Gough Street, San Francisco, CA 94103
www.sfhsa.org/services/care-support/home-supportive-services-ihss
(415) 355-6700

Public Administrator
*The Office of the Public Administrator (PA) administers the estates of deceased San Franciscans. The PA handles informal estate administrations for smaller estates as well as formal court-supervised probates.*
1650 Mission Street, 5th Floor, San Francisco, CA 94103
www.sfhsa.org/services/care-support/public-administrator
(415) 557-6680
Public Conservator
The Public Conservator provides mental health conservatorship services for San Francisco residents who are gravely disabled (unable to provide for food, clothing or shelter) due to mental disease and found by the Court unable or unwilling to accept voluntary treatment. Referrals are only accepted from psychiatric hospitals. 1650 Mission Street, 5th Floor, San Francisco, CA 94103 www.sfhsa.org/services/care-support/public-conservator

Public Guardian
The Public Guardian provides probate conservatorship services for San Francisco older adults and adults with disabilities who are substantially unable to provide for their own personal needs of food, clothing, shelter or medical care and/or are unable to resist fraud or undue influence. 1650 Mission Street, 5th Floor, San Francisco, CA 94103 www.sfhsa.org/services/protection-safety/public-guardian

Representative Payee Program
The Representative Payee program manages money for adults (18+) and elderly individuals with physical and/or mental impairments who cannot manage their own funds. This program ensures that their daily living needs are met, and maintains their well-being and independence. This program is voluntary and each participant must have a case manager to be eligible. 1650 Mission Street, 5th Floor, San Francisco, CA 94103 www.sfhsa.org/services/care-support/representative-payee-program

(415) 557-6680
AGING AND DISABILITY RESOURCE CENTERS

Aging and Disability Resource Centers (ADRCs) offer the general public free information and assistance regarding issues affecting older people and people with disabilities, regardless of income. With locations throughout San Francisco, the ADRC Information and Assistance Specialists provide a wide range of services in multiple languages.

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

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

For more information, call or visit one of our locations listed below, or contact the ADRC Coordinator at (415) 750-4111. If you need language assistance, please call the Department of Aging and Adult Services Intake Services Hotline at (415) 355-6700. Hours and locations of the ADRC hubs vary and are subject to change. **It is recommended that you call the centers directly to confirm current hours and languages offered. All numbers listed have English capacity.**
30th Street Senior Center
On Lok Lifeways
225 30th Street, 3rd Floor, San Francisco, CA 94131
www.30thstreetseniorcenter.org
Languages: English, Spanish

Aquatic Park Senior Center
San Francisco Senior Center – Sequoia Living
890 Beach Street, San Francisco, CA 94109
www.sfsenior.org
Languages: English, Chinese

Bayview Senior Connections
Bayview Senior Services
1753 Carroll Avenue, San Francisco, CA 94124
www.bhpmsso.org/
Languages: English, Chinese, Samoan

Downtown Senior Center
San Francisco Senior Center – Sequoia Living
481 O’Farrell Street, San Francisco, CA 94102
www.sfsenior.org
Languages: English, Chinese

Geen Mun Activity Center
Self-Help for the Elderly
777 Stockton Street, San Francisco, CA 94108
www.selfhelpelderly.org
Languages: English, Chinese

Mission Neighborhood Centers
362 Capp Street, San Francisco, CA 94110
www.mnncsf.org
Languages: English, Spanish

OMI Senior Center
Catholic Charities
65 Beverly Street, San Francisco, CA 94132
www.catholiccharitiesssf.org/
Languages: English, Chinese
Openhouse
65 Laguna Street, San Francisco, CA 94102 (415) 347-8509
www.openhouse-sf.org/
Languages: English

Richmond Senior Center
Golden Gate Senior Services (415) 752-6444
6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121 Russian: (415) 404-2938
www.ggsenior.org/ Chinese: (415) 405-4672
Languages: English, Chinese, Russian

Self-Help for the Elderly
601 Jackson Street, Basement, San Francisco, CA 94133 (415) 677-7600
www.selfhelpelderly.org Chinese: (415) 677-7585
Languages: English, Chinese

South Sunset Activity Center
Self-Help for the Elderly (415) 566-2845
2601 40th Avenue, San Francisco, CA 94116
www.selfhelpelderly.org
Languages: English, Chinese

Toolworks
25 Kearny Street, Suite 400, San Francisco, CA 94108 (415) 733-0990
www.toolworks.org
Languages: English, ASL

West Portal (Clubhouse)
Self-Help for the Elderly (415) 753-7038
131 Lenox Way (at Ulloa Street), San Francisco, CA 94127
www.selfhelpelderly.org
Languages: English, Chinese

Western Addition Senior Center
Bayview Senior Services (415) 921-7805
1390 ½ Turk Street, San Francisco, CA 94115
www.bhpms.org/
Languages: English, Chinese
24 Hour Information and Referral Hotlines

211
2-1-1, a service of United Way Bay Area is a toll-free, confidential 24-hour multilingual service that connects people with local health and human services for everyday needs and in times of crisis. 211 is available 24 hours a day, seven days a week.

- Within San Francisco: 211 or (800) 273-6222
- Outside of San Francisco: (415) 808-4357

A directory of local services can also be found online at: www.211bayarea.org/

211 offers access to the following types of services:

Basic human needs: food, clothing, housing, shelter, rent assistance, utility assistance.

Disaster Assistance: information on disaster preparedness, up-to-the minute information on road closures and evacuation routes and shelters, disaster relief assistance and recovery resources.

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

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.

Reentry: help with housing, employment, getting a GED, child care, staying drug-free, gender transition, or any other aspect of reentry.

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.

**Veterans:** help with navigating the extensive benefits and services available to veterans, including health care support, financial assistance and counseling, legal assistance, and educational support.

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

**311**

3-1-1 is a toll free, **non-emergency** number that the public can call to reach a live customer service agent 24 hours a day, seven days a week, 365 days a year for San Francisco government information and services. 311 is available through wired, wireless and pay telephones within San Francisco boundaries. 311 offers assistance in over 145 languages.

- Within San Francisco: 311
- Outside of San Francisco: (415) 701-2311
- TTY: (415) 701-2323

**Non-emergency** service requests can also be submitted online at: [www.sf311.org](http://www.sf311.org/)
Emergency Preparedness

SAN FRANCISCO POLICE DEPARTMENT
Emergency 911
Non-Emergency (415) 553-0123

211
Service of the United Way Bay Area. During a disaster 211 provides critical information about evacuation routes, food and shelter, as well as job search and permanent housing support during long-term recovery. Available in more than 150 languages.
www.211bayarea.org/

AMERICAN RED CROSS
Northern California Coastal Region/Bay Area
1663 Market Street, San Francisco, CA 94103 (415) 427-8000
www.redcross.org/

ALERTSF – DEPARTMENT OF EMERGENCY MANAGEMENT
AlertSF is a text-based notification system for San Francisco’s residents and visitors. AlertSF will send tsunami alerts, severe weather/flooding notifications and post-disaster information to your registered wireless device and email accounts.

To sign up, text your Zip Code to 888-777 to receive real time emergency alerts, or go to www.alertsf.org to register. For more information, visit www.alertsf.org
Abuse

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

**Adult Protective Services**
Department of Aging and Adult Services (415) 355-6700
2 Gough Street, San Francisco, CA 94103
www.sfdaas.org

**Consortium For Elder Abuse Prevention**
Institute On Aging (415) 750-4111
3575 Geary Boulevard, San Francisco, CA 94118
www.ioaging.org/

**San Francisco Long-Term Care Ombudsman Program**
**Felton Institute** (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).
6221 Geary Boulevard, 3rd Floor
San Francisco, CA 94121
www.sfltcop.net/

**San Francisco Police Department**
Emergency 911
Non-Emergency (415) 553-0123

Refer to page 28 for additional Legal Services listings.
Adult Day Programs

ADULT DAY HEALTH CARE

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. Services provided at the centers may include nursing and personal care, recreational activities, lunch and nutritional counseling, health education and transportation to and from the center. Services are covered by Medi-Cal or are available on a sliding fee basis.

Bayview Hunters Point Adult Day Health Center  (415) 826-4774
Bayview Senior Services
1250 La Salle Avenue, San Francisco, CA 94124
www.bhpms.org/
Area Served: Citywide

Jackie Chan Adult Day Services  (415) 677-7556
Self-Help for the Elderly
408 22nd Avenue, San Francisco, CA 94121
www.selfhelpelderly.org
Area Served: Outer Richmond

L’Chaim Adult Day Health  (415) 449-3700
Jewish Family and Children’s Services
2534 Judah Street, San Francisco, CA 94122
www.jfcs.org
Area Served: Inner Sunset, Outer Richmond

Stepping Stone
www.steppingstonehealth.org/

Golden Gate Day Health  (415) 359-9210
350 Golden Gate Street, San Francisco, CA 94102
Area Served: Citywide
**Mabini Day Health**
55 Mabini Street, San Francisco, CA 94107  
*Area Served: Citywide*

**Mission Creek Day Health**
930 4th Street, San Francisco, CA 94158  
*Area Served: Citywide*

**Presentation Day Health**
301 Ellis Street, San Francisco, CA 94102  
*Area Served: Citywide*

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**SENIOR CENTERS AND ACTIVITY CENTERS**

**BAYVIEW**

**Dr. George W. Davis Senior Center**
Bayview Senior Services  
1753 Carroll Avenue, San Francisco, CA 94124  
www.bhpmss.org/  
(415) 822-1444

**BERNAL HEIGHTS**

**Bernal Heights Neighborhood Center**
Bernal Heights Neighborhood Center  
515 Cortland Avenue, San Francisco, CA 94110  
www.bhnc.org/  
(415) 206-2140

**Mission YMCA – Active Older Adults Center**
4080 Mission Street, San Francisco, CA 94112  
www.ymcasf.org/locations/mission-ymca  
(415) 586-6900
CASTRO / UPPER MARKET

Castro Senior Center
Golden Gate Senior Services  (415) 863-3507
110 Diamond Street, San Francisco, CA 94127
www.ggsenior.org/

CHINATOWN

Geen Mun Senior Center (On Low Wui Senior Center)  (415) 391-3843
Self-Help for the Elderly
777 Stockton Street, San Francisco, CA 94108
www.selfhelpelderly.org/

Lady Shaw Senior Center  (415) 677-7581
Self-Help for the Elderly
1483 Mason Street, San Francisco, CA 94133
www.selfhelpelderly.org/

FINANCIAL DISTRICT

Manilatown Senior Center  (415) 398-3250
Self-Help for the Elderly
848 Kearny Street, San Francisco, CA 94108
www.selfhelpelderly.org/

DOWNTOWN / CIVIC CENTER

Curry Senior Center  (415) 885-2274
333 Turk Street, San Francisco, CA 94102
www.curryseniorcenter.org/

Downtown Senior Center  (415) 771-7950
San Francisco Senior Center – Sequoia Living
481 O'Farrell Street, San Francisco, CA 94102
www.sfsenior.org/
Eastern Park Apartments
Sequoia Living
711 Eddy Street, San Francisco, CA 94109
www.ncphs.org
(415) 776-0114

GLIDE
330 Ellis Street, San Francisco, CA 94102
www.glide.org/
(415) 674-6041

South East Asian Senior Meal Program
Self-Help for the Elderly
315 Turk Street, San Francisco, CA 94102
www.selfhelpelderly.org/
(415) 920-1357

St. Francis Living Room
350 Golden Gate Avenue, San Francisco, CA 94102
www.sflivingroom.org
(415) 946-1413

GLEN PARK
30th Street Senior Center
On Lok Lifeways
225 30th Street, 3rd Floor, San Francisco, CA 94131
www.30thstreetseniorcenter.org/
(415) 550-2210

INNER RICHMOND
Russian American Community Services
300 Anza Street, San Francisco, CA 94118
www.sfracs.org/
(415) 387-5336

LAKESHORE
Stonestown YMCA – Active Older Adults Program
3150 20th Avenue, San Francisco, CA 94132
www.ymcasf.org/locations/stonestown-family-ymca
(415) 242-7100
MISSION

Centro Latino de San Francisco
1656 15th Street, San Francisco, CA 94103
www.centrolatinodesf.org/

Capp Street Senior Center
Mission Neighborhood Centers, Inc.
362 Capp Street, San Francisco, CA 94110
www.mncsf.org/home/

Francis of Assisi Community
145 Guerrero Street, San Francisco, CA 94103
www.mercyhousing.org/california/francis-of-assisi-community

NORTH BEACH

Telegraph Hill Neighborhood Center
660 Lombard Street, San Francisco, CA 94133
www.telhi.org/

OCEAN VIEW

I.T. Bookman Community Center
Southwest Community Corporation
446 Randolph Street, San Francisco, CA 94132
www.itbookmancenter.org/

OMI Senior Center
Catholic Charities
65 Beverly Street, San Francisco, CA 94132
www.catholiccharitiessf.org/
OUTER MISSION

Excelsior Senior Center
Bernal Heights Neighborhood Center (415) 334-9919
4468 Mission Street, San Francisco, CA 94112 (415) 206-2140
www.bhnc.org

OUTER RICHMOND

Jackie Chan Senior Center
Self-Help for the Elderly (415) 677-7571
5757 Geary Boulevard, San Francisco, CA 94121
www.selfhelpelderly.org/

Richmond Senior Center
Golden Gate Senior Services (415) 752-6444
6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121
www.ggsenior.org/

PARKSIDE

South Sunset Senior Center
Self-Help for the Elderly (415) 566-2845
2601 40th Avenue, San Francisco, CA 94116
www.selfhelpelderly.org/

POTRERO HILL

Potrero Hill Neighborhood House
953 De Haro Street, San Francisco, CA 94107 (415) 826-8080
www.phnhsf.org/
PRESIDIO HEIGHTS

Jewish Community Center of San Francisco
3200 California Street, San Francisco, CA 94118 (415) 292-1262
www.jccsf.org/

RUSSIAN HILL

Aquatic Park Center
San Francisco Senior Center – Sequoia Living (415) 775-1866
890 Beach Street, San Francisco, CA 94109
www.sfsenior.org/

SOUTH OF MARKET

Alexis Apartments
390 Clementina Street, San Francisco, CA 94103 (415) 495-9541

Bayanihan Equity Center
1010 Mission Street, San Francisco, CA 94103 (415) 255-2347
www.sfbec.org

Canon Kip Senior Center
Episcopal Community Services (415) 487-3300 x 6200
705 Natoma Street, San Francisco, CA 94103
www.ecs-sf.org/

Lighthouse for the Blind & Visually Impaired
1155 Market Street, 10th Floor, San Francisco, CA 94103 (415) 431-1481
www.lighthouse-sf.org/

Mendelsohn House Senior Center
Self-Help for the Elderly (415) 243-9018
737 Folsom Street, San Francisco, CA 94107
www.selfhelpelderly.org/

Pilipino Senior Resource Center
953 Mission Street, Suite 111, San Francisco, CA 94103 (415) 341-0353
www.psrcsfca.com
West Bay Pilipino Center
175 7th Street, San Francisco, CA 94103 (415) 431-6266
www.westbaycenter.org/

Woolf House Senior Center
Self-Help for the Elderly (415) 495-0931
801 Howard Street, San Francisco, CA 94103
www.selfhelpherdly.org/

VISITACION VALLEY
John King Community Center
Self-Help for the Elderly (415) 239-9919
500 Raymond Avenue, San Francisco, CA 94134
www.selfhelpherdly.org/

Samoan Community Development Center
2055 Sunnydale Avenue, San Francisco, CA 94134 (415) 841-1086
www.samoancommunitysf.org

WESTERN ADDITION
Hamilton Recreation Center
1900 Geary Boulevard, San Francisco, CA 94115 Kimochi, Inc.: (415) 931-2287
www.kimochi-inc.org

Kimochi Senior Center
1840 Sutter Street, San Francisco, 94115 (415) 931-2287
www.kimochi-inc.org/

Korean Center, Inc.
1362 Post Street, San Francisco, CA 94109 (415) 441-1881
www.koreancentersf.org/
Openhouse
65 Laguna Street, San Francisco, CA 94102 (415) 296-8995
www.openhouse-sf.org/

Rosa Parks Senior Center
Bayview Senior Services (415) 292-3474
1111 Buchanan Street, San Francisco, CA 94115 (415) 822-1444
www.bhpmss.org/

Western Addition Senior Center
Bayview Senior Services (415) 921-7805
1390 ½Turk Street, San Francisco, CA 94115
www.bhpmss.org/

VIRTUAL SENIOR CENTER

Well Connected
Covia (877) 797-7299

A phone and online-based activity program for adults 60+.
Programs are available in English and Spanish.
https://covia.org/services/well-connected/
Elder or dependent adult abuse is the mistreatment or neglect of an elder or an adult with a physical or mental disability. It may include physical violence, threats of assault, verbal abuse, financial exploitation, emotional abuse, abandonment, sexual abuse, neglect or violation of an elderly person’s rights. This mistreatment may be at the hands of a family member or other caregiver. No one has the right to hurt you, mistreat you, threaten you or take your money.

**Adult Protective Services**
Department of Aging and Adult Services  
2 Gough Street, San Francisco, CA 94103  
www.sfdaaS.org  
(415) 355-6700  
Available 24 hours a day.

**Consortium for Elder Abuse Prevention**
Institute On Aging  
3575 Geary Boulevard, San Francisco, CA 94118  
www.ioaging.org/  
(415) 750-4180  
(415) 750-4111

**San Francisco Long-Term Care Ombudsman Program**
Felton Institute  
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).  
6221 Geary Boulevard, 3rd floor, San Francisco, CA 94121  
www.sfltcop.net/  
(415) 751-9788

**ADVOCACY SERVICES**

**APA Family Support Services**
(formerly Asian Perinatal Advocates)  
10 Nottingham Place, San Francisco, CA 94133  
www.apafss.org/  
(415) 617-0061
The Arc of San Francisco
1500 Howard Street, San Francisco, CA 94103 (415) 255-7200
www.thearcsf.org/

The Bar Association of San Francisco
Homeless Advocacy Project (415) 575-3130
125 Hyde Street, San Francisco, CA 94115 (800) 405-4427
http://www.sfbar.org/jdc/legal-services/hap/

Bay Area Legal Aid
1800 Market Street, 3rd Floor, San Francisco, CA 94102 (415) 982-1300
www.baylegal.org/
Legal Advice Line: (800) 551-5554
Health Consumer Center: (855) 693-7285

Bayanihan Equity Center
1010 Mission Street, San Francisco, CA 94103 (415) 255-2347
www.sfbec.org

California Advocates for Nursing Home Reform
650 Harrison Street, 2nd Floor, San Francisco, CA 94107 (415) 974-5171
http://www.canhr.org/ (800) 474-1116

Community Living Campaign
1663 Mission Street, Suite 525, San Francisco, CA 94103 (415) 821-1003
www.sfcommunityliving.org/

Consumer Action
1170 Market Street, Suite 500, San Francisco, CA 94105 (415) 777-9635
www.consumer-action.org/

Consumer Fraud and Environmental Protection Unit
San Francisco District Attorney’s Office (415) 551-9595
732 Brannan Street, San Francisco, CA 94103
https://sfdistrictattorney.org/home

Deaf Counseling Advocacy and Referral Agency (DCARA)
14895 East 14th Street, #200, San Leandro, CA 94578 (510) 343-6670
TTY: (877) 322-7288
https://dcara.org/
Department of Police Accountability  
25 Van Ness Avenue, Suite 700, San Francisco, CA 94102  
https://sfgov.org/dpa/  
(415) 241-7711  
TTY: (415) 241-7770

Disability Rights California  
1330 Broadway, Suite 500, Oakland, CA 94612  
www.disabilityrightsca.org  
(510) 267-1200  
(800) 776-5746

Family Caregiver Alliance  
101 Montgomery Street, Suite 2150  
San Francisco, CA 94104  
www.caregiver.org  
(415) 434-3388  
(800) 445-8106

Health Insurance Counseling Advocacy Program (HICAP)  
Self-Help for the Elderly  
601 Jackson Street, 2nd Floor, San Francisco, CA 94111  
www.hicap.org/  
(415) 677-7520

Hospitality House  
290 Turk Street, San Francisco, CA 94102  
www.hospitalityhouse.org/  
(415) 749-2100

Housing and Economic Rights Advocates  
P.O. Box 29435, Oakland, CA 94604  
www.heraca.org/  
(510) 271-8443

Independent Living Resource Center of San Francisco (ILRCSF)  
825 Howard Street, San Francisco, CA 94103  
www.ilrcsf.org/  
(415) 543-6222

Mayor’s Office on Disability  
1155 Market Street, 1st Floor, San Francisco, CA 94103  
https://sfgov.org/mod/  
TTY: (415) 554-6799

Mental Health Association of San Francisco  
870 Market Street, #928, San Francisco, CA 94102  
http://www.mentalhealthsf.org/  
(415) 421-2926
Older Women’s League  
870 Market Street, #905, San Francisco, CA 94102  
www.owlsf.org/  
(415) 712-1695

San Francisco County Veterans Service Office  
2 Gough Street, San Francisco, CA 94103  
www.sfhsa.org  
(415) 934-4200

San Francisco Long-Term Care Ombudsman Program  
Felton Institute  
6221 Geary Boulevard, 3rd floor, San Francisco, CA 94121  
www.sfltcop.net/  
(415) 751-9788

San Francisco Mental Health Clients Rights Advocates  
1663 Mission Street, Suite 310, San Francisco, CA 94103  
(415) 552-8100

Senior and Disability Action  
Consumer Rights for Community Living Program  
1360 Mission Street, Suite 400, San Francisco, CA 94103  
www.sdaction.org/  
(415) 546-1333

State Council on Developmental Disabilities  
Bay Area Regional Center  
1515 Clay Street, Suite 300, Oakland, CA 94612  
https://scdd.ca.gov/  
(510) 286-0439

United Cerebral Palsy of the Golden Gate  
1970 Broadway, Suite 715, Oakland, CA 94612  
http://ucpgg.org/  
(510) 832-7430

Victim Services Division  
San Francisco District Attorney’s Office  
850 Bryant Street, Room 320, San Francisco, CA 94103  
https://sfdistrictattorney.org/victim-services  
(415) 553-9044
<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian-Americans Advancing Justice- Asian Law Caucus</td>
<td>55 Columbus Avenue, San Francisco, CA 94111</td>
<td>(415) 896-1701</td>
</tr>
<tr>
<td>Asian Pacific Islander Legal Outreach</td>
<td>1121 Mission Street, San Francisco, CA 94103</td>
<td>(415) 567-6255</td>
</tr>
<tr>
<td>Catholic Charities</td>
<td>990 Eddy Street, San Francisco, CA 94109</td>
<td>(415) 972-1313</td>
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<td>Central American Resource Center (CARECEN)</td>
<td>3101 Mission Street, San Francisco, CA 94110</td>
<td>(415) 642-4400</td>
</tr>
<tr>
<td>Centro Latino de San Francisco</td>
<td>1656 15th Street, San Francisco, CA 94103</td>
<td>(415) 861-8761</td>
</tr>
<tr>
<td>International Institute of the Bay Area</td>
<td>1111 Market Street, 4th Floor, San Francisco, CA 94103</td>
<td>(415) 538-8100</td>
</tr>
<tr>
<td>Jewish Family and Children’s Services</td>
<td>2150 Post Street, San Francisco, CA 94115</td>
<td>(415) 449-1200</td>
</tr>
<tr>
<td>La Raza Centro Legal</td>
<td>474 Valencia Street, Suite 295, San Francisco, CA 94103</td>
<td>(415) 575-3500</td>
</tr>
</tbody>
</table>
San Francisco Public Library
Citizenship resources, including practice materials, a guide to naturalization, and a list of local organizations that offer immigration-related assistance.  
100 Larkin Street, San Francisco, CA 94102  
www.sfpl.org/citizenship

(415) 557-4400

Self-Help for the Elderly – SF Pathways to Citizenship
601 Jackson Street, San Francisco, CA 94133  
www.selfhelpelderly.org/  
(415) 677-7600

LEGAL ASSISTANCE

Asian Americans Advancing Justice – Asian Law Caucus
55 Columbus Avenue, San Francisco, CA 94111  
www.advancingjustice-alc.org  
(415) 896-1701

Asian Pacific Islander Legal Outreach
Estate planning services.  
1121 Mission Street, San Francisco, CA 94103  
www.apilegaloutreach.org  
(415) 567-6255

Bay Area Legal Aid
1800 Market Street 3rd Floor, San Francisco, CA 94102  
www.baylegal.org  
(415) 982-1300  
Legal Advice Line: (800) 551-5554  
Health Consumer Center: (855) 693-7285

GLIDE
Brief legal advice, limited legal services, and referrals.  
330 Ellis Street, San Francisco, CA 94102  
www.glide.org  
(415) 674-6149

Housing and Economic Rights Advocates
Estate planning services.  
P.O. Box 29435, Oakland, CA 94604  
www.heraca.org  
(510) 271-8443
Independent Living Resource Center San Francisco
Legal and advocacy services for adults with disabilities (ages 18-59).
825 Howard Street, San Francisco, CA 94103
www.ilrcsf.org/
(415) 543-6222
TTY: (415) 543-6698

International Institute of the Bay Area
1111 Market Street, 4th Floor, San Francisco, CA 94103
www.iibayarea.org
(415) 538-8110

Instituto Laboral de la Raza
2947 16th Street, San Francisco, CA 94103
www.ilaboral.org
(415) 431-7522

La Raza Centro Legal
474 Valencia Street, Suite 295, San Francisco, CA 94103
www.lrcl.org
(415) 575-3500

Lawyers’ Committee for Civil Rights
131 Steuart Street, Suite 400, San Francisco, CA 94105
www.lccr.com
(415) 543-9444

Legal Assistance to the Elderly
Legal services for older persons 60+ and adults with disabilities.
701 Sutter Street, 2nd Floor, San Francisco, CA 94109
www.laesf.org
(415) 538-3333

National Center for Lesbian Rights
870 Market Street, Suite 370, San Francisco, CA 94102
www.nclrights.org
(415) 392-6257
(800) 528-6257

Open Door Legal
4622 3rd Street, San Francisco, CA 94124
www.opendoorlegal.org
(415) 735-4124
If the agencies are unable to help you with your legal matter, they may refer you to:

**Swords to Plowshares**  
*Legal services for veterans seeking VA benefits and military discharge upgrades.*  
1060 Howard Street, San Francisco, CA 94103  
www.swords-to-plowshares.org  
(415) 252-4788

**Transgender Law Center**  
870 Market Street, San Francisco, CA 94102  
https://transgenderlawcenter.org/  
Spanish: (415) 296-2029  
(415) 865-0176

**Lawyer Referral and Information Service**  
Bar Association of San Francisco  
*Attorney Referral Services [low-income/sliding scale].*  
301 Battery Street, 3rd Floor, San Francisco, CA 94111  
http://www.sfbar.org/  
Main: (415) 982-1600  
Referral: (415) 989-1616

**NOTARY**

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. For more information or questions regarding notaries public, call the California Secretary of State Notary Division Regional Office at (916) 653-3595.

**Advanced Mobile Notary and Apostille**  
*Appointment fees from $35, depending on location.*  
www.advancedmobilenotary.com  
(415) 239-6600

**Bay Area Traveling Notary**  
Kathleen Solaris  
*Mobile notary service.*  
(415) 771-1850

**Bay Area Traveling Notary**  
Kathleen Solaris  
*Mobile notary service.*  
(415) 771-1850
Matt Miller Mobile Notary
Traveling notary serving the Bay Area.
www.mmmobilenotary.net
Email: matt@mmmobilenotary.net

(415) 448-7343
Care Coordination & Community-Based Supports

COALITION OF AGENCIES SERVING THE ELDERLY (CASE)

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, older adults, and professionals working with the elderly in San Francisco and throughout the Bay Area.

30th Street Senior Center
On Lok Lifeways
Activities Program; Aging and Disability Resource Center (ADRC); Always Active Program (including the Fall Prevention Program); Bilingual Case Management Program; Healthier Living and Diabetes Empowerment Education Program (DEEP); Home Delivered Meal Program; Senior Dining Rooms.
225 30th Street, San Francisco, CA 94131
www.30thStreetSeniorCenter.org
(415) 550-2210

Bayanihan Equity Center
Advocacy; Computer Skills Class; Information and Referral; Legal Clinic; Translation Services.
1010 Mission Street, San Francisco, CA 94103
www.sfbec.org
(415) 255-2347

Bayview Senior Services
Adult Day Health Care; Community Services/Senior Centers; Computer Lab; Congregate Meal Site; Case Management; Money Management; Information and Referral; Housing Advocacy & Education; Senior Ex-Offender Program; Volunteer Opportunities.
1753 Carroll Avenue, San Francisco, CA 94124
www.bhpms.org/
(415) 822-1444
California Advocates for Nursing Home Reform (CANHR)
Advocacy Support; Consumer Counseling; Continuing Care Retirement Communities; Family Council Organizing; Lawyer Referral Service; Legal Service Support; Nursing Home Guide; Residential Care Guide.
650 Harrison Street, 2nd Floor, San Francisco, CA 94107
www.canhr.org
(415) 974-5171
(800) 474-1116

Catholic Charities
Adult Social Day Care; Alzheimer’s Day Care Resource Center; Case Management; Community Services/Senior Center; Housing; Integrated Support Services; Meal Sites.
990 Eddy Street, San Francisco, CA 94109
www.catholiccharitiessf.org
(415) 972-1200

Community Living Campaign
Advocacy; Assistive Devices; Computer and social media training; Connections for Healthy Aging Workshops; Food Pantry; Grocery Delivery; Neighborhood Organizing; SF Connected; Volunteering Time Bank Opportunities.
1663 Mission Street, Suite 525, San Francisco, CA 94103
www.sfCommunityLiving.org
(415) 821-1003

Community Technology Network
Digital Literacy Corps; SF Connected; Tech Training Solutions.
1390 Market Street, Suite 200, San Francisco, CA 94102
www.communitytechnetwork.org
(628) 200-3118

Covia
Own and operate retirement communities known as Life Plan or Continuing Care Retirement Communities (CCRCs) – including SF Towers - as well as affordable housing complexes – including Presidio Gate Apartments and Bethany Center – and an array of community services including Well Connected, Social Call and Home Match SF.
2185 N. California Boulevard, Suite 215
Walnut Creek, CA 94596
www.covia.org/
(925) 956-7400
Curry Senior Center
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.
333 Turk Street, San Francisco, CA 94102
www.CurrySeniorCenter.org

(415) 885-2274

Family Caregiver Alliance
Assessment; Caregiving; Consultation; Education/Support Groups; Information and Referral.
101 Montgomery Street, Suite 2150
San Francisco, CA 94104
www.caregiver.org

(800) 445-8106

(415) 434-3388

Felton Institute (formerly Family Service Agency)
Aging Services: Foster Grandparents; Long-Term Care Ombudsman; Senior Companions; Senior Community Service Employment Program.
Geriatric Mental Health: Community Integration Services; Geriatric Outpatient Mental Health Services; Older Adult Day Support Center; Senior Full Service Wellness Program Center; Senior Peer Drop-In Center.
1500 Franklin Street, San Francisco, CA 94109
www.felton.org

(415) 474-7310

Golden Gate Senior Services
Aging and Disability Resource Center (ADRC) Hub; Community Services; Computer Labs; Golden Gate Village; LGBT Programming; Meal Site; Project Integration; Senior Center; Social & Recreational Activities; Volunteer Opportunities.
6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121
110 Diamond Street, San Francisco, CA 94114
www.ggsenior.org

(415) 752-6444

(415) 863-3507
Homebridge, Inc. (formerly IHSS Consortium)

*In-Home Services Training and Placement Referral for In-Home Support Workers.*

1035 Market Street, L-1, San Francisco, CA 94103
www.homebridgeCA.org

(415) 255-2079

Institute on Aging

*24-hour Support Hotline (Friendship Line); Adult Day Health and Social Programs; Alzheimer’s Day Care Resource Center; Art Programs; Care Coordination and Care Management; Counseling and Bereavement Services; Education Programs; Elder Abuse Prevention Resources; 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.*

3575 Geary Boulevard, San Francisco, CA 94118
www.IOAging.org

(415) 750-4111

Jewish Family and Children’s Services

*Adult Day Services; Bereavement Counseling; Care and Case Management; Conservator; Daily Money Management; Home Delivered Meals; In-Home Care; Medical Transportation; Seniors at Home Program.*

2150 Post Street, San Francisco, CA 94115
www.jfcs.org

(415) 449-1200

Kimochi, Inc.

*Adult Social Day Care Program; Congregate Nutrition Program; Family Caregiver Support Program; Home Delivered Meals Program; Kimochi Lounge; Residential/Respite Care Program; Senior Center Activities; Social Services Program; Transportation Program.*

1715 Buchanan Street, San Francisco, CA 94115
www.kimochi-inc.org

(415) 931-2294
Legal Assistance to the Elderly
*Individual Advocacy and Legal Services for older adults and adults with disabilities.*
701 Sutter Street, 2nd Floor, San Francisco, CA 94109
www.laesf.org/

(415) 538-3333

Little Brothers – Friends of the Elderly
*Social integration (individually or as a group); Elder isolation reduction programs; Group social activities; Medical Escort Program; In-home technology training.*
909 Hyde Street, Suite 628, San Francisco, CA 94109
www.littlebrotherssf.org

(415) 771-7957

Meals on Wheels of San Francisco
*Community Services; Congregate Meals; Home-Delivered Meals; Nutrition.*
1375 Fairfax Avenue, San Francisco, CA 94124
www.mowsf.org

(415) 920-1111

Mission Neighborhood Centers
*Arts & Crafts; Computer Literacy Classes; Congregate Meals (5 days/week); Counseling Services; Cultural/Holidays/Birthday Celebrations; ESL & Citizenship Classes; Exercise/Zumba Classes; Field Trips; Food Bank Distribution; Health Screenings & Wellness Presentations; Knitting & Crocheting; Memory Games & Bingo; Sewing Instruction; Social Services & Translation.*
362 Capp Street, San Francisco, CA 94110
www.mncsf.org

(415) 206-7752

NEXT Village SF
*Cultural and Social Activities; Health and Wellness Support; In-Home and Personal Support; Transportation Assistance.*
PO Box 330278, San Francisco, CA 94133
www.NextVillageSF.org

(415) 888-2868
On Lok Lifeways
Adult Social Day Care; Community Services; Comprehensive Senior Health Plan; Congregate Meals; Home-Delivered Meals; In-Home Support Services; Program of All-Inclusive Care for the Elderly (PACE); Medical Services; Transportation.
225 30th Street, San Francisco, CA 94131
www.onlok.org

Openhouse
Community Programs at Senior Centers; Cultural Competency Training for Staff on LGBT Aging Issues; Housing Referral, Information and Assistance.
65 Laguna Street, San Francisco, CA 94102
www.openhouse-sf.org

Rebuilding Together San Francisco
"Changing Neighborhoods | Changing Lives"
Community Reinvestment; Corporate Volunteer Opportunities. What we do: Free Renovations for Low-Income Homeowners; Free Repairs to Nonprofit Facilities; Home Safety Equipment Installed for Homeowners and Renters; Information & Referrals regarding Housing Repairs.
28 Pier 1, The Embarcadero, San Francisco, CA 94105
www.RebuildingTogetherSF.org

Russian American Community Services
300 Anza Street, San Francisco, CA 94118
http://sfracs.org/
Saint Francis Living Room
The mission of the St. Francis Living Room is to improve the quality of life for low income and homeless seniors in the Tenderloin on a daily basis. A small part-time staff, committed Board, and dedicated volunteers work to provide a safe haven for social interaction, healthy breakfast, and connection to community services such as housing, health & wellness, and clothing.
350 Golden Gate Avenue, San Francisco, CA 94102
www.sfLivingRoom.org

(415) 946-1413

San Francisco-Marin Food Bank
CalFresh Outreach Program; Emergency Food Box Program; Food Distribution at Project Homeless Connect; Home Delivered Grocery Program; Morning Snack Program; Nutrition Education Program; Pantry Program; Shopping Program (Partnership with service agencies); Supplemental Food Program.
900 Pennsylvania Avenue, San Francisco, CA 94107
www.sfmfoodbank.org

(415) 282-1900

Self-Help for the Elderly
Adult Day Services; Case Management; Citizenship Program; Community Services; Computer Center for Seniors; Congregate Meals; Employment Training; HICAP (Health Insurance Counseling & Assistance Program); Home-Delivered Meals; Homecare; Hospice; IHSS Care Services/Emergency IHSS; Information and Referral; Residential Care Facilities; Senior Centers; Senior Housing; SF Connected; Telephone Education Advocacy Assistance in multiple languages.
731 Sansome Street, Suite 100, San Francisco, CA 94111
www.SelfHelpElderly.org

(415) 677-7600
Case managers can coordinate all of your services so that you can remain independent in your home for as long as possible. They will assess your needs, set up a care plan for services and provide on-going support to ensure you are getting the services you need.
Department of Aging and Adult Services manages the centralized waiting list for Case Management services provided by the following agencies. Please call the Integrated Intake Hotline at (415) 355-6700 to discuss your needs and eligibility for services.

30th Street Senior Center
On Lok Lifeways
225 30th Street, 3rd Floor, San Francisco, CA 94131
www.30thstreetseniorcenter.org/

Bayview Senior Connection
Bayview Senior Services
5600-A 3rd Street, San Francisco, CA 94124
www.bhpms.org/

Canon Kip Senior Center
Episcopal Community Services
705 Natoma Street, San Francisco, CA 94103
www.ecs-sf.org/

Catholic Charities
1111 Junipero Serra Boulevard, San Francisco, CA 94132
www.catholiccharitiessf.org/

Curry Senior Center
315 Turk Street, San Francisco, CA 94102
www.curryseniorcenter.org/

Felton Institute (formerly Family Service Agency)
6221 Geary Street, 3rd Floor, San Francisco, CA 94121
www.felton.org

Homebridge
In-Home Supportive Services recipients only.
1035 Market Street, L-1, San Francisco, CA 94103
www.homebridgeca.org

Jewish Family and Children’s Services
2150 Post Street, San Francisco, CA 94115
www.jfcs.org
Kimochi, Inc.
1715 Buchanan Street, San Francisco, CA 94115  
www.kimochi-inc.org/  
(415) 931-2275

Linkages
Institute on Aging  
For older adults without SSI and younger disabled.  
3575 Geary Boulevard, San Francisco, CA 94118  
www.ioaging.org/  
(415) 750-4111

Openhouse
Services for Lesbian, Gay, Bisexual, and Transgender (LGBT) older adults.  
65 Laguna Street, San Francisco, CA 94102  
www.openhouse-sf.org  
(415) 296-8995

Self-Help for the Elderly
601 Jackson Street, San Francisco, CA 94109  
www.selfhelpelderly.org  
(415) 677-7600

Bernal Heights Neighborhood Center
515 Cortland Avenue, San Francisco, CA 94110  
www.bhnc.org/  
(415) 206-2140

Community Behavioral Health Services
1380 Howard Street, San Francisco, CA 94103  
www.sfdph.org  
(415) 255-3737  
(888) 246-3333

ADDITIONAL CASE MANAGEMENT SERVICES:
Other community-based organizations also offer Case Management services. Contact the following agencies directly for information regarding eligibility, waitlist, and services available.
Community Living Fund
Department of Aging and Adult Services
The Community Living Fund Program funds home and community-based services, or combination of goods and services, that helps 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.
2 Gough Street, San Francisco, CA 94103
www.sfhsa.org/services/care-support/community-living-fund

Golden Gate Regional Center
For individuals with developmental disabilities.
1355 Market Street, Suite 220, San Francisco, CA 94103
www.ggrc.org/home

Italian Community Services
Serves older individuals of Italian descent.
678 Green Street, San Francisco, CA 94133
www.italiancs.com/

Meals on Wheels of San Francisco
Must be a Meals on Wheels Client.
1375 Fairfax Avenue, San Francisco, CA 94124
www.mowsf.org/

Multipurpose Senior Services Program (MSSP)
Institute on Aging
For older adults 65+, with Medicaid.
3575 Geary Boulevard, San Francisco, CA 94118
www.ioaging.org/

RAMS, Inc.
3626 Balboa Street, San Francisco, CA 94121
www.ramsinc.org/
PRIVATE CASE MANAGERS / FIDUCIARIES

Some case managers practice privately. Professional fiduciaries may manage matters for clients including daily care, housing and medical needs, and also offer financial management services ranging from basic bill paying to estate and investment management. For a list of private practitioners, please visit www.fiduciary.ca.gov, click on the “License Verification” link on the left, select “San Francisco” from the county dropdown list, and then press the “Find” button. Please remember to check the “Status” of the licensee on the list to ensure they are currently “Active”.

FRIENDLY VISITING

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

Covia - Social Call
881 Turk Street, San Francisco, CA 94102 (877) 797-7299
https://covia.org/services/social-call/
Area Served: Citywide
**Felton Institute** (formerly Family Service Agency)  
**Senior Companion Program**  
6221 Geary Street, 2nd Floor, San Francisco, CA 94109  
http://felton.org/social-services/seniors/senior-companion-program/  
*Area Served: Richmond, Sunset*  
*(415) 751-9786*

**Jewish Family and Children’s Services**  
*For existing clients of the agency.*  
2150 Post Street, San Francisco, CA 94115  
https://www.jfcs.org/  
*Area Served: Citywide*  
*(415) 449-3777*

**Little Brothers- Friends of the Elderly**  
909 Hyde Street, Suite 628, San Francisco, CA 94109  
www.littlebrothersssf.org  
*Area Served: Citywide*  
*(415) 771-7957*

**Meals on Wheels SF**  
**Friendly Visitor Program**  
*For Meals on Wheels clients.*  
1375 Fairfax Avenue, San Francisco, CA 94124  
www.mowsf.org  
*Area Served: Citywide*  
*(415) 920-1111*

**Openhouse**  
**Caring Connections**  
65 Laguna Street, San Francisco, CA 94102  
www.openhouse-sf.org/caring-connections/  
*Area Served: Citywide for LGBT older adults 60+*  
*(415) 296-8995*

**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.
Canon Kip Senior Center  
Episcopal Community Services  
http://www.ecs-sf.org/  
Area Served: Citywide

Institute on Aging  
Center for Elderly Suicide Prevention - Friendship Line  
https://www.ioaging.org/services/all-inclusive-health-care/friendship-line  
Area Served: Citywide

Italian Community Services  
Italian Speakers only.  
http://www.italiancs.com/  
Area Served: Citywide

Jewish Family and Children’s Services  
www.jfcs.org/  
Area Served: Citywide

Openhouse  
Serving LGBT older adults.  
www.openhouse-sf.org  
Area Served: Citywide

We Check On You  
A private agency that will provide telephone reassurance for a fee, along with appointment and medication reminders. Please call agency for rates.  
www.wecHECKonyou.com
Caregiver Support

If you have a caregiver, it is possible that they may need support themselves at times. The following groups and services may assist caregivers in obtaining the resources and support they need.

<table>
<thead>
<tr>
<th>COUNSELING, SUPPORT GROUPS &amp; RESOURCES FOR CAREGIVERS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Alzheimer’s Association – San Francisco Chapter</strong></td>
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<tr>
<td><em>Online community and in-person support group listings.</em> (415) 463-8500</td>
</tr>
<tr>
<td>100 Pine Street, Suite 2150, San Francisco, CA 94111 (800) 272-3900</td>
</tr>
<tr>
<td><a href="http://www.alz.org/help-support/community/support-groups">www.alz.org/help-support/community/support-groups</a> 24 hours/day</td>
</tr>
<tr>
<td><strong>American Cancer Society</strong></td>
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<tr>
<td><a href="http://www.cancer.org">www.cancer.org</a> (800) 227-2345</td>
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<tr>
<td>Alameda Office</td>
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<tr>
<td>1001 Marina Village Parkway, Suite 300                 (510) 893-7900</td>
</tr>
<tr>
<td>Alameda, CA 94501</td>
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<tr>
<td>Campbell Office &amp; California Chinese Unit</td>
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<tr>
<td>747 Camden Avenue, Suite B, Campbell, CA 95008         (888) 566-6222</td>
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<tr>
<td>Walnut Creek Office</td>
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<tr>
<td>2185 North California Boulevard, Suite 290             (925) 934-7640</td>
</tr>
<tr>
<td>Walnut Creek, CA 94596</td>
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<tr>
<td><strong>Aquatic Park Senior Center</strong></td>
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<tr>
<td>San Francisco Senior Center – Sequoia Living          (415) 775-1866</td>
</tr>
<tr>
<td>890 Beach Street, San Francisco, CA 94109</td>
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<tr>
<td><a href="http://www.sfsenior.org/">www.sfsenior.org/</a></td>
</tr>
<tr>
<td><strong>Catholic Charities</strong></td>
</tr>
<tr>
<td><em>Caregiver support group, classes, information and referral.</em> (415) 452-3500</td>
</tr>
<tr>
<td>50 Broad Street, San Francisco, CA 94112</td>
</tr>
<tr>
<td><a href="http://www.catholiccharitiessf.org/">www.catholiccharitiessf.org/</a></td>
</tr>
</tbody>
</table>
**Family Caregiver Alliance**  
*Support groups, workshops, and classes for caregivers.*  
(415) 434-3388  
101 Montgomery Street, Suite 2150  
San Francisco, CA 94104  
www.caregiver.org

**Institute on Aging**  
*Alzheimer’s support.*  
(415) 750-4111  
3575 Geary Boulevard, San Francisco, CA 94118  
www.ioaging.org

**Jewish Family and Children’s Services**  
*Seminars, respite, counseling and support groups.*  
(415) 449-3777  
2150 Post Street, San Francisco, CA 94115  
www.jfcs.org/

**Kimochi, Inc.**  
*Training, counseling and support groups.*  
(415) 931-2275  
1715 Buchanan Street, San Francisco, CA 94115  
www.kimochi-inc.org

**Self-Help for the Elderly**  
*Caregiver Support Services Program and support groups.*  
(415) 677-7600  
731 Sansome Street, Suite 100, San Francisco, CA 94111  
English Voice/TDD/TTY: (800) 855-7100  
www.selfhelpelderly.org/our-services/social-services/caregiver-support-services  
Spanish Voice/TDD/TTY: (800) 855-7200

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**RESPITE: ALZHEIMER’S DAY SERVICES**

**Catholic Charities**  
*Adult Day Services and Alzheimer’s Day Care Resource Center*  
(415) 452-3500  
50 Broad Street, San Francisco, CA 94112  
www.catholiccharitiessf.org/
Irene Swindells Center for Adult Day Services
Institute on Aging/CPMC
Program for persons with mild to moderate memory loss.
3698 California Street, San Francisco, CA 94118
www.ioaging.org/services/all-inclusive-health-care/social-day-programs
(415) 600-2690

Self-Help for the Elderly
Alzheimer’s Day Care Resource Center
408 22nd Avenue, San Francisco, CA 94121
www.selfhelpelderly.org/our-services/health-and-home-care/senior-care/alzheimers-care
(415) 677-7556
(415) 677-7600

Additional Adult Day Services listed under Adult Day Health Care on Page 14, and Senior/Activity Centers on Page 15.

RESPITE: IN HOSPITAL RESPITE PROGRAMS
The following programs offer 24-hour care so the caregiver can have a break. Contact individual programs for information regarding cost and insurance acceptance.

Laguna Honda Hospital
Respite Services 8 weeks per year. Medi-Cal – Medicare – Private Pay; No HMO.
375 Laguna Honda Boulevard, San Francisco, CA 94116
www.lagunahonda.org
(415) 759-2300
(415) 682-5694

RESPITE: VA PROGRAMS (VETERANS ONLY)

Martinez
(925) 372-2000

Menlo Park
(650) 493-5000

San Francisco
(415) 221-4810
## Disaster Readiness

### EMERGENCY PREPAREDNESS: RESOURCES FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

**Department of Aging and Adult Services, Office on Aging**  
Provides resources for agencies working with older adults and people with disabilities.  
- Emergency preparedness video library  
- Disaster planning standards  
- Community-Based Resources are available at:  
  - www.sfdaas.org  
1650 Mission Street, 5th Floor, San Francisco, CA 94103  
www.sfdaas.org

**Independent Living Resource Center of San Francisco**  
General and specific emergency preparedness materials for people with disabilities.  
825 Howard Street, San Francisco, CA 94103  
www.ilrcsf.org

### EMERGENCY PREPAREDNESS: RESOURCES FOR ALL AGES

**211**  
During a disaster 211 provides critical information about evacuation routes, food and shelter, as well as job search and permanent housing support during long-term recovery. Available 24 hours/day, in more than 150 languages.  
www.211BayArea.org
American Red Cross
Northern California Coastal Region Bay Area Office
Workshops, individual training, disaster preparedness materials in multiple languages.
1663 Market Street, San Francisco, CA 94103
www.redcross.org

Division of Emergency Services and Emergency Medical Services Agency
San Francisco Department of Emergency Management
Community Preparedness programs and information; Emergency Alert System (EAS).
30 Van Ness Avenue, Suite 3300, San Francisco, CA 94102
www.sfdem.org/
- Emergency Text Message System: www.alertsf.org
- Emergency Preparedness Resources: www.sf72.org (multi-lingual site)

Emergency Alert System (EAS)
The city participates in the Federal, State and local EAS. Provides alert information to all radio and television stations to inform the public of official government information during emergencies.
- Tune your radio to KCBS 740 AM, KNBR 680 AM, or KGO 810

Federal Emergency Management Agency (FEMA)
Department of Homeland Security
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.
Disaster preparedness materials are available at:
- www.dhs.gov
- www.fema.gov
- www.ready.gov

(415) 427-8000
(415) 487-5000
(800) 621-3362
Neighborhood Emergency Response Team (NERT) Program
San Francisco Fire Department
Training program for neighborhood emergency & disaster preparedness.
2310 Folsom Street, San Francisco, CA 94110
www.sf-fire.org
(415) 970-2022

Pacific Gas & Electric (PG&E)
Preparedness information available.
www.pge.com
(800) 743-5000

Safety Awareness for Everyone (SAFE)
Safety information and presentations, home security assessments.
850 Bryant Street, Room 135, San Francisco, CA 94103
www.sf-safe.org
(415) 673-7233
(415) 553-1984

San Francisco Community Agencies Responding to Disasters (SF CARD)
Provides training for community-based organizations.
Assists community-based organizations to develop agency emergency plans.
1270 Sanchez Street, San Francisco, CA 94114
www.sfcardservices.com
(415) 439-0881

The Volunteer Center Serving San Francisco and San Mateo County
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.
To volunteer after a disaster, please call 311.
Training for agencies on how to manage disaster volunteers.
1675 California Street, San Francisco. CA 94109
www.thevolunteercenter.net
(415) 982-8999
PERSONAL EMERGENCY SERVICES

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 to call for help. Cost and insurance acceptance may vary, contact individual businesses for current rates.

Bay Area Vital Link
6529 Telegraph Avenue, Oakland, CA 94609
www.vital-linkinc.com
(800) 752-5522
(510) 338-3466

Medic Alert
5226 Pirrone Court, Salida, CA 95368
www.medicalert.org
(800) 432-5378

Philips Lifeline Medical Alert Service
www.lifeline.philips.com
(800) 959-6989

OTHER:

Alzheimer’s Association
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.
www.medicalert.org/safereturn
(888) 572-8566
Education, Employment, and Job Training

EDUCATION

30th Street Senior Center
On Lok Lifeways
225 30th Street, 3rd Floor, San Francisco, CA 94131
www.30thstreetseniorcenter.org/
(415) 550-2210

City College of San Francisco – Older Adult Program
50 Phelan Avenue, San Francisco, CA 94112
www.ccsf.edu
(415) 239-3000
(415) 452-7403

Community Living Campaign
Connections for Healthy Aging Workshops – Peer lead workshops to help individuals build their own personal support networks, including using tools like Vial of Life, Advance Directives, plans for safe transitions home from a hospital stay and much more.
1663 Mission Street, Suite 525, San Francisco, CA 94103
www.sfcommunityliving.org
(415) 821-1003

The Fromm Institute for Lifelong Learning
University of San Francisco
2130 Fulton Street, San Francisco, CA 94117
http://fromm.usfca.edu/
(415) 422-6805

GCFLearnFree.org
A program of the Goodwill Community Foundation® and Goodwill Industries of Eastern NC, Inc.® (GIENC®). Free online tutorials, videos, and more to learn and build technological and other skills.
www.gcflearnfree.org
Khan Academy
Offers free online tutorials in math, science, computer programming, history, art history, economics, and more.
www.KhanAcademy.org

Openhouse
Openhouse offers language classes, health education, civic engagement opportunities, and more for LGBT older adults in a safe and supportive space.
65 Laguna Street, San Francisco, CA 94102
www.openhouse-sf.org

Osher Lifelong Learning Program
San Francisco State Downtown Campus
835 Market Street, 6th Floor, San Francisco, CA 94103
http://olli.sfsu.edu/

San Francisco Public Library
Bridge at Main is a literacy and learning center that prioritizes community learning, adult literacy, youth and family literacy and technology literacy. Fully accredited online high school diploma and career certification program through Career Online High School.
100 Larkin Street, San Francisco, CA 94102
www.sfpl.org

EMPLOYMENT & JOB TRAINING

The Arc of San Francisco
Services for adults with developmental disabilities.
1500 Howard Street, San Francisco, CA 94103
www.thearcsf.org

California Department of Rehabilitation (DOR)
455 Golden Gate Avenue, Suite 7727
San Francisco, CA 94102
www.dor.ca.gov

TTY: (844) 729-2800
Community Living Campaign: SF ReServe Employment
Matches older adults and people with disabilities with part-time work at nonprofits and public agencies.
1663 Mission Street, Suite 525, San Francisco, CA 94103
www.sfcommunityliving.org/opportunities/sf-reserve/
(415) 821-1003

Employment Development Department (EDD)
Job and training referrals, job search assistance and workshops.
www.edd.ca.gov
(866) 333-4606
TTY: (916) 654-9820

EDD Workforce Service - San Francisco Civic Center
801 Turk Street, San Francisco, CA 94102
(415) 749-7503

State Disability Insurance Office
745 Franklin Street, Suite 300
San Francisco, CA 94102
(800) 480-3287

HSA Workforce Development Center
3120 Mission Street, San Francisco, CA 94110
(415) 401-4800

Felton Institute
Senior Community Service Employment Program
Employment services for low income seniors, job training & job search programs.
601 Van Ness Avenue, Suite Q, San Francisco, CA 94102
www.felton.org
(415) 982-7007

Hire-Ability Employment Services
RAMS, Inc.
1234 Indiana Street, San Francisco, CA 94107
www.hire-ability.org
(415) 282-9675

Jewish Vocational Service
225 Bush Street, Suite 400, San Francisco, CA 94104
www.jvs.org
(415) 391-3600
Job Accommodation Network (JAN)
Office of Disability Employment Policy, U.S. Department of Labor
Consulting service for employers, employees and job seekers looking for information on job accommodations for people with various disabilities.
www.askjan.org

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

Mission Hiring Hall
Mission: 3080 16th Street, San Francisco, CA 94103
SOMA: 1048 Folsom Street, San Francisco, CA 94103
www.missionhiringhall.org

(415) 626-1919
(415) 865-2105

National Center on Workforce and Disability for Adults
Resources on employment for adults with disabilities.
www.onestops.info

Openhouse
65 Laguna Street, San Francisco, CA 94102
www.openhouse-sf.org

(415) 296-8995

Personal Assisted Employment Services (PAES)
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.
1235 Mission Street, San Francisco, CA 94103
www.sfhsa.org/services/jobs-money/county-adult-assistance-programs-caap

(415) 558-1000
Chinese: (415) 558-1090
Spanish: (415) 558-1156
**Pomeroy Recreation & Rehabilitation Center**
*Employment training and job placement for individuals with disabilities.*
207 Skyline Boulevard, San Francisco, CA 94132
www.prrcsf.org
(415) 665-4100

**PRC (formerly Positive Resource Center)**
*Career counseling, computer training, and job search assistance for people with HIV/AIDS or mental health disabilities.*
785 Market Street, 10th Floor, San Francisco, CA 94103
https://prcsf.org/
(415) 777-0333

**San Francisco Public Library**
*Online resources to assist with job search.*
100 Larkin Street, San Francisco, CA 94102
www.sfpl.org/jobresources
(415) 557-4400

**Self-Help for the Elderly**
*Employment training programs, job placement, and on-the-job training in the Senior Community Service Employment Program (SCSEP).*
601 Jackson Street, San Francisco, CA 94133
www.selfhelpelderly.org
(415) 677-7600

**Swords to Plowshares**
*Services for Veterans.*
1060 Howard Street, San Francisco, CA 94103
www.swords-to-plowshares.org
(415) 252-4788

**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.*
https://choosework.ssa.gov/
(866) 968-7842
TTY: (866) 833-2967
Toolworks
Job training, placement and support services for people with disabilities.
25 Kearny Street, Suite 400, San Francisco, CA 94108
www.toolworks.org

(415) 733-0990
Videophone:
(415) 255-5857
Financial Services and Supports

BANKING AND MONEY MANAGEMENT

Balance
1655 Grant Street, Suite 1300, Concord, CA 94520
www.balancepro.org
(800) 777-7526

Bank on San Francisco
Bank on San Francisco helps find safe, affordable bank accounts without minimum balance, California ID, or social security number requirements. Use the online bank locator tool to find an account near you.
https://sfgov.org/ofe/ofe-bank-san-francisco

Homeowners HOPE Hotline
A counseling service provided by the Homeownership Preservation Foundation that offers help to homeowners at risk of foreclosure.
www.995hope.org
(888) 995-4673

Independent Living Resource Center of San Francisco (ILRCSF)
Provides a variety of services for individuals who experience disability related barriers or discrimination.
825 Howard Street, San Francisco, CA 94103
www.ilrcsf.org/
(415) 543-6222
TTY: (415) 543-6698

Office of Financial Empowerment
City and County of San Francisco
Designs, pilots, and expands programs and policies that help low-income families build economic security and mobility.
www.sfgov.org/ofe/
San Francisco County Veterans Service Office
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 Veterans Service Office for further information.
2 Gough Street, San Francisco, 94103
www.sfhsa.org/services/access-empowerment/county-veterans-service-office

(415) 934-4200
(800) 807-5799

San Francisco Smart Money Coaching
Office of Financial Empowerment & Balance
Free, confidential one-on-one financial coaching.
www.sfgov.org/ofe/san-francisco-smart-money-coaching

(877) 256-0073

MONEY MANAGEMENT SERVICES:

Representative Payee Program
Department of Aging and Adult Services
Provides voluntary financial management services to older adults and adults with disabilities who cannot manage their own funds.
www.sfhsa.org/services/care-support/representative-payee-program

(415) 557-5580
(415) 355-3555

Seniors At Home – Jewish Family and Children’s Services
Provides money management services for seniors age 60 and above.
2150 Post Street, San Francisco, CA 94115
www.seniorsathome.jfcso.org/fiduciary-services/

(415) 449-3777

Swords to Plowshares
Provides payee and money management services for Veterans only.
1060 Howard Street, San Francisco, CA 94103
www.swords-to-plowshares.org/income-support/

(415) 252-4788
Am I qualified for the CalFresh Program?
Your eligibility is determined by your income and other non-financial eligibility rules. If you have any questions, please contact the Service Center at (415) 558-4700.

How do I apply for CalFresh benefits?
Online:
www.MybenefitsCalWIN.org

In Person:
1235 Mission Street
Monday – Friday, 8am–5pm

1440 Harrison Street
Monday – Friday, 8am–5pm

2 Gough Street
Monday – Friday, 8am-5pm

By Fax:
(415) 558-1184

Where else can I get help to apply?
San Francisco-Marin Food Bank
CalFresh Outreach:
(415) 549-7021
calfresh@sfmfoodbank.org
www.sfmfoodbank.org/programs/food-stamp-outreach/
How do I access my benefits? You are issued a plastic Electronic Benefits Transfer (EBT) card and a Personal Identification Number (PIN). The EBT card holds CalFresh benefits like an ATM debit card, and can be accessed at a Point of Sale (POS) machine with a participating store or farmers' market. The purchase amount is automatically deducted from your CalFresh EBT account. To locate the stores nearest you, visit www.snapretailerlocator.com

Are there added benefits for Elderly, Disabled, and Homeless individuals? Yes. These individuals may use their EBT cards in San Francisco to purchase prepared food from authorized restaurants participating in the Restaurant Meals Program (RMP). Over 20 local restaurants, as well as several chains, are part of the RMP. For a list of participating restaurants, visit: www.sfhsa.org

COUNTY ADULT ASSISTANCE PROGRAM (CAAP)

Human Services Agency
City and County of San Francisco
www.sfhsa.org/services/jobs-money/county-adult-assistance-programs-caap

Am I eligible for CAAP? CAAP provides cash assistance to low-income adults without dependent children, adults that cannot work, and refugees.
**How do I apply for CAAP?**

In Person:
1235 Mission Street
Monday – Friday, 8am – 5pm
Complete a CAAP Screening Form and staff will provide an application packet and schedule an initial appointment with an Eligibility Worker.

**Where can I get more information?**

In Person:
CAAP Service Center
1235 Mission Street
San Francisco, CA 94103
Monday - Friday, 8am-5pm

By Phone:
(415) 558-2227

Online:
www.sfhsa.org/services/jobs-money/county-adult-assistance-programs-caap

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**OTHER FINANCIAL SUPPORTS/SUBSIDIES**

**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 everyday needs and in times of crisis. 2-1-1 offers access to services which include basic human needs such as food, clothing, shelter, rent assistance, and utility assistance.

www.211bayarea.org
AT&T
*Discount programs, specialized support and services, such as the Directory Assistance Exemption Program, are available to eligible customers.*
https://www.att.com/

**Disability and Aging Center**
*For customers with wireline phone service. The Center can help you get your bill in a format like braille or large print, and help you find out if you are eligible for a discount on directory assistance or local toll calls.*

**Lifeline**
*Discount program for phone or internet service for qualifying low-income households.*
www.att.com/lifeline

**National Center for Customers with Disabilities**
*For customers with wireless service. Assistance may include braille billing, Directory Assistance Exemption Program, text and data plans for people who are deaf, hard of hearing, or have a speech disability, and more.*

**California Alternate Rates for Energy (CARE)**
**PG&E**
*The CARE Program provides a monthly discount on gas and electricity for income-qualified. Qualifications are based on the number of persons living in your home and your total annual household income.*
www.pge.com

**California Public Utilities Commission**
*Information about state and federal programs designed to help you manage your utility bills.*
http://cpuc.ca.gov/
Community Living Fund
Department of Aging and Adult Services (415) 355-6700
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.
www.sfhsa.org/services/care-support/community-living-fund

Family Electric Rate Assistance (FERA)
PG&E (866) 743-2273
The FERA Program provides a monthly discount on electricity for income-qualified households of three or more people.
www.pge.com

Independent Living Resource Center of San Francisco (ILRCSF) (415) 543-6222
TTY: (415) 543-6698
Provides a variety of services for individuals who experience disability related barriers or discrimination.
825 Howard Street, San Francisco, CA 94103
www.ilrcsf.org

SafeLink Wireless (800) 723-3546
Free wireless phone and service program for eligible customers. Contact program for eligibility criteria.
www.safelinkwireless.com
IDENTITY THEFT

This section 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! Below is 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. For additional information, visit: www.identitytheft.gov

LAW ENFORCEMENT:

Report identity theft crimes immediately to your local police department and to the Federal Trade Commission (FTC) at (877) 438-4338 or www.ftc.gov. Penal Code 530.6 requires your local police department to take your report, regardless of 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 and 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 are 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 them to close or freeze the accounts. Ask that a free, one-year fraud alert be placed on your account. This will make it harder for someone to open new accounts in your name. 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 confirm 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.

**Equifax**  
P.O. Box 740241, Atlanta, GA 30374  
www.equifax.com  
To report fraud:  
(888) 766-0008  
For a credit report:  
(800) 685-1111

**Experian**  
P.O. Box 9532, Allen, TX 75013  
www.experian.com  
To report fraud:  
(888) 397-3742  
For a credit report:  
(888) 397-3742

**Trans Union**  
P.O. Box 6790, Fullerton, CA 92834  
www.tuc.com  
To report fraud:  
(800) 909-8872  
For a credit report:  
(800) 888-4213

Federal law requires each of the three nationwide consumer credit reporting companies – Equifax, Experian and TransUnion – to give you a free credit report every 12 months if you ask for it. You may request this report by calling (877) 322-8228.

**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 California Department of Consumer Affairs at (800) 952-5210.

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

**STOLEN CHECKS OR COUNTERFEIT CHECKS:**

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

**CHECK VERIFICATION SERVICES:**

Certigy (800) 437-5120

Chexsystems (800) 513-7125

CrossCheck Inc. (707) 665-2100

Global Payments Inc (877) 215-8117

SCAN (866) 707-9884
(800) 262-7771

TeleCheck (800) 710-9898
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 do not 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 driver’s license number. Contact the California Department of Motor Vehicles (DMV) fraud unit at (866) 658-5758, or email dlfraud@dmv.ca.gov, or go to 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. Contact the U.S. Postal Inspection Service in San Francisco at (877) 876-2455, or go to 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, please call (800) 269-0271 or TTY: (866) 501-2101, or visit oig.ssa.gov/report

To order your Earnings and Benefits Statement, please call (800) 772-1213 or TTY: (800) 325-0778. For more information, go to https://www.ssa.gov/
**PASSPORTS:**

If your passport has been stolen, notify the passport agency immediately. You may report this online, by calling the toll free number below, or mailing a form available online at the U.S. Department of State- Bureau of Consular Affairs website. For more information, please use the toll free number listed below.

*San Francisco Passport Agency*  
450 Golden Gate Avenue, 3rd Floor, Suite 3-2501  
San Francisco, CA 94102  
travel.state.gov

(877) 487-2778  
TTY: (888) 874-7793

**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.

*California Public Utilities Commission*  
505 Van Ness Avenue, San Francisco, CA 94102  
http://consumers.cpuc.ca.gov/default.aspx

(415) 703-2782

**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 do not 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 from the Identity Theft Resource Center, please go to https://www.idtheftcenter.org/ or call (888) 400-5530.

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 in case they are 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.
- Do not give identifying information over the phone or internet to anyone you did not call or do not know personally.
- Never leave your checkbook, purse or wallet in a vehicle, an office desk drawer, on a chair, or in a shopping cart.
- Beware of pickpockets when in crowds or taking public transportation, and carry your wallet or purse in front of your body.
• Do not use your mother’s maiden name as a password. Family names are available over the Internet.

REPORTING FINANCIAL ABUSE:
Financial abuse (or financial exploitation) is when someone misuses, mishandles, or exploits an older (age 65 and up) or dependent adult’s property, possessions or financial assets. This includes using those assets without the individual’s consent or manipulating the older or dependent adult for the financial benefit or material gain of another.

Suspected financial abuse of an older or dependent adult should be immediately reported to Adult Protective Services (APS) at (415) 355-6700, available 24 hours a day. Anyone can make a confidential or anonymous report if they suspect that an older adult or person with a disability who lives in San Francisco is experiencing abuse. The 24-hour hotline is staffed by social workers who respond to calls and utilize assessment tools to determine an appropriate response. If necessary, APS will conduct a home visit on an emergency basis to determine what services may be needed.

More information regarding Adult Protective Services and Financial Abuse can be found at: www.sfhsa.org/services/protection-safety/adult-abuse

SOCIAL SECURITY & SUPPLEMENTAL SECURITY INCOME (SSI)

Social Security Administration
www.ssa.gov (800) 772-1213
TTY: (800) 325-0778

Social Security Administration Offices
Chinatown Branch (877) 319-3070
560 Kearny Street, San Francisco, CA 94108

Downtown Branch (866) 964-5051
90 7th Street, 1st Floor, San Francisco, CA 94103

Mission Branch (866) 755-6323
1098 Valencia Street, San Francisco, CA 94110
If you would like to set up direct deposit for your Social Security checks, please call (800) 772-1213 or TTY: (800) 325-0778, or visit: fiscal.treasury.gov/GoDirect/ or www.ssa.gov.

**TAX ASSISTANCE**

Tax assistance is provided free of charge to seniors and disabled individuals during the regular tax season. Call the Department of Aging and Adult Services Information and Referral Hotline at **(415) 355-6700** for more information.

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) 777-2732 or visit www.csea.org/csea.

**Chinese Newcomers Service Center**
777 Stockton Street, Suite 104, San Francisco, CA 94108
www.chinesenewcomers.org
(415) 421-2111

**Internal Revenue Service**
To locate a tax assistance site for eligible adults, visit:
www.irs.gov

**State of California – Franchise Tax Board**
www.ftb.ca.gov
(800) 868-4171
(800) 852-5711

**State of California – State Controller’s Office**
www.sco.ca.gov
(800) 952-5661

**United Way Bay Area**
*Information on the Volunteer Income Tax Assistance Program (VITA) for low-income eligible adults and free online filing.*
550 Kearny Street, Suite 1000, San Francisco, CA 94108
www.earnitkeepitsaveit.org
(415) 808-4300
Food and Nutrition

CHAMPSS PROGRAM

The San Francisco Department of Aging and Adult Services, in cooperation with Self-Help for the Elderly, are pleased to offer a dining opportunity called CHAMPSS (Choosing Healthy and Appetizing Meal Plan Solutions for Seniors), a program for adults 60 or older and their spouse/partners regardless of age.

Through the program, participants may receive a nutritious, dietitian-approved meal and beverage any time on weekdays during the following restaurant’s service hours listed below.

**Green Bamboo**
1240 Noriega Street, San Francisco, CA 94122  
Meal Hours: Monday-Wednesday, Friday-Sunday, 10:00am-10:00pm; Closed Thursday.  
(415) 564-8818

**Henry’s Hunan**
4753 Mission Street, San Francisco, CA 94112  
Meal Hours: Monday, Wednesday-Saturday, 11:00am-6:00pm; Closed Tuesday.  
(415) 585-8838

**S & E Café**
2406 19th Avenue, San Francisco, CA 94116  
Meal Hours: Monday, Wednesday–Friday, 11:00am-10:00pm; Saturday, 11:00am-6:00pm.  
(415) 665-7868

For more information or to register for CHAMPSS, contact Self-Help for the Elderly at (415) 677-7600 or visit www.sfchampss.org.
CONGREGATE MEALS PROGRAM:
COMMUNITY DINING SITES BY NEIGHBORHOOD

Older Adults (age 60+) are eligible to participate in meal sites regardless of income.

✓ Vegetarian option available; please call for details.
☑ Reservation recommended.
** Also serve adults with disability (age 18-59).

BAYVIEW

Dr. George W. Davis Senior Center **
Bayview Senior Services  ☑ (415) 822-1444
1753 Carroll Avenue, San Francisco, CA 94124
American-Southern style lunch
Hours: Monday–Friday, 12:00pm-1:30pm
Saturday, 12:00pm-1:00pm

BERNAL HEIGHTS

Bernal Heights Neighborhood Center
515 Cortland Avenue, San Francisco, CA 94110 (415) 206-2142
American lunch.
Hours: Monday–Friday, 12:00pm-1:00pm

Mission YMCA **
Project Open Hand ☑ (415) 452-7565
4080 Mission Street, San Francisco, CA 94112
American lunch.
Hours: Monday–Friday, 11:40am-12:20pm
CASTRO / UPPER MARKET

Castro Senior Center **
Golden Gate Senior Services/Project Open Hand
110 Diamond Street, San Francisco, CA 94114
American lunch.
Hours: Monday–Friday, 11:45am–12:30pm
(415) 863-3507

CHINATOWN

Geen Mun Senior Center (On Low Wui Senior Center) **
Self-Help for the Elderly
777 Stockton Street, San Francisco, CA 94108
Chinese lunch and dinner (not offered Saturdays)
Hours: Monday–Friday, Lunch 12:00pm-1:00pm and Dinner 4:15pm-5:15pm; Saturday, Lunch Only 12:00pm-1:00pm
(415) 391-3843

Lady Shaw Senior Center **
Self-Help for the Elderly
1483 Mason Street, San Francisco, CA 94133
Chinese lunch.
Hours: Monday–Friday, 12:00pm–1:00pm
(415) 677-7581

DOWNTOWN / CIVIC CENTER

Curry Senior Center
333 Turk Street, San Francisco, CA 94102
American breakfast and lunch.
Hours: Monday–Sunday, Breakfast 8:00am-9:00am; Lunch 10:30am–12:30pm
(415) 292-1086
Downtown Senior Center **
San Francisco Senior Center – Sequoia Living
481 O’Farrell Street, San Francisco, CA 94102
American breakfast and lunch.
Hours: Monday–Sunday, Breakfast 8:30am-9:30am; Lunch 11:45am–12:30pm

GLIDE Daily Free Meals Program **
330 Ellis Street, San Francisco, CA 94102
American breakfast, lunch, and dinner.
Hours: Monday–Sunday, Breakfast 8:00am-9:00am; Lunch 12:00pm-1:00pm,
Dinner 4:00pm-5:00pm

GLIDE Senior Nutrition Program
330 Ellis Street, San Francisco, CA 94102
American breakfast.
Hours: Monday–Sunday, 7:30am-8:00am

Project Open Hand Central Site
Adults with disabilities-focused site.
730 Polk Street, San Francisco, CA 94109
American lunch.
Hours: Monday–Sunday, 10:30am–11:30am

South East Asian Senior Meal Program **
315 Turk Street, San Francisco, CA 94102
Chinese lunch.
Hours: Tuesday & Thursday, 12:00pm-1:00 pm

FINANCIAL DISTRICT

Manilatown Senior Center
Self-Help for the Elderly
848 Kearny Street, 3rd Floor
San Francisco, CA 94108
Chinese lunch.
Hours: Monday–Friday, 11:30am–12:30pm
Swords to Plowshares – Stanford Hotel **
250 Kearny Street, San Francisco, CA 94108
American lunch.
*Hours: Monday–Sunday, 12:00pm–1:00pm
(415) 391-2901

GLEN PARK

30th Street Senior Center
On Lok Lifeways
225 30th Street, San Francisco, CA 94131
American lunch.
*Hours: Monday–Saturday, 12:00pm–1:30pm
(415) 550-2210

INNER RICHMOND

Russian American Community Services **
300 Anza Street, San Francisco, CA 94118
Russian lunch.
*Hours: Monday–Friday, 11:00am–1:00pm
(415) 387-5336

INNER SUNSET

Sunset Senior Center **
1290 5th Avenue, San Francisco, CA 94122
American lunch.
*Hours: Monday–Friday, 11:45am–12:30pm
(415) 759-9507

LAKESHORE

Stonestown YMCA
3150 20th Avenue, San Francisco, CA 94132
American lunch.
*Hours: Monday–Friday, 11:30am–12:30pm
(415) 242-7118
MISSION

Capp Street Senior Center **
Mission Neighborhood Centers
362 Capp Street, San Francisco, CA 94110
American-Latino lunch.
Hours: Monday–Friday, 12:00pm-1:00pm

Centro Latino de San Francisco **
1656 15th Street, San Francisco, CA 94103
American-Latino lunch.
Hours: Monday–Friday, 11:30am–1:00pm

Francis of Assisi Community **
145 Guerrero Street, San Francisco, CA 94103
American lunch.
Hours: Monday-Sunday, 12:00pm-1:00pm

Star Hotel **
Centro Latino de San Francisco
2176 Mission Street, San Francisco, CA 94110
American-Latino lunch.
Hours: Monday-Friday, 12:00pm-1:00pm

NORTH BEACH

Telegraph Hill Neighborhood Center **
660 Lombard Street, San Francisco, CA 94133
American lunch.
Hours: Monday–Friday, 12:00pm–12:45pm

OCEANVIEW

I.T. Bookman Community Center**
Southwest Community Corporation
446 Randolph Street, San Francisco, CA 94132
American-Latino lunch.
Hours: Monday-Friday, 11:30am-1:00pm
OMI Senior Center
Catholic Charities
65 Beverly Street, San Francisco, CA 94132
*American lunch.*
*Hours: Monday–Friday, 12:00pm–1:00pm*

OUTER MISSION

Excelsior Senior Center
Bernal Heights Neighborhood Center
4468 Mission Street, San Francisco, CA 94112
*American lunch.*
*Hours: Monday–Friday, 11:30am-12:30pm*

OUTER RICHMOND

Jackie Chan Senior Center **
Self-Help for the Elderly
5757 Geary Boulevard
San Francisco, CA 94121
*Chinese brunch, lunch, dinner.*
*Hours: Monday–Friday, Lunch 11:30am–12:30pm & Dinner 4:15pm-5:15pm; Saturday Brunch 11:30am-12:30pm*

Richmond Senior Center **
Golden Gate Senior Services
6221 Geary Boulevard, 3rd Floor
San Francisco, CA 94121
*American lunch.*
*Hours: Monday–Friday; 11:45am–12:30pm*
PARKSIDE

South Sunset Senior Center
Self-Help for the Elderly
2601 40th Avenue, San Francisco, CA 94116
Chinese lunch.
Hours: Monday–Friday, 11:45 am–12:45 pm
(415) 566-2845

POTRERO HILL

Potrero Hill Neighborhood House **
953 DeHaro Street, San Francisco, CA 94107
American lunch.
Hours: Monday–Friday, 11:45 am–12:30 pm
(415) 826-8080

RUSSIAN HILL

Aquatic Park Senior Center **
San Francisco Senior Center – Sequoia Living
890 Beach Street, San Francisco, CA 94109
American lunch.
Hours: Sunday–Friday, 12:00 pm–12:45 pm
(415) 775-1866

SOUTH OF MARKET

Alexis Apartments
390 Clementina Street
San Francisco, CA 94103
American lunch.
Hours: Monday–Friday, 11:00 am–11:45 am
(415) 495-9541

Canon Kip Senior Center **
Episcopal Community Services
705 Natoma Street, San Francisco, CA 94103
American lunch.
Hours: Monday–Friday & 3rd Saturday of each month, 11:15 am–12:30 pm
(415) 487-3300 x 6211
**Mendelsohn House**
Self-Help for the Elderly
737 Folsom Street, San Francisco, CA 94107
*Chinese lunch.*
*Hours: Monday–Friday, 11:30am–12:30pm*
*(415) 243-9018*

**Veterans Commons**
Swords to Plowshares
150 Otis Street, San Francisco, CA 94103
*American-Latino lunch.*
*Hours: Monday–Friday, 11:00am–12:30pm*
*(415) 252-4787*

**Woolf House**
Self-Help for the Elderly
801 Howard Street, San Francisco, CA 94103
*Chinese lunch.*
*Hours: Monday–Friday, 11:30am–12:30pm*
*(415) 495-0931*

**VISITACION VALLEY**

**John King at Visitacion Valley**
500 Raymond Avenue, San Francisco, CA 94134
*American lunch.*
*Hours: Monday–Sunday, 11:30am–12:15pm*
*(415) 239-9919*

**Samoan Community Development Center**
Bayview Senior Services
2055 Sunnydale Avenue, #100, San Francisco, CA 94134
*American-Hawaiian lunch.*
*Hours: Tuesday, Wednesday, Thursday, 12:00pm–1:00pm*
*(415) 841-1086*

**Swords to Plowshares – Veterans Academy**
1030 Girard Road, San Francisco, CA 94129
*American dinner.*
*Hours: Monday–Sunday, 5:00pm–6:00pm*
*(415) 561-2610*
Visitacion Valley Community Center **
Self-Help for the Elderly
66 Raymond Avenue, San Francisco, CA 94134
Chinese & American lunch.
Hours: Monday–Friday, 11:30am–12:30pm

WESTERN ADDITION

Hamilton Senior Center
1900 Geary Boulevard, San Francisco, CA 94115
Japanese lunch.
Hours: Wednesday, 11:30am–12:30pm

Kimochi Senior Center
1840 Sutter Street, #101
San Francisco, CA 94115
Japanese lunch.
Hours: Monday–Friday, 11:45am–12:30pm

Rosa Parks Senior Center **
Bayview Senior Services
1111 Buchanan Street
San Francisco, CA 94115
American-Southern style lunch.
Hours: Monday–Friday, 12:00pm–1:00pm

Senior and Disability Action
1187 Franklin Street, San Francisco, CA 94109
American-Latino lunch.
Hours: 2nd Thursday of each month, 12:00pm–1:00pm

Western Addition Senior Center **
Bayview Senior Services
1390 ½ Turk Street, San Francisco, CA 94115
American-Southern style lunch.
Hours: Monday–Saturday, 12:00pm–1:30pm; Sunday, 12:00pm–2:00pm
WEST OF TWIN PEAKS

West Portal Club House
Self-Help for the Elderly (415) 753-7038
131 Lenox Way, San Francisco, CA 94127
Chinese lunch.
Hours: Monday–Friday, 11:30am–12:30pm

Visit www.freeprintshop.org for a listing of free meal and pantry locations.

EMERGENCY FOOD RESOURCES

211
Information on free food pantry sites, immediate food assistance, and supplemental food for older adults age 60 and up.
(800) 273-6222
www.211bayarea.org

San Francisco-Marin Food Bank
Emergency Food Program: 3-day supply of shelf-stable food for people in crisis.
(415) 282-1900
Weekly Food Pantries: Programs that distribute fresh produce, protein, and shelf-stable items once per week.
To locate sites serving your zip code, go to:
https://foodlocator.sfmfoodbank.org/

Free Print Shop
Free Eats Chart: list of free meals throughout San Francisco; updated quarterly, in Spanish & English.
Free Pantry Chart: list of pantries that give away free groceries and/or produce; updated quarterly, in Spanish & English.
www.freeprintshop.org

GROCERY DELIVERY

Grocery stores and markets that deliver may allow you to shop over the phone or online, and have groceries and other items brought to you. Many grocery stores deliver for free
with a minimum purchase and usually make deliveries more than once a day. Check with your neighborhood stores and markets to see if they deliver.

**Community Living Campaign**
*Delivery of food pantry groceries to those who cannot stand in line or carry their groceries home.*
1663 Mission Street, Suite 525, San Francisco, CA 94103

**Project Open Hand**
*Delivers medically tailored grocery bags with nutritious ingredients to prepare up to 7 meals. Project Open Hand provides these groceries to individuals living with critical illness. These services are at no cost to the individual.*
730 Polk Street, San Francisco, CA 94109
www.openhand.org

**San Francisco-Marin Food Bank**
*Grocery delivery for eligible low-income seniors (60+) and adults with disabilities.*
900 Pennsylvania Avenue, San Francisco, CA 94107
www.sfmfoodbank.org

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**HOME DELIVERED MEALS**

If you are unable to shop for or prepare meals for yourself, and are homebound and unable to attend a congregate meal site, you may be eligible to have meals delivered to your home. Call Department of Aging and Adult Services Information, Referral and Assistance unit at (415) 355-6700 or call the following programs and inquire. There may be a waiting list.

**Information Referral and Assistance**
**Department of Aging and Adult Services**
*A centralized intake and referral system to assist and link you to appropriate home-delivered meal services.*
(415) 355-6700
(800) 510-2020
30th Street Senior Center
Provides older adults (60+). Delivery 6 days a week, including holidays. Modified diets available.
www.OnLok.org
www.30thstreetseniorcenter.org/
(415) 550-2210

Centro Latino de San Francisco
Provides older adults (60+) with Latino meals, delivery 5 days a week.
www.centrolatinodesf.org
Area Served: Bernal Heights, Excelsior, Inner Mission, Outer Mission, Excelsior, Ingleside, Merced, Mission, Ocean, Visitation Valley
(415) 861-8758

Jewish Family and Children's Services
Provides older adults (60+) kosher meals, delivery 5 days a week.
www.jfcs.org
Area Served: Diamond Heights, Downtown, Glen Park, Inner Sunset, Mission, Panhandle, Forest Hill, Park Merced, Richmond, Russian Hill, SOMA, Sunset, Twin Peaks, Western Addition, Sunset
(415) 449-3777

Kimochi, Inc.
Provides older adults (60+) Japanese meals, delivery 5 days a week.
www.kimochi-inc.org
Area Served: Japantown, Marina, Pacific Heights, Richmond, Sunset, Western Addition
(415) 931-2287
(415) 931-2294
Meals on Wheels of San Francisco
Provides older adults (60+) and adults with disabilities up to two meals per day with modified diet options, delivery daily, weekdays or two times per week.
www.mowsf.org
Area Served: Citywide

Project Open Hand
Provides adults living with critical illness up to three medically tailored meals per day, health checks and nutrition counseling.
730 Polk Street, San Francisco, CA 94109
www.openhand.org
Area Served: Citywide

Russian American Community Services Association of SF, Inc.
Provides older adults (60+) and adults with disabilities Russian meals, delivery 5 days a week.
www.racssf.org
Area Served: Parkside, Sunset, Richmond, Western Addition.

Self-Help for the Elderly
Provides older adults (60+) Chinese meals, delivery 5 days a week, adults with disabilities two days a week.
www.selfhelpelderly.org
Area Served: Older adults: Chinatown, North Beach, Outer Sunset, Sunset, Richmond, North & South of Market/Tenderloin.
Adults with disabilities: Chinatown, North Beach, North & South of Market/Tenderloin.
Health and Wellness

DEMENTIA RELATED SERVICES

**Alzheimer’s Association- San Francisco Office**
100 Pine Street, Suite 2150, San Francisco, CA 94111
www.alz.org
(415) 463-8500
24 Hour Helpline:
(800) 272-3900

**Catholic Charities Alzheimer’s Day Care Resource Center**
50 Broad Street, San Francisco, CA 94112
www.catholiccharitiessf.org
(415) 452-3500

**Irene Swindells Center for Adult Day Services**
Institute on Aging/California Pacific Medical Center
*Social-model adult day program for individuals with mild to moderate memory loss without additional significant health care needs.*
3698 California Street, 2nd Floor, San Francisco, CA 94118
www.ioaging.org
(415) 600-2690

**Self-Help for the Elderly Alzheimer’s Day Care Resource Center**
408 22nd Avenue, San Francisco, CA 94121
(415) 677-7600

**UCSF Memory and Aging Center**
1500 Owens Street, Suite 320, San Francisco, CA 94158
https://memory.ucsf.edu/
(415) 353-2057

DENTAL 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. Daily hours may vary, contact individual clinics to confirm hours and language capacity, inquire about insurance acceptance, and
make an appointment if needed. Clinics open during evening and/or weekend hours are noted below.

**Dental Service of the SF VA Medical Center**
*Services for veterans who meet eligibility requirements.*
*Drop in emergency services available.*
4150 Clement Street, Building #200, First Floor
San Francisco, CA 94121
https://www.sanfrancisco.va.gov/services/dental.asp  
(415) 221-4810

**Native American Health Center**
*Sliding scale, Medi-Cal; Medicare; Healthy Families.*
160 Capp Street, 2nd Floor, San Francisco, CA 94110
http://nativehealth.org/
*Special Hours: Open some Saturdays*
(415) 417-3502

**North East Medical Services**
*Age 0 and up. Registered “NEMS” member.*
1520 Stockton Street, San Francisco, CA 94133
http://nems.org/
*Language: Burmese, Cantonese, Mandarin, Vietnamese*
*Special Hours: Open Saturdays*
(415) 391-9686

**San Francisco Dental Society**
*Referral to private dentists.*
https://www.sfds.org/  
(415) 928-7337
San Francisco Department of Public Health Primary Care Dental Services
San Francisco Health Network Member: Dental services for adults and children with Medi-Cal or Healthy Kids. Sliding scale for emergency only dental services for Healthy San Francisco member.
Non-San Francisco Health Network Member with Medi-Cal or Healthy Kids: Dental services for children and emergency only services for adults.

Chinatown Public Health Center  
1490 Mason Street, San Francisco, CA 94133  (415) 364-7600  (415) 364-7636

Potrero Hill Health Center  
1050 Wisconsin Street, San Francisco, CA 94107  (415) 648-3022  New Patients:  (415) 682-1740

Silver Avenue Family Health Center  
1525 Silver Avenue, San Francisco, CA 94134  (415) 657-1730
Language: Cantonese, Spanish, Tagalog

Southeast Health Center  
2401 Keith Street, San Francisco, CA 94124  (415) 671-7000

Tom Waddell Urgent Care Clinic  
50 Dr. Tom Waddell Place, 2nd Floor  New Patients:  
San Francisco, CA 94102  (415) 682-1740

Homeless Clinic: Drop-In M/T/Th/F 8am-5pm  
Ryan White Clinic: Appointment Only T/W/F 8am-5pm  
Homeless: (415) 355-7507  
HIV: (415) 355-7527

San Francisco Women & Children Health Referral Line  
Referral to dentists.  
https://www.sfdph.org/dph/comupg/oprograms/MCH/default.asp  
(800) 300-9950
Language: Cantonese, Spanish, English
South of Market Health Center
*Medi-Cal or private insurance.*
229 7th Street, San Francisco, CA 94103
www.smhcsf.org
(415) 503-6033

University of California, San Francisco
School of Dentistry – Buchanan Clinic
100 Buchanan Street, San Francisco, CA 94102
www.ucsf dentalcenter.org
(415) 475-5608

**General Dentistry Clinic - Buchanan**
*Treatment by faculty and students. Age 14 and up. Denti-Cal and private insurance.*
(415) 476-5608

**Oral Surgery Clinic – Buchanan**
*Treatment by faculty. Private insurance and Denti-Cal.*
(415) 476-5608

University of California, San Francisco
School of Dentistry - Parnassus Clinic
*Treatment by students, faculty and residents. Languages vary. Payment at time of service.*
707 Parnassus Avenue, San Francisco, CA 94143
www.ucsf dentalcenter.org
(415) 502-5800

**General Dentistry Resident Clinic**
*Private insurance and Medi-Cal.*
Suite D-4000
(415) 476-9656

**General Dentistry Student Clinic**
*Age 17 and up. Medi-Cal.*
(415) 476-1891
Go to first floor for registration. Suite D-4000

**Hospital Dentistry**
*Age 18 and up. For people with special needs. Appointment days vary. Medi-Cal.*
Suite D-1201.
(415) 502-5800
Oral Surgery Faculty Clinic
Private insurance and fee-for-service. Denti-Cal not accepted. Medi-Cal consultation – may refer to SFGH or UCSF Buchanan for treatment.
Suite D-1201
(415) 476-1316

Oral Surgery Student Clinic
Private insurance and Denti-Cal accepted.
Suite D-1050
(415) 502-3568

Orthodontics Faculty & Resident Clinic
Private insurance and Denti-Cal accepted.
Suite D-3000
(415) 476-2841

Periodontics Student & Resident Clinic
Private insurance and Denti-Cal accepted.
Suite D-3000
(415) 476-1731

Prosthodontics Faculty & Resident Clinic
Fee for Service. No Denti-Cal.
Suite D-4000
(415) 476-1784

University of the Pacific
Arthur A. Dugoni School of Dentistry
(415) 929-6501
Treatment by students, faculty and residents. Languages vary. Payment plans may be available.
155 Fifth Street, San Francisco, CA 94103
https://dental.pacific.edu/dental-services

Adult Clinic – San Francisco Main Clinic
Age 14 and up. Denti-Cal (for patients of record only).
Special Hours: Monday & Thursday, open until 8:30pm
2nd and 3rd Floors.
CARE (Ryan White) Clinic
Some services provided at no charge to eligible patients. Eligible patients include SF residents with HIV and documented financial need. Verification of eligibility required.
2nd Floor, Specialty Clinic

Endodontic Specialty Clinic
Denti-Cal and private insurance.
2nd Floor, Section 2F

Oral and Maxillofacial Surgery
Denti-Cal and private insurance.
3rd Floor Oral Surgery Clinic

Orthodontics
Denti-Cal, private insurance, and payment plans available.
3rd Floor

Special Care and Hospital Dentistry
Private insurance and Denti-Cal.
2nd Floor Specialty Clinic

Zuckerberg San Francisco General Hospital
Oral and Maxillofacial Surgery Clinic
1001 Potrero Avenue, Main Building 5, 1st Floor, Suite 1N, San Francisco, CA 94110
https://zuckerbergsanfranciscogeneral.org/location/oral-maxillofacial-surgery/
(415) 206-8104 Please leave a message, calls returned in 24 hours.

MOBILE DENTISTS:
San Francisco Dental Society
Please call for referral to a dentist who makes home visits.
(415) 928-7337
https://www.sfds.org/
HOME VISIT DENTAL SERVICES:

Dental Hygiene Committee of California
Visit their website to search for a roster of Registered Dental Hygienists in Alternative Practice (RDHAPs) for in-home dental hygienists.
https://www.dhcc.ca.gov/

FREE OR LOW COST DENTAL/MEDICAL SERVICES:

For free or low cost dental services visit www.freeprintshop.org

END OF LIFE SERVICES

DEATH-RELATED SERVICES:

College Chapel Mortuary
3434 17th Street, San Francisco, CA 94110 (415) 800-2226
www.collegechapelmortuariesf.com

Office of the Chief Medical Examiner
1 Newhall Street, San Francisco, CA 94124 (415) 553-1694
www.sfgov.org/medexaminer

Office of Vital Records
Department of Public Health
Call 311 with questions regarding birth and death records.
101 Grove Street, Room 105, San Francisco, CA 94102 (415) 701-2311
www.sfdph.org

Public Administrator
Department of Aging and Adult Services
1650 Mission Street, 5th Floor, San Francisco, CA 94103 (415) 557-6680
www.sfhsa.org/services/care-support/public-administrator
**GRIEF COUNSELING/SUPPORT GROUPS:**

**Center for Elderly Suicide Prevention and Grief Counseling**  
Institute on Aging  
3575 Geary Boulevard, San Francisco, CA 94118  
www.ioaging.org  
(415) 750-4111

**Jewish Family and Children’s Services**  
2150 Post Street, San Francisco, CA 94115  
www.jfcs.org  
(415) 449-3777  
(415) 449-3879

**HOSPICE:**

**Coming Home Hospice**  
Sutter Health - CPMC  
115 Diamond Street, San Francisco, CA 94114  
www.sutterhealth.org  
(415) 861-1110

**Crossroads Home Care and Hospice**  
1109 Vicente Street, # 101, San Francisco, CA 94116  
www.crossroadshh.com  
(415) 682-2111

**Hospice by the Bay**  
180 Redwood Street, Suite 350, San Francisco, CA 94102  
www.hospicebythebay.org  
(415) 626-5900

**Jewish Family and Children Services – Palliative Care**  
2150 Post Street, San Francisco, CA 94115  
www.jfcs.org  
(415) 449-3777  
(844) 222-3212

**Maitri Compassionate Care**  
401 Duboce Avenue, San Francisco, CA 94117  
www.maitrisf.org/  
(415) 558-3000

**Pathways Home Health & Hospice**  
395 Oyster Point Boulevard  
South San Francisco, CA 94080  
www.pathwayshealth.org/  
(650) 634-0133
Self-Help Home Care & Hospice
Self-Help for the Elderly
731 Sansome Street, #100, San Francisco, CA 94111
www.selfhelpelderly.org
(415) 677-7600

Sutter VNA and Hospice
Sutter Health’s Sutter Care at Home
2800 Leavenworth Street, #350-B
San Francisco, CA 94133
www.sutterhealth.org
(415) 749-4201

Zen Hospice Project
1161 Mission Street, 1st Floor, San Francisco, CA 94102
www.zenhospice.org
(415) 913-7682

OTHER SERVICES:
Department of Veteran Affairs
(800) 827-1000

Social Security Administration
(800) 772-1213

HEARING SERVICES

211
Available 24 hours a day, 7 days a week in 150 languages. 211 connects callers with hundreds of programs so people can find food, housing, health care, senior services, legal aid, volunteer opportunities as well as assistance with vision and hearing disabilities.
www.211bayarea.org
(800) 273-6222

www.211bayarea.org
311
Available 24 hours a day, 7 days a week. 311 connects residents, businesses, and visitors to customer service representatives, ready to help with general government information and services.
www.sf311.org

Within San Francisco: 311 (415) 701-2311
TTY: (415) 701-2323

Ability Tools (formerly AT Network)
California Foundation for Independent Living Centers
Information and advocacy, assistive technology services directory, and more.
www.abilitytools.org

(800) 390-2699
TTY: (800) 900-0706

AT&T
Offers some free services to those with hearing impairment.
www.att.com

(800) 772-3140

Audient – An Alliance for Accessible Hearing Care
AUDIENT helps low income people nationwide access quality hearing aids and related care at a significantly lower cost.
www.AudientAlliance.org

(866) 956-5400 x 5004

California Telephone Access Program
Offers free specialized telephone equipment to eligible California residents who may have difficulty using a standard telephone. CTAP Service Center is located inside the Hearing and Speech Center of Northern California; contact information below.
www.californiaphones.org

(800) 806-1191
TTY: (800) 806-4474
Spanish: (800) 949-5650
Cantonese: (866) 324-8754
Mandarin: (866) 324-8747

Deaf Community Counseling Services (DCCS)
Services include mental health and substance abuse assessment and therapy, psychiatric and medication services, drop-in case management to help deaf and hard-of-hearing persons to access services.
1500 Franklin Street, San Francisco, CA 94109
www.felton.org/social-services/adult/dccs/

(415) 474-7310
Video: (415) 255-5848
**Deaf Counseling Advocacy and Referral Agency (DCARA)**

*Offers resources and provides the hearing community with information about the deaf community and working and living with persons who are deaf, deaf-blind, deafened and hard of hearing.*

www.dcara.org

**Hearing and Speech Center of Northern California**

*Offers audiology services, including hearing aids, to all income levels, counseling, advocacy, support groups, and employment support services. The center also hosts CTAP resource events twice monthly.*

1234 Divisadero Street, San Francisco, CA 94115

www.HearingSpeech.org

**Hearing Loss Association of America**

*San Francisco Chapter*

*Offers information about hearing aids and other hearing-related equipment, as well as support and advocacy for people with hearing loss, their families and friends. Meets second Saturday, 10:00 am, every month except for summer break (June to August) and winter break (December and January).*

1400 Geary Boulevard, San Francisco, CA 94109

www.hearinglossca.org/chapters/northern-chapters/san-francisco-chapter

**iCanConnect**

*Lighthouse For The Blind and Visually Impaired*

*Federal program providing free communications technology designed for people with combined vision and hearing loss. Contact program for eligibility criteria.*

1155 Market Street, 10th Floor, San Francisco, CA 94103

www.lighthouse-sf.org

**VP & Toll Free Voice:**

(510) 343-6670

**Hearing and Speech Center of Northern California**

(415) 921-7658

TTY: (415) 921-8990

**Wendy Lee:**

(415) 993-0686

wendysfhlaa@gmail.com

**Video:** (415) 255-5906

schoi@lighthouse-sf.org
North East Medical Services
Offers information about discount programs for hearing aids and other hearing-related equipment, as well as support and advocacy for people with hearing loss and vision loss, their families and friends.
1520 Stockton St., San Francisco, CA 94133
www.nems.org

San Francisco Audiology
Multiple offices throughout San Francisco.
1 Shrader Street, Suite 578, San Francisco, CA 94117
540 Sutter Street, Suite 1400, San Francisco, CA 94108
2100 Webster Street, Suite 202, San Francisco, CA 94115
45 Castro Street, Suite 325, San Francisco, CA 94114
www.sfaudiology.com

San Francisco Public Library Deaf Services Center
Provides in-depth resources for adults and children who are deaf or hard of hearing, their families, friends, and professionals, as well as services in American Sign Language and English.
100 Larkin Street, San Francisco, CA 94102
www.sfpl.org

St Benedict Parish for the Deaf
Offers outreach, advocacy, sign language interpreters, and visitation. All masses are signed.
1801 Octavia St., San Francisco, CA 94109
www.sfdeafcatholics.org

Toolworks
Offers services for deaf and hard-of-hearing individuals; they also offer job training, job placement, volunteer placement, college preparation, independent living skills training and support.
25 Kearny Street, Suite 400, San Francisco, CA 94108
www.toolworks.org
SIGN LANGUAGE INTERPRETERS:

Bay Area Communication Access
443 Tehama Street, San Francisco, CA 94103 (415) 356-0405
www.bacainterp.com TTY: (415) 356-0376

Beyond the Words, Inc.
1550 Parkside Drive, Suite 110 (925) 979-1968
Walnut Creek, CA 94956
www.beyondthewordsinc.com

Hired Hands LLC
P.O. Box 2722 (510) 659-1882
Fremont, CA 94536
www.hiredhandsasl.com

MEDICAL SERVICES

HOME VISIT MD INFORMATION:

Home Based Primary Care
Department of Veterans Affairs (415) 221-4810
4150 Clement Street, San Francisco, CA 94121
www.sanfrancisco.va.gov

University of California San Francisco (UCSF)
Housecalls Program for Seniors (415) 514-3577
Home-based primary care services for homebound patients
65 years and older.
www.ucsfhealth.org
FREE OR LOW COST MEDICAL SERVICES:

Cancer Detection Program: Every Woman Counts
Please call to see if you qualify for free tests. Service is for screening only, not treatment for a diagnosed condition.
To find a provider in your area, visit:
www.dhcs.ca.gov

(800) 511-2300

Healthy San Francisco
Department of Public Health
Healthy San Francisco is a program designed to make health care services available and affordable to uninsured San Francisco residents.
https://healthysanfrancisco.org/

(415) 615-4555
TDD/TTY: (415) 547-7830

Mabuhay Health Center
A volunteer-run organization that provides free health care resources to the people of San Francisco.
1010 Mission Street, San Francisco, CA 94103
www.MabuhayHealthCenter.org

(415) 633-6421

Women’s Community Clinic
1735 Mission Street, San Francisco, CA 94103
www.womenscommunityclinic.org

(415) 379-7800

For other free or low cost medical services visit www.freeprintshop.org
MEDICAL SUPPLIES AND EQUIPMENT

ReCARES (formerly Home CARES)
Non-profit organization that accepts donations of reusable home healthcare equipment as well as disposable medical supplies that are in their original unopened packaging, and in turn redistributes these items free of charge to those in need.
63-65 Dorland Street, San Francisco, CA 94110
www.homecares.org
Hours: Thursdays 10:00am – 3:00pm

(415) 487-5405

MEDICATION DISPOSAL

San Francisco Department of the Environment
Safe Medicine Disposal for Residents
https://sfenvironment.org/safe-medicine-disposal

Disposal Options:
Drop-Off Kiosks:
To view a list and map of drop off locations, visit:
https://sfenvironment.org/safe-medicine-disposal-locations
Or call: (415) 355-3700 for more information.

Pick Up a Mail-Back Envelope:
For a list of locations where you can pick up a free, prepaid envelope to mail in your medicine for proper disposal, visit:
https://sfenvironment.org/safe-medicine-disposal

Request a Mail-Back Envelope:
To request a free envelope be sent to your home, visit:
https://med-project.org/locations/san-francisco/mail-back/
Or call: (844) 633-7765
PHARMACY DELIVERY

Call your neighborhood pharmacy to see if they will deliver your medications. Below is a list of pharmacies that deliver. Please contact individual businesses for information about current delivery charges, times, and payment methods accepted.

**Daniel’s Pharmacy**
943 Geneva Avenue, San Francisco, CA 94112
www.mygnp.com
*Area Served: Citywide*

**(415) 584-2210**

**Golden Gate Pharmacy**
1836 Noriega Street, San Francisco, CA 94122
www.reliablerexall.com
*Area Served: Citywide*

**(415) 661-0790**

**Reliable Rexall Sunset Pharmacy**
801 Irving Street, San Francisco, CA 94122
www.reliablerexall.com
*Area Served: Citywide*

**(415) 664-8800**

**Safeway Pharmacy**
*Locations citywide. To find your closest pharmacy, visit:*
www.safeway.com

**(877) 723-3929**

PRESCRIPTION ONLINE ORDERING AND DELIVERY:

Visit individual websites for more information on costs and insurance acceptance.

**CVS**
www.cvs.com

**Safeway**
www.safeway.com

**Walgreens**
www.walgreens.com
PHYSICAL FITNESS/WELLNESS

The Always Active program offers older adults group exercise classes throughout San Francisco. Contact individual agencies for information on their current schedule, class locations, and any applicable participation or membership fees.

30th Street Senior Center
On Lok Lifeways
225 30th Street, 3rd Floor, San Francisco, CA 94131
www.30thstreetcenters.org
(415) 550-2265
(415) 550-6003

Aquatic Park Center
San Francisco Senior Center – Sequoia Living
890 Beach Street, San Francisco, CA 94109
https://www.sfsenior.org/
(415) 923-4482

Bethany Center
580 Capp Street, San Francisco, CA 94110
http://www.bethanycenter.org/
(415) 821-4515

Bethel Center
2557 Alemany Boulevard, San Francisco, CA 94112
(415) 550-6003
(415) 586-4977

Castro Senior Center
Golden Gate Senior Services
110 D Diamond Street, San Francisco, CA 94114
http://ggsenior.org/
(415) 863-3507

Downtown Senior Center
San Francisco Senior Center – Sequoia Living
481 O’Farrell Street, San Francisco, CA 94102
https://www.sfsenior.org/
(415) 771-7950

Dr. George W. Davis Senior Center
Bayview Senior Services
1753 Carroll Avenue, San Francisco, CA 94124
https://bhpmss.org/
(415) 822-1444
I.T. Bookman Community Center
446 Randolph Street, San Francisco, CA 94132   (415) 586-8020
www.itbookmancenter.org

Manilatown Senior Center
Self-Help for the Elderly   (415) 398-3250
848 Kearney Street, San Francisco, CA 94108
www.selfhelpelderly.org

OMI Senior Center
Catholic Charities   (415) 334-5550
65 Beverly Street, San Francisco, CA 94132
https://www.catholiccharitiessf.org/what-we-do/aging-support/

Richmond Senior Center
Golden Gate Senior Services   (415) 752-6444
6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121
www.ggsenior.org/

South Sunset Senior Center
Self-Help for the Elderly   (415) 566-2845
2601 40th Avenue, San Francisco, CA 94116
www.selfhelpelderly.org

Western Addition Senior Center
Bayview Senior Services   (415) 921-7805
1390 ½ Turk Street, San Francisco, CA 94115
https://bhpmss.org/

West Portal Club House   (415) 239-9919
131 Lenox Way, San Francisco, CA 94127
www.selfhelpelderly.org
OTHER PROGRAMS:

Dance for Parkinson’s – City Ballet
(Sponsored by Kaiser Permanente) (415) 865-6583
Free, Advance registration required
455 Franklin St., San Francisco, CA 94102
Hours: Saturday
1:00 pm - 2:15 pm

Dance for Parkinson’s – Parkinson’s Disease San Francisco Network (PDSF Network)
(Sponsored by PDSF Network & Joe Goode Performance Group)
$15 suggested donation but no one will be turned away for lack of funds. Please call to check that classes are being offered at the site specified. Times and dates can change.

The Sequoias (Sponsored by PDSF Network)
1400 Geary Blvd., San Francisco, CA 94109
Hours: Every Tuesday
1:00 pm - 2:15 pm

Joe Goode Annex (Sponsored by PDSF Network)
401 Alabama Street, San Francisco, CA 94110 (415) 285-7377
Hours: Every Other Sunday
12:00 pm - 1:15 pm

Dive Pirates Foundation – Northern California Chapter (877) 393-3483 divepirates@divepirates.org
Scuba Diving for individuals who are paraplegic, quadriplegic, have neurological disorders, amputations, or are blind.
P.O. Box 1564, Wellington, Col 80549
www.DivePirates.org
PODIATRY

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 could 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.

California 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 2 ½ hour workshops presented once a week over a 6-week period.

www.CaHealthierLiving.org/cstcounty/san-francisco-2/

Ozanam Wellness Center
St. Vincent De Paul Society
1175 Howard Street, San Francisco, CA 94103 Boulevard,
(415) 552-5561

Pomeroy Recreation & Rehabilitation Center
207 Skyline Boulevard, San Francisco, CA 94132
www.prrcsf.org/
(415) 665-4100

Richmond Senior Center
Golden Gate Senior Services
6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121
www.ggsenior.org/
(415) 752-6444
(415) 424-7982

(818) 408-5219
(415) 550-6002
J.K. Bernard, DPM
Cash only for home visits. Tel: (415) 392-5626
1580 Valencia Street, Room 804, San Francisco, CA 94110
www.SutterPodiatryGroup.com
Area Served: Citywide

Maureen Lee, DPM
Cash, Checks, Medicare. Tel: (415) 567-3136
1480 Sutter Street, Ground Floor
San Francisco, CA 94109
Area Served: Please call

Sharon Hosaka, DPM
Checks, Medi-Cal, Medicare, Mastercard, Visa. (415) 421-3630
100 Bush Street, Suite 210, San Francisco, CA 94104
www.FootDocSF.com
Area Served: Citywide

American Foundation for the Blind, San Francisco
Provides local, state, and national information and referrals for people who are blind or visually impaired. (415) 392-4849
www.afb.org

California Vision Foundation
2415 K Street, Sacramento, CA 95816 (800) 877-5738
www.coavision.org

Eyecare America
American Academy of Ophthalmology (877) 887-6327
Provides eye care through volunteer ophthalmologists at no cost to those who qualify for U.S. citizens or legal residents, who are without an eye doctor and who do not belong to an HMO or do not have eye care coverage through the Veterans Administration.
www.aao.org/eyecare-america
Lions Club International
Provides programs and assistance to aid people who are blind and visually impaired, and to work at eliminating preventable and reversible blindness. Provides Recycled eyeglasses, vision screening and other assistance. directory.lionsclubs.org

North East Medical Services
1520 Stockton Street, San Francisco, CA 94133 (415) 391-9686
www.nems.org
Health Insurance

MEDI-CAL

MyBenefits CalWIN (www.MyBenefitsCalWIN.org) is a fast and easy way for California residents to learn about and apply for medical, food, and cash assistance programs. The website also provides ongoing access to secure and private benefit information.

Medi-Cal Application Processing
1440 Harrison Street, San Francisco, CA 94103 (855) 355-5757
2 Gough Street, San Francisco, CA 94103 (415) 863-9892
www.sfhsa.org/services/health-food/medi-cal

Medi-Cal Replacement Card (415) 558-1836

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.
1440 Harrison Street, San Francisco, CA 94103 (415) 558-4700

HICAP

Health Insurance Counseling Advocacy Program (HICAP)
Self-Help for the Elderly (415) 677-7520
Provides free unbiased assistance on health insurance issues for people with Medi-care.
601 Jackson Street, 2nd Floor, San Francisco, CA 94133
www.hicap.org
Home-Related Services

HOME MAINTENANCE AND REPAIR SERVICES

Better Business Bureau
For a list of businesses that belong to the Better Business Bureau, call 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.

Rebuilding Together San Francisco
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.
28 Pier 1, The Embarcadero, San Francisco, CA 94105
www.rebuildingtogethersf.org

SF Day Labor
Members have experience as movers, painters, gardeners, construction workers, plumbers, busboys, waiters, set-up workers for events, janitors, and more.
3358 Cesar Chavez St., San Francisco, CA 94110
www.sfdaylabor.org

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

Better Business Bureau (866) 411-2221

Consumer Action (415) 777-9635

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

Contractor’s State License Board (800) 321-2752
The Community & Home Injury Prevention Program for Seniors (CHIPPS)
CHIPPS provides home safety assessments and fall prevention tips for seniors in their homes; minor home safety modifications; and home safety education presentations to community groups of seniors and caregivers, and agency staff.
www.sfdph.org/chep

Home Safety Services (Home Modification Services)
890 Cowan Road, Suite G, Burlingame, CA 94010
www.HomeSafety.net

Rebuilding Together San Francisco
Free renovations for low-income home owners; home safety equipment installation, information and referral regarding housing repairs.
28 Pier 1, The Embarcadero, San Francisco, CA 94105
www.rebuildingtogethersf.org

San Francisco Safe
Free home visits to make recommendations on improving home safety.
850 Bryant Street, Room 135, San Francisco, CA 94103
www.sfsafe.org

Senior Home Safety Program/Fire Safety Education Outreach
San Francisco Fire Department
Free home safety assessment.
## RECYCLING SERVICES

### Building Resources
*Will pick up building materials but not appliances.*
701 Amador Street, San Francisco, CA 94124  
www.buildingresources.org  
(415) 285-7814

### CalRecycle Hotline

https://www.calrecycle.ca.gov/  
(800) 732-9253

### Recology
*Will pick up old appliances and other large items for recycling.*
- Recology Sunset Scavenger  
  (415) 330-1300  
- Recology Golden Gate  
  (415) 626-4000  
www.RecycleMyJunk.com
Housing Search & Resources

HOUSING ADVOCACY AND EVICTION DEFENSE ASSISTANCE

API Legal Outreach
Tenant counseling in many languages. (415) 567-6255
1121 Mission Street, San Francisco, CA 94103
www.apiLegalOutreach.org

Asian Americans Advancing Justice - Asian Law Caucus
Legal clinics and advocacy services for low-income tenants. (415) 896-1701
55 Columbus Avenue, San Francisco, CA 94111
www.AdvancingJustice-ALC.org

Causa Justa :: Just Cause
Counseling for Mission or Excelsior low income Spanish speakers. (415) 487-9203
2301 Mission Street, Suite 201, San Francisco, CA 94110
www.cjjc.org

Chinatown Community Development Center
Services in Cantonese, Mandarin and English. (415) 984-1450
663 Clay Street, San Francisco, CA 94111
www.ChinatownCDC.org

Eviction Defense Collaborative
Rental assistance/loans to prevent evictions. (415) 947-0797
1338 Mission Street, 4th Floor, San Francisco, CA 94103
www.EvictionDefense.org

Felton Institute (formerly Family Service Agency)
Early crisis intervention and eviction assistance (EAP). (415) 474-7310 x 318
1500 Franklin Street, San Francisco, CA 94109
www.felton.org
Housing Rights Committee of San Francisco

Mission Office: 1663 Mission Street, Suite 504, San Francisco, CA 94103 (415) 703-8644

Richmond Office: 4301 Geary Boulevard, San Francisco, CA 94118 (415) 947-9085

www.hrcsf.org

La Raza Centro Legal

Bilingual/bicultural English/Spanish information and referral services. (415) 575-3500

474 Valencia Street, Suite 295, San Francisco, CA 94103 www.lrcl.org

Legal Assistance to the Elderly

701 Sutter Street, 2nd Floor, San Francisco, CA 94109 (415) 538-3333

www.laesf.org

Q Foundation

Homeless prevention and rapid rehousing programs for the QGLBT and HIV/AIDS community. (415) 552-3242

350 Golden Gate Avenue, San Francisco, CA 94102 www.theqfoundation.org

Rent Arbitration and Stabilization Board

25 Van Ness Avenue, Suite 320, San Francisco, CA 94102 (415) 252-4602

www.sfrb.org

San Francisco Tenants Union

558 Capp Street, San Francisco, CA 94110 (415) 282-6622

www.sftu.org

Self-Help for the Elderly

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

English TDD/TTY: (800) 855-7100

Spanish TDD/TTY: (800) 855-7200

www.selfhelpelderly.org
HOUSING SEARCH RESOURCES

Bayanihan Equity Center
1010 Mission Street, San Francisco, CA 94103
www.sfbec.org
(415) 255-2347

Bill Sorro Housing Program
Housing case management, application assistance, tenant counseling. New clients attend Tuesday drop-in clinic 10am-12pm, 1:30pm-4pm at 1009 Howard Street, San Francisco, CA 94103. Main office address:
1360 Mission Street, #400, San Francisco, CA 94103
http://bishopsf.org/
(415) 513-5177

DAHLIA San Francisco Housing Portal
Mayor’s Office of Housing and Community Development
https://housing.sfgov.org/
(415) 701-5500

Department of Aging and Adult Services
Please call for a current monthly list of housing information or housing opportunities.
(415) 355-6700

Department of Homelessness and Supportive Housing
City and County of San Francisco
P.O. Box 7988, San Francisco, CA 94120
http://hsh.sfgov.org/
(415) 252-3232
For Services: 311

Access Points for Adult Coordinated Entry:
2111 Jennings Street, San Francisco, CA 94124
Monday-Friday: 7:00am-11:00am

123 10th Street, San Francisco, CA 94103
Mon/Tues/Thurs/Fri: 9:00am-4:30pm;
Wed: 9:00am-12:00pm

Onsite Assessments by Mobile Assessment Team: (415) 487-3300 ext. 7000

HealthRIGHT 360
1563 Mission Street, San Francisco, CA 94103
www.healthright360.org/
(415) 762-3700
Home Match SF
Covia
Helps people with extra room in their homes earn income while connecting with pre-screened people seeking an affordable place to live.
881 Turk Street, San Francisco, CA 94102
https://homematchsf.org/
(415) 351-1000

Hospitality House
290 Turk Street, San Francisco, CA 94102
www.hospitalityhouse.org/
(415) 749-2100

Independent Living Resource Center of San Francisco (ILRCSF)
Housing workshops, application assistance, and advocacy support for accommodations.
825 Howard Street, San Francisco, CA 94103
www.ilrcsf.org
(415) 543-6222

Mayor’s Office of Housing and Community Development
1 South Van Ness Avenue, 5th Floor
San Francisco, CA 94103
https://sfmohcd.org/
https://housing.sfgov.org/
(415) 701-5500

Mercy Housing
Affordable housing rental opportunities.
1256 Market Street, San Francisco, CA 94102
TTY: (800) 877-8973
https://www.mercyhousing.org/california/
(415) 355-7100

Mission Economic Development Agency
2301 Mission Street, Suite 301, San Francisco, CA 94110
https://medasf.org/
(415) 282-3334

One Home Bay Area
Affordable housing listings.
www.OneHomeBayArea.org/
RENT ASSISTANCE PROGRAMS

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

Catholic Charities
Offers back rent assistance to families with children under the age of 18.
990 Eddy Street, San Francisco, CA 94109
www.catholiccharitiessf.org
(415) 972-1200
Chronicle Season of Sharing Fund
The Chronicle Season of Sharing Fund provides one-time, temporary assistance to help individuals and families. Grants are paid directly to the supplier of services.
P.O. Box 44740, San Francisco, CA 94144
www.seasonofsharing.org
(415) 777-7120
To request funds: (415) 557-6484

Compass Family Services
San Francisco Housing Opportunities Made Equal (HOME) Provides subsidy, assistance and case management program for families with minor children.
37 Grove Street, San Francisco, CA 94102
www.compass-sf.org
(415) 644-0504

Eviction Defense Collaborative
Rental Assistance Disbursement Component (RADCo) provides interest-free loans and grants to qualifying tenants.
1338 Mission Street, 4th Floor, San Francisco, CA 94103
www.evictiondefense.org
(415) 947-0797

GLIDE
Access to financial help for individuals and families with back rent, rent, and security deposits.
330 Ellis Street, San Francisco, CA 94102
www.glide.org
(415) 674-6000

Hamilton Families - Housing Solutions
Homelessness prevention and rapid re-housing for families with minor children.
255 Hyde Street, San Francisco, CA 94102
www.hamiltonfamilies.org
(415) 614-9060

Homeless Prenatal Program
Deposit assistance for families with minor children only.
2500 18th Street, San Francisco, CA 94110
www.homelessprenatal.org
(415) 546-6756
Independent Living Resource Center of San Francisco (ILRCSF)  
Housing information, advocacy and emergency rental application assistance for people with disabilities.  
825 Howard Street, San Francisco, CA 94103  
www.ilrcsf.org  
(415) 543-6222  
TTY: (415) 543-6698

Lutheran Support for Seniors  
Provide move in and/or back rental assistance.  
1031 Franklin Street, San Francisco, CA 94109  
(415) 441-7777

PRC (formerly Positive Resource Center)  
Formerly AIDS Emergency Fund  
Financial assistance for low income San Francisco residents living with HIV/AIDS.  
12 Grace Street, Suite 300, San Francisco, CA 94103  
https://prcsf.org/  
(415) 558-6999

Self-Help for the Elderly  
Housing Subsidies for Seniors and Adults with Disabilities pilot program.  
601 Jackson Street, Basement, San Francisco, CA 94133  
www.selfhelpelderly.org  
(415) 677-7585

St. Anthony Foundation  
Orientations every Tuesday, tickets distributed on a first-come, first-serve basis. Call for details.  
121 Golden Gate Avenue, San Francisco, CA 94102  
www.stanthonysf.org/  
(415) 592-2782

Swords to Plowshares  
Rental Assistance for Veterans.  
1060 Howard Street, San Francisco, CA 94103  
www.swords-to-plowshares.org  
(415) 252-4788
SHELTER PROGRAMS AND INFORMATION

Department of Homelessness and Supportive Housing
City and County of San Francisco
http://hsh.sfgov.org/

Access Points for Adult Coordinated Entry:
2111 Jennings Street, San Francisco, CA 94124
Monday-Friday: 7:00am-11:00am

123 10th Street, San Francisco, CA 94103
Mon/Tues/Thurs/Fri: 9:00am-4:30pm; Wed: 9:00am-12:00pm

For additional resources for those experiencing homelessness, call 211 or visit:

Free Print Shop
www.FreePrintShop.org

San Francisco Homeless Resource
www.sfhomeless.net

WOMEN AND MEN, 18 YEARS OF AGE AND OLDER:

Individuals who are registered in CHANGES can dial 311 or (415) 701-2311 to be added to the waitlist for a 90-day long-term reservation.

Shelter reservations for one night and weekend stays are made in the afternoons after 4:30 pm daily at the shelter reservation sites noted below, and must be made in person.

NOTE: Hours may change; please call 311.

GLIDE Walk-In Center
Meals – 3 times a day.
330 Ellis Street, San Francisco, CA 94102
https://www.glide.org/home
Hours: Monday – Friday
12:00 noon – 9:00 pm
Languages: English, Spanish

For Services: 311 (415) 252-3232
For Services: 311 (415) 674-6000 (415) 674-6012

Note: 122
Mission Neighborhood Resource Center
Mission Neighborhood Health Center
Showers, laundry, morning snacks, LGBTQQ safe space available.
165 Capp Street, San Francisco, CA 94110
www.mnhc.org
Hours: Monday, Tuesday, Wednesday, Friday: 7:00am – 7:00 pm; Thursday: 7:00am - 5:00pm; reopens for “Ladies Night” 6:00pm - 8:00pm; Saturday, 7:00am – 12:00pm
Languages: English, Spanish

Multi-Service Center South
St. Vincent de Paul Society
Showers, 24-hour access, some snacks.
525 5th Street, San Francisco, CA 94107
https://svdp-sf.org/what-we-do/msc-shelter/
Hours: Daily, 5:00 pm – 1:00 am
Languages: English, Spanish

United Council of Human Services
Showers, laundry, lockers, breakfast & dinner, chairs during the night.
2111 Jennings Street, San Francisco, CA 94124
www.uchsmotherbrowns.org
Hours: Daily
7:00 am – 9:00 am, 7:00 pm – 9:00 pm
Language: English, Spanish

At all sites, you will need proof of a negative TB test. You will be photographed and have your finger image scanned (but saved only if you consent). They will ask for a Social Security number, but you do not have to give it. You will get a reservation for a bed or mat if available; if not, you can wait there during open hours. At the shelter your finger image will be scanned again but not saved.
**MEN 18+ (WITHOUT CHILDREN):**

City TEAM Men’s Program
9 to12-month drug recovery program. Call ahead or show up clean & sober Monday to Friday to apply.
164 6th Street, San Francisco, CA 94103
www.cityteam.org/san-francisco/

**(415) 861-8688**

**WOMEN 18+ (WITHOUT CHILDREN):**

A Woman’s Place
Community Awareness & Treatment Services, Inc.
Enter on Russ Street. 24 hours. Call or come to 211 13th Street for emergency shelter. 5 crisis beds (rape or domestic violence); stay up to 7 nights. 16 shelter beds; stay varies. 16 transitional housing beds (6 for HIV+ women); stay up to 18 months. 8-bed substance abuse program; stay 4 months. Drop in noon – 4:00 pm: referrals & case management.
1049 Howard Street, San Francisco, CA 94103
www.catsinc.org

**(415) 293-7360**

**Women’s Emergency Shelter**
Bethel A.M.E. Church – Providence Foundation
Tickets distributed Sunday at 6pm on a first-come, first-serve basis, for one-week stay. Capacity is 30. Shelter hours are 6pm-7am. Dinner, breakfast. Slots are not reserved through CHANGES, contact program for information on single-night vacancies.
916 Laguna Street, San Francisco, CA 94115
http://hsh.sfgov.org/services/emergencyshelter/

**(415) 706-3660**

**(415) 684-0546**
WOMEN SURVIVORS OF DOMESTIC VIOLENCE (WITH OR WITHOUT CHILDREN):

Asian Women’s Shelter
Call 24 hours for interview. Stay up to 3 months. Priority to women and transgendered people with limited resources, and their kids. Kitchen and food provided for cooking. Referrals and counseling available to all genders. 5:00 pm to 9:00 am, calls are answered by Woman, Inc. for crisis counseling.
Business office address:
3543 18th Street, #19, San Francisco, CA 94110
www.sfaws.org
Language: Arabic, Cantonese, English, Hindi, Hmong, Indonesian, Japanese, Javanese, Korean, Laotian, Mandarin, Mien, Punjabi, Russian, Spanish, Taiwanese, Thai & Vietnamese; other languages by phone interpreter.

La Casa de las Madres
Intakes 24-hours a day. Women 18+ call for confidentially-located shelter. Counseling, house meetings, 3 meals daily, and chores; stay up to 8 weeks. Support groups and counseling for non-residents.
Drop-In Counseling Center:
1663 Mission Street, Suite 225, San Francisco, CA 94103
www.lacasa.org
Language: English, Spanish. Other languages available by phone interpreter.

Rosalie House
Call Monday – Friday 9:00am – 5:00pm for shelter; stay up to 12 weeks. After office hours, calls are answered by Domestic Violence Hotline for crisis counseling. Non-residential services also available.
1175 Howard Street, San Francisco, CA 94103
https://svdp-sf.org/rosalie-house/
Language: English, Spanish

Crisis: (877) 503-1850
Teen: (877) 923-0700
Text: 415-200-3575

(415) 751-0880
(877) 751-0880
(415) 255-0165
(415) 552-2943 x 204
FAMILIES & PREGNANT WOMEN:

Compass Connecting Point
Not a shelter; Central City Access Point for Family Coordinated Entry Services for the SF Department of Homelessness and Supportive Housing’s Coordinated Entry Program and Homelessness Response System. Services include eligibility screening, problem solving and planning for finding safe shelter. Contact program for eligibility requirements and hours.
37 Grove Street, San Francisco, CA 94102
www.compass-sf.org

First Friendship Family Shelter
1- or 2-parent families, with kids under 18; pregnant women in 7th month (or 5th month with documented high risk) pregnancy.
501 Steiner Street, San Francisco, CA 94117
(415) 431-4673
(415) 642-0221

Hamilton Family Emergency Center
Shelter for 1- or 2-parent families, expectant couples (with proof) & pregnant women in 7th month (or 5th month with documented high risk) pregnancy.
260 Golden Gate Avenue, San Francisco, CA 94102
www.hamiltonfamilies.org
Shelter: (415) 292-5228
(415) 321-2612

Missionaries of Charity
Call for interview appointment. For pregnant women, or women with 1 girl child, or 1 boy under 2. Pregnant women (with proof) may stay up to one month after childbirth; others stay up to one month.
55 Sadowa Street, San Francisco, CA 94112
(415) 586-3449

Providence Family Shelter
Doors open at 9:00 pm and one-night slots are given away first come, first serve.
1601 McKinnon Avenue, San Francisco, CA 94112
(415) 642-0234
**LGBTQ ADULT EMERGENCY SHELTER:**

**Jazzie’s Place**  
Dolores Street Community Services  
24-bed shelter serving lesbian, gay, bisexual, trans*, and gender non-conforming San Franciscans experiencing homelessness. Must have current profile in CHANGES. Visit Mission Neighborhood Resource Center at 165 Capp Street to be placed on the waitlist for a 90-day reservation or to request a one-night reservation.  
1050 South Van Ness Avenue, San Francisco, CA 94110  
http://hsh.sfgov.org/services/emergencyshelter/

**YOUNG ADULTS:**

**Drop-in Engagement and Community Center**  
Larkin Street Youth Services  
Youth 24 and under. Monday – Friday, 8:30am-2pm.  
134 Golden Gate Avenue, San Francisco, CA 94102  
www.larkinstreetyouth.org  
Language: English, Spanish

**Lark-Inn for Youth**  
Larkin Street Youth Services  
Youth 18-24. Open 24 hours. For an emergency bed, arrive by 7pm.  
869 Ellis Street, San Francisco, CA 94109  
www.larkinstreetyouth.org  
Language: English, Spanish
VICTIMS OF HUMAN TRAFFICKING:

Freedom House
Call first. 18 Month residential program for survivors of slavery and human trafficking. Long term aftercare for adult female survivors of sex or labor trafficking. Provide job skills training and will assist in job search for survivors.
www.FreedomHouseSF.org
In-Home Support

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

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

CERTIFIED HOME HEALTH AIDE (CHHA)
Provides help with personal hygiene, such as bathing, toileting and grooming. May also assist a patient in walking, meal preparation and other activities of daily living.

CERTIFIED NURSE’S AIDE (CNA)
Provides non-specialized nursing services such as taking vital signs, giving baths, and changing linens and personal care.

LICENSED VOCATIONAL NURSE (LVN)
Provides specialized nursing services such as medication monitoring and wound care, but cannot provide the range of services of an RN.

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

OCCUPATIONAL THERAPIST (OT)
Assist patients with disabilities to function more independently, including use of special equipment, exercise and education.
PHYSICAL THERAPIST (PT)
Provides help to people whose strength, ability to move or sensation is impaired using exercise, heat, cold, water therapy or other treatments to control pain, strengthen muscles and improve coordination.

SPEECH THERAPIST (ST)
Provides instruction and treatment to patients with speech and swallowing problems.

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

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

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

IN-HOME SUPPORTIVE SERVICES (IHSS)
In-Home Supportive Services (IHSS) is a Federal/State and County funded program designed to provide assistance to those eligible aged, blind, or disabled individuals who are unable to remain safely in their own homes with assistance. IHSS is an alternative to out-of-home care/institutional placement. IHSS pays for a wide variety of services—domestic and personal care—enabling the individual to live safely in his/her own home, while encouraging independence.
In-Home Support Services (IHSS)
Department of Aging and Adult Services
Assessment and evaluation by social worker to determine amount of home care.
2 Gough Street, San Francisco, CA 94103
www.sfhsa.org

(415) 355-6700

Homebridge (formerly IHSS Consortium)
Homemaker, Home care provider, Case Management. For IHSS consumers, by referral.
1035 Market Street, L-1, San Francisco, CA 94103
www.homebridgeca.org

(415) 255-2079

IHSS Public Authority
Homemaker Home Care Provider. Independent providers paid through IHSS.
www.sfihsspa.org

(415) 243-4477

HOMECARE RESOURCES

Support At Home
Institute on Aging
Home care vouchers for eligible older adults and adults with disabilities who are not eligible for other subsidized home care programs.
www.ioaging.org

(415) 750-4111
Lesbian Gay Bisexual Transgender (LGBT) Services

ADVOCACY AND LEGAL SERVICES

**Family Caregiver Alliance**
*Support group for LGBT caregivers of adults with chronic health problems.*
101 Montgomery Street, Suite 2150, San Francisco, CA 94104
www.caregiver.org
(800) 445-8106
(415) 434-3388

**National Center for Lesbian Rights**
870 Market Street, Suite 370, San Francisco, CA 94102
www.nclrights.org
(415) 392-6257

**Parents, Family and Friends of Lesbians and Gays (PFLAG)**
584 Castro Street, #758, San Francisco, CA 94114
www.pflagsf.org
(415) 921-8850

**Transgender Law Center**
870 Market Street, San Francisco, CA 94102
www.transgenderlawcenter.org
(415) 865-0176

COMMUNITY-BASED SUPPORTS

**Castro Senior Center**
Golden Gate Senior Services
*Services for older adults 60+ and persons with disabilities.*
110 Diamond Street, San Francisco, CA 94114
www.ggsenior.org
(415) 863-3507

**Catholic Charities**
990 Eddy Street, San Francisco, CA 94109
www.catholiccharitiessf.org
(415) 972-1200
Communities United Against Violence  
427 S. Van Ness Avenue, San Francisco, CA 94103  
www.cuav.org  
(415) 777-5500

Jazzie’s Place  
Dolores Street Community Services  
24-bed shelter serving lesbian, gay, bisexual, trans*, and gender non-conforming San Franciscans experiencing homelessness. Must have current profile in CHANGES. Visit Mission Neighborhood Resource Center at 165 Capp Street to be placed on the waitlist for a 90-day reservation or to request a one-night reservation.  
1050 South Van Ness Avenue, San Francisco, CA 94110  
http://hsh.sfgov.org/services/emergencyshelter/  
(415) 869-7977

Jewish Family and Children’s Services  
2150 Post Street, San Francisco, CA 94115  
www.jfcs.org  
(415) 392-6257

LYRIC  
127 Collingwood Street, San Francisco, CA 94102  
www.lyric.org  
(415) 703-6150

Q Foundation  
Homeless prevention and rapid rehousing programs for the QGLBT and HIV/AIDS community.  
350 Golden Gate Avenue, San Francisco, CA 94102  
www.theqfoundation.org  
(415) 552-3242

San Francisco AIDS Foundation  
1035 Market Street, Suite 400, San Francisco, CA 94103  
www.sfaf.org  
(415) 487-3000

Shanti Project  
Matches volunteers to LGBTQ seniors and adults with disabilities  
3170 23rd Street, San Francisco, CA 94110  
www.shanti.org  
(415) 979-9550 x314
HEALTH AND WELLNESS

Alliance Health Project  
UCSF Division of LGBTQ Services  
1930 Market Street, San Francisco, CA 94102  
www.ucsf-ahp.org  
(415) 476-3902

Gaylesta, Inc.  
584 Castro Street, #230, San Francisco, CA 94114  
www.gaylesta.org  
(415) 729-3996

HealthRIGHT360  
558 Clayton Street, San Francisco, CA 94117  
www.healthright360.org  
(415) 746-1950

San Francisco Community Health Center  
(formerly Asian & Pacific Islander Wellness Center)  
(415) 292-3400
Tenderloin Clinic:  
726 Polk Street, San Francisco, CA 94109  
Castro Clinic:  
1800 Market Street, Suite 401, San Francisco, CA 94102  
www.ssfcommunityhealth.org

Tom Waddell Urban Health Clinic  
230 Golden Gate Avenue, San Francisco, CA 94102  
(415) 355-7400
Urgent Care Clinic: 50 Ivy Street, San Francisco, CA 94102  
Spanish & Chinese:  
www.sfhealthnetwork.org  
(415) 682-1722

SERVICES FOR OLDER ADULTS

Canon Kip Senior Center  
Episcopal Community Services  
705 Natoma Street, San Francisco, CA 94103  
www.ecs-sf.org  
(415) 487-3300 x6200
Castro Senior Center
Golden Gate Senior Services
110 Diamond Street, San Francisco, CA 94114
www.ggsenior.org
(415) 863-3507

Institute on Aging
3575 Geary Boulevard, San Francisco, CA 94118
https://www.ioaging.org/
(415) 750-4111

Lavender Seniors of the East Bay
Mailing Address:
4123 Broadway, Suite 818, Oakland, CA 94611
http://lavenderseniors.org/
(510) 736-5428

Openhouse
Housing, services and community for LGBT older adults.
65 Laguna Street, San Francisco, CA 94102
https://www.openhouse-sf.org/
(415) 296-8995
Mental Health Services

COUNSELING AND MENTAL HEALTH RESOURCES

Central City Older Adults
Community Behavioral Health Services
Department of Public Health
Primarily serves seniors 60+ who receive Medi-Cal, SF Health Plan members, and other residents with limited resources, who live in the Tenderloin and SOMA area. Offers crisis intervention, psychiatric evaluation, medication management, counseling, home visits and referrals.
1563 Mission Street, San Francisco, CA 94103
Area Served: Central City, South of Market, Tenderloin
(628) 217-5200

Chinatown North Beach Mental Health Services
Community Behavioral Health Services
Department of Public Health
Serves SF residents who receive Medi-Cal, SF Health Plan members, and other residents with limited resources. Offers psychiatric evaluation, individual therapy, counseling, socialization program, Medication, case management, crisis outreach, consultation, acupuncture, referrals to other city funded programs.
729 Filbert Street, San Francisco, CA 94133
Area Served: Citywide
(415) 352-2000

Community Behavioral Health Services
Administrative Offices:
1380 Howard Street, 5th Floor, San Francisco, CA 94103
www.sfdph.org
(415) 255-3737
(888) 246-3333
TDD: (888) 484-7200
Curry Senior Center
 Individual and group counseling for seniors dealing with anxiety, depression, and more. Referral to and coordination with mental health services.
 333 Turk Street, San Francisco, CA 94102
 www.curryseniorcenter.org
Area served: Tenderloin, SOMA

(415) 885-2274

Geriatric Outpatient Services
Felton Institute (formerly Family Service Agency)
 Offers individual psychotherapy and counseling, psychiatric medication evaluations, and neuropsychological testing.
 1500 Franklin Street, San Francisco, CA 94109
 www.felton.org
Area Served: Fillmore, Haight, Marina, Pacific Heights, Western Addition

(415) 474-7310

Geriatric Services West
Felton Institute (formerly Family Service Agency)
 Offers individual psychotherapy and counseling, psychiatric medication evaluations, and neuropsychological testing.
 6221 Geary Boulevard, 2nd Floor, San Francisco, CA 94121
 www.felton.org
Area Served: Ingleside, Merced Heights, Ocean View, Richmond, Sunset

(415) 386-6600

Institute on Aging – Department of Geriatric Assessment and Psychological Services
 Services provided in home or at the Institute.
 3575 Geary Boulevard, San Francisco, CA 94118
 www.ioaging.org
Area Served: Citywide

(415) 750-4111
Mission Mental Health
Provides mental status evaluations, support groups, medication support and other services for adults age 18-59.
2712 Mission Street, San Francisco, CA 94103
www.sfdph.org

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

San Francisco Downtown VA Clinic
Offers substance abuse services/sobriety support, group counseling, mental health intensive case management, psychiatric outpatient care.
401 3rd Street, San Francisco, CA 94107
www.sanfrancisco.va.gov
Seniors at Home
Jewish Family and Children’s Services
Counseling and grief support for older adults on a sliding scale.
2150 Post Street, San Francisco, CA 94115
www.seniorsathome.jfcs.org

Southeast Mission Geriatric Services
Community Behavioral Health Services - Department of Public Health
Serves SF residents who receive Medi-Cal, SF Health Plan members, and other residents with limited resources.
Offers children and families psychiatric medication management, counseling, clinical case management and group therapy. Priority given to Bernal Heights, Outer Mission, Visititation Valley area.
3905 Mission Street, San Francisco, CA 94112
Area Served: Mission, Southeast

Sunset Mental Health Services
Offers medication support, therapy, and wellness/recovery programs for psychiatrically disabled adults.
1990 41st Avenue, San Francisco, CA 94116

Swords to Plowshares
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.
1060 Howard Street, San Francisco, CA 94103
www.swords-to-plowshares.org
**CRISIS INTERVENTION:**

**Center for Elderly Suicide Prevention and Grief-Related Services**
Institute on Aging
For people of any age who have experienced difficult, sudden, or traumatic loss. Offers traumatic loss grief group and individual grief counseling. Provides emotional support, crisis intervention and counseling by telephone or home visiting.
www.ioaging.org

**Mobile Crisis Treatment Team (MCTT)**
Community Behavioral Health Services
Department of Public Health
Services are available to residents of San Francisco who receive Medi-Cal benefits, San Francisco Health Plan members, and to other San Francisco residents with limited resources. Services are approved and provided based on individual clinical need.
*Hours:* Monday - Friday, 8:30 am – 11:00 pm; Saturdays, Holidays, 12:00 pm – 8:00 pm; Closed Sundays
(415) 970-4000

**San Francisco Suicide Prevention**
24-hour crisis line providing immediate crisis intervention and emotional support.
www.sfsuicide.org
(415) 781-0500
(800) 273-8255

**Westside Community Services Crisis Clinic**
Voluntary, drop-in services to adults in need of emergency psychiatric care. Offers housing referrals, employment assistance, counseling, medication support, crisis services and methadone detox and maintenance for adults 18+.
245 11th Street, San Francisco, CA 94103
www.westside-health.org
(415) 431-9000
(888) 246-3333
**REFERRAL SERVICES:**

**Access Helpline (Community Behavioral Health Services)**
Offers authorization and access to all short and long-term outpatient mental health services offered by Community Behavioral Health Services.
www.sfdph.org

**HelpLink (For Bay Area Resources)**
Offers confidential information and referral services for Bay Area mental health resources.
www.211bayarea.org

**SUPPORT GROUPS / PEER COUNSELING:**

**Alcoholics Anonymous**
1821 Sacramento Street, San Francisco, CA 94109
24-Hour Helpline:
www.aasf.org
(415) 674-1821

**Alzheimer’s Association**
Offers emotional and practical phone support by peer volunteers and staff.
www.alz.org
(800) 272-3900

**American Cancer Society**
www.cancer.org
(800) 227-2345

  Alameda Office
1001 Marina Village Parkway, Suite 300, Alameda, CA 94501
(510) 893-7900

  Campbell Office & California Chinese Unit
747 Camden Avenue, Suite B, Campbell, CA 95008
(408) 871-1062

  Walnut Creek Office
2185 North California Boulevard, Suite 290, Walnut Creek, CA 94596
(888) 566-6222
(925) 934-7640
American Diabetes Association  
Visit their website to join the online support community or call to find local resources.  
www.diabetes.org

Friendship Line  
Institute on Aging  
Warmline providing 24-hour support services.  
www.ioaging.org

Independent Living Resource Center of San Francisco  
Veterans’ Art Guild Support Group  
(415) 543-6222  
Traumatic Brain Injury Support Group  
TTY: (415) 543-6698  
825 Howard Street, San Francisco, CA 94103  
www.ilrcsf.org

Mental Health Association of San Francisco  
Offers mental health education and awareness, various support groups, advocacy and referral assistance.  
(415) 421-2926  
Peer-Run Warmline:  
www.mentalhealthsf.org

Mission Mental Health Services  
Provides mental status evaluations, support groups, medication support and other services for adults age 18-59.  
(415) 401-2700  
2712 Mission Street, San Francisco, CA 94103  
www.sfdph.org

National Alliance on Mental Illness (NAMI)  
Offers support, referral, advocacy, and support groups for families and friends of those with mental health issues.  
(415) 474-7310  
Warm Line:  
(415) 237-0039  
711 Van Ness Avenue, Suite 550, San Francisco, CA 94102  
www.namisf.org

National Parkinson Foundation  
Find local resources and services, such as support groups, by visiting their website or calling their helpline.  
(800) 473-4636  
www.parkinson.org
Openhouse
Openhouse offers a variety of groups including grief and loss support group; self-care support group; women’s support group; men’s drop-in group, men’s HIV support group, LGBT dementia caregivers support group, and women-identified transgender support group. These LGBT-specific groups offer a safe and supportive space for older LGBT community members.
65 Laguna Street, San Francisco, CA 94114
www.openhouse-sf.org

Peer-Led Hoarding Support Team
Mental Health Association of San Francisco
Hoarding and Cluttering Support Group
www.mentalhealthsf.org
(415) 421-2926

Senior Peer Counseling
Felton Institute (formerly Family Service Agency)
Offers emotional support by senior peer counselors.
www.felton.org
(415) 474-7310

American Heart Association
www.heart.org

American Lung Association
www.lung.org

APA Family Support Services
www.apafss.org

Arthritis Foundation
www.arthritis.org

Asthma and Allergy Foundation of America
www.aafa.org

Family Caregiver Alliance
101 Montgomery Street, Suite 2150
San Francisco, CA 94104
www.caregiver.org
(415) 434-3388

Gam-Anon
Visit their website or call their hotline to find local meetings.
www.gam-anon.org
(510) 407-3898
Gamblers Anonymous
Visit their website or call their hotline for support or to find local meetings.
www.gamblersanonymous.org (885) 222-5542

Hearing and Speech Center
1234 Divisadero Street
San Francisco, CA 94115
www.hearingspeech.org (415) 921-7658

San Francisco AIDS Foundation
Call their office or visit their website for information on community groups and other local resources.
www.sfaf.org (415) 487-3000

San Francisco Depression and Bipolar Support Alliance
900 Hyde Street, San Francisco, CA 94109
www.dbsasf.org (415) 995-4792

San Francisco Intergroup of Overeaters Anonymous
www.oasf.org (415) 779-6273

San Francisco Narcotics Anonymous
The West Bay Conference Center
1290 Fillmore Street #B
San Francisco, CA 94115
www.sfna.org (415) 621-8600
Miscellaneous Services

LIBRARY SERVICES

ACCOMMODATIONS:
All San Francisco Public Library facilities are accessible for wheelchair users. For other accommodations, individuals can call specific programs listed below, or call the Access Services Manager: (415) 557-4557.

ADAPTIVE TECHNOLOGY:
Computers with adaptive technology (AT) software and peripheral devices are available for use at the Main Library at 100 Larkin Street in Civic Center. Software includes programs for screen magnification, screen reading, voice recognition, etc. Peripherals include large monitors, keyboards with large characters, alternative mouse/pointing devices, refreshable braille display, etc.

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

DEAF SERVICES CENTER:
The Deaf Services Center (DSC) provides in-depth resources for adults and children who are deaf or hard of hearing, their families, friends and professionals. The DSC collection includes books, videos and DVDs, magazines, and resource files with information about American Sign Language, Deaf culture, interpreting, parenting, hearing loss, deafness and other related subjects. The DSC is located at the Main Library, 100 Larkin Street, 1st Floor.

A videophone is available for free use by the public during DSC open hours. Contact (415) 557-4434 or (415) 557-4557 for hours and more information.
**SIGN LANGUAGE INTERPRETER SERVICES:**

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

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

**FRIENDS FOR LIFE:**

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

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

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

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

**LIBRARY FOR THE BLIND AND PRINT DISABLED:**

The Library for the Blind and Print Disabled (LBPD) on the 2nd floor of the Main Library (located at 100 Larkin Street, San Francisco, CA 94102) offers free services to San Francisco residents of any age who are unable to read traditional print materials due to a visual or physical disability.

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

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

For further information, please call: (415) 557-4253 or email lbpd@sfpl.org.

**LIBRARY ON WHEELS:**

The Library on Wheels is a wheelchair-accessible bookmobile providing services for older adults at over 30 places where they live and meet. The Library on Wheels also visits The Arc of San Francisco each month. For more information, please call: (415) 557-4346.

**PET SERVICES**

**PAWS (Pets Are Wonderful Support)**
Shanti Project

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

3170 23rd Street, San Francisco, CA 94110

www.shanti.org

(415) 979-9550

**San Francisco Society for the Prevention of Cruelty to Animals (SFSPCA)**

*Offers a variety of programs for older adults and homebound adults:*
  - CareCredit
  - Emergency Care Grant
  - New Adopter Assistance
  - Payment Arrangements
  - Pet-a-care Senior Discount Program
  - Spay-neuter Free and Sliding Scale

www.sfspca.org

(415) 554-3000
VOLUNTEERING

Many local nonprofits and community-based agencies can use the help of volunteers for one-time events or on an ongoing basis. Contact organizations in your neighborhood to see if they have any volunteer opportunities that match your skills and areas of interest. Some of the agencies below provide a wide variety of listings of volunteer opportunities you can search through by location or area of interest.

**HICAP Volunteer Program**
**Self-Help for the Elderly**
601 Jackson Street, 2nd Floor, San Francisco, CA 94133
www.hicap.org/
(415) 677-7250

**Idealist**
*Online resource for volunteer opportunities that allows you to search by location and area of interest.*
www.idealist.org

**San Francisco Long-Term Care Ombudsman**
**Felton Institute**
6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121
www.sfltcop.net/
(415) 751-9788

**The Volunteer Center**
1675 California Street, San Francisco, CA 94109
www.thevolunteercenter.net
TDD: (415) 982-0291
(415) 982-8999

**Volunteer Match**
*Matches volunteers to service opportunities.*
www.volunteermatch.org
You can register to vote-by-mail for one election only, or become a permanent vote-by-mail voter. For more information, instructions on how to apply for vote-by-mail status, and the timelines to apply, contact the Department of Elections.

Department of Elections
1 Dr Carlton B Goodlett Place, Room 48
San Francisco, CA 94102
https://sfelections.sfgov.org/

(415) 554-4375
Technology and Assistive Devices

**ASSISTIVE TECHNOLOGY AND TOOLS**

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<thead>
<tr>
<th>Name</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>AbleData</td>
<td><a href="http://www.AbleData.com">www.AbleData.com</a></td>
</tr>
<tr>
<td>ActiveForever</td>
<td><a href="http://www.ActiveForever.com">www.ActiveForever.com</a></td>
</tr>
<tr>
<td>Buck &amp; Buck</td>
<td><a href="http://www.BuckAndBuck.com">www.BuckAndBuck.com</a></td>
</tr>
<tr>
<td>Dr. Leonard’s Healthcare Corp.</td>
<td><a href="http://www.DrLeonards.com">www.DrLeonards.com</a></td>
</tr>
<tr>
<td>Hearing and Speech Center</td>
<td><a href="http://www.HearingSpeech.org">www.HearingSpeech.org</a></td>
</tr>
<tr>
<td>Independent living aids, LLC</td>
<td><a href="http://www.IndependentLiving.com">www.IndependentLiving.com</a></td>
</tr>
<tr>
<td>Smarthome</td>
<td><a href="http://www.smarthome.com">www.smarthome.com</a></td>
</tr>
</tbody>
</table>

**LIFT REPAIRS & VEHICLE MODIFICATIONS:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Ability Center</td>
<td>(866) 405-6806</td>
</tr>
<tr>
<td>Mobility Systems</td>
<td>(510) 540-0295</td>
</tr>
</tbody>
</table>

**COMPUTER AND INTERNET ACCESS**

**LOW COST INTERNET ACCESS:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access from AT&amp;T</td>
<td>(855) 220-5211</td>
</tr>
<tr>
<td>Comcast Internet Essentials Seniors Program</td>
<td>(855) 846-8376</td>
</tr>
<tr>
<td><a href="http://www.internetessentials.com/seniors">www.internetessentials.com/seniors</a></td>
<td></td>
</tr>
</tbody>
</table>
GENERAL INFORMATION SITES:

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

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

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

COMPUTER TECHNOLOGY TRAINING AND ACCESS:

City College of San Francisco
Older Adults Department offers non-credit classes specially designed for those 55 plus.
Website: www.ccsf.edu/
(415) 452-7403

Community Living Campaign
Free computer classes and tutoring at various community sites; on-site drop-in computer lab.
Website: www.sfcommunityliving.org/
(415) 821-1003

Community Technology Network
Supports digital literacy classes and community programs providing internet access.
1390 Market Street, Suite 200
San Francisco, CA 94102
Website: www.communitytechnetwork.org/
(628) 200-3118

Conard House
Computer lab and instructional classes at Conard Café site.
160 9th Street, San Francisco, CA 94103
Website: www.conard.org
(415) 864-7833
SF CONNECTED

SF Connected is a City and County of San Francisco program that provides free computer tutoring and support to older adults and adults with disabilities. The computers have special software and hardware that make them more accessible to people with disabilities.

Free digital literacy classes are available in English, Spanish, Russian, Chinese, and Vietnamese to older adults and adults with disabilities. Please call (415) 355-3555 or visit www.sfconnected.org for more information.

GCFLearnFree.org
Free online-only computer and internet skills tutorials.
www.gcflearnfree.org

Senior Surf
Group and private classes, tech support – call for service rates.
www.seniorsurf.org/

Tech Allies Program
Little Brothers Friends of the Elderly
Tech training program that provides an in-home 8-week tablet training to elders.
909 Hyde Street, Suite 628
San Francisco, CA 94109
www.littlebrothersssf.org

(415) 509-3725

(415) 771-7957

Tenderloin Technology Lab
St. Anthony Foundation
150 Golden Gate Avenue
San Francisco, CA 94102
www.tenderlointechnologylab.org/

(415) 592-2766
SF CONNECTED TECHNOLOGY CENTERS BY NEIGHBORHOOD:

**BAYVIEW**

Dr. George W. Davis Senior Center  
Bayview Senior Services  
1753 Carroll Avenue, San Francisco, CA 94124  
www.bhpmss.org  
(415) 822-1444

**BERNAL HEIGHTS**

Bernal Heights Neighborhood Center  
Bernal Heights Neighborhood Centers  
515 Cortland Avenue, San Francisco, CA 94110  
www.bhnc.org  
(415) 206-2140

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

**CASTRO / UPPER MARKET**

Castro Senior Center  
Golden Gate Senior Services  
110 Diamond Street, San Francisco, CA 94114  
www.ggsenior.org  
(415) 863-3507

**CHINATOWN**

Chinatown YWCA  
940 Powell Street, San Francisco, CA 94108  
www.ywcasf-marin.org/  
(415) 397-6886
Lady Shaw Senior Center
Self-Help for the Elderly
1483 Mason Street, San Francisco, CA 94133
www.selfhelpelderly.org/

DOWNTOWN / CIVIC CENTER

Curry Senior Center
315 Turk Street, San Francisco, CA 94102
www.curryseniorcenter.org/

Downtown Senior Center
San Francisco Senior Center - Sequoia Living
481 O'Farrell Street, San Francisco, CA 94102
www.sfsenior.org/

Eastern Park Apartments
Sequoia Living
711 Eddy Street, San Francisco, CA 94109
www.ncphs.org

St. Francis Living Room
350 Golden Gate Avenue, San Francisco, CA 94102
www.sflivingroom.org

GLEN PARK

30th Street Senior Center
On Lok Lifeways
225 30th Street, San Francisco, CA 94131
www.30thstreetseniorcenter.org

LAKESHORE

Stonestown YMCA
3150 20th Avenue, San Francisco, CA 94132
www.ymcasf.org/locations/stonestown-family-ymca

(415) 677-7581
(415) 885-2274
(415) 771-7950
(415) 776-0114
(415) 946-1413
(415) 550-2210
(415) 242-7135
MISSION

Capp Street Senior Center
Mission Neighborhood Centers
362 Capp Street, San Francisco, CA 94110
www.mnncsf.org

(415) 206-7752

Centro Latino De San Francisco
1656 15th Street, San Francisco, CA 94103
www.centrolatinodesf.org

(415) 861-8758

Valencia Gardens
Mission Housing / Community Living Campaign
360 Valencia Street, San Francisco, CA 94103

(415) 821-1003 x 106

NORTH BEACH

Telegraph Hill Neighborhood Center
660 Lombard Street, San Francisco, CA 94133
www.telhi.org

(415) 421-6443

OCEAN VIEW

I.T. Bookman Community Center
Southwest Community Corporation
446 Randolph Street, San Francisco, California 94132
www.itbookmancenter.org

(415) 586-8020

OMI Senior Center
Catholic Charities
65 Beverly Street, San Francisco, CA 94132
www.catholiccharitiessf.org

(415) 334-5550
OUTER MISSION

Excelsior Senior Center
Bernal Heights Neighborhood Center
4468 Mission Street, San Francisco, CA 94112
www.bhnc.org
(415) 206-2140

OUTER RICHMOND

Jackie Chan Senior Center
Self-Help for the Elderly
5757 Geary Boulevard, San Francisco, CA 94121
www.selfhelpelderly.org/
(415) 677-7571

Richmond Senior Center
Golden Gate Senior Services
6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121
www.ggsenior.org/
(415) 752-6444

PARKSIDE

South Sunset Senior Center
Self-Help for the Elderly
2601 40th Avenue, San Francisco, CA 94116
www.selfhelpelderly.org/
(415) 566-2845

POTRERO HILL

Potrero Hill Neighborhood House
953 De Haro Street, San Francisco, CA 94107
www.phnhsf.org
(415) 826-8080
PRESIDIO HEIGHTS

Jewish Community Center of San Francisco
3200 California Street, San Francisco, CA 94118  (415) 292-1262
www.jccsf.org

RUSSIAN HILL

Aquatic Park Center
San Francisco Senior Center – Sequoia Living  (415) 775-1866
890 Beach Street, San Francisco, CA 94109
www.sfsenior.org

SOUTH OF MARKET

Canon Kip Senior Center
Episcopal Community Services  (415) 487-3300
705 Natoma Street, San Francisco, CA 94103
www.ecs-sf.org

Community Living Campaign Tech Hub
1663 Mission Street, Suite 535, San Francisco, CA 94103  (415) 821-1003
www.sfcommunityliving.org

Lighthouse for the Blind & Visually Impaired
1155 Market Street, 10th Floor, San Francisco, CA 94103  (415) 431-1481
www.lighthouse-sf.org

VISITACION VALLEY

John King Senior Center
Self-Help for the Elderly  (415) 239-9919
500 Raymond Avenue, San Francisco, CA 94134
www.selfhelpelderly.org/

Visitacion Valley Community Center
66 Raymond Avenue, San Francisco, CA 94134  (415) 239-9919
WEST PORTAL

West Portal Clubhouse
Self-Help for the Elderly (415) 921-7805
131 Lenox Way, San Francisco, CA 94127
www.selfhelpelderly.org/

WESTERN ADDITION

Rosa Parks Senior Center
Bayview Senior Services (415) 921-7805
1111 Buchanan Street, San Francisco, CA 94115
www.bhpmss.org/

Western Addition Senior Center
Bayview Senior Services (415) 921-7805
1390 ½Turk Street, San Francisco, CA 94115
www.bhpmss.org/

SIGHT/LOW VISION TOOLS

Books Aloud, Inc.
The Books Aloud “Reading by Listening” Program (408) 808-2613
provides a wide variety of recorded reading literature to
eligible individuals of all ages. We keep the "Magic of
Reading" alive for our clients. This is a FREE service.

California Department of Rehabilitation
Offers services for rehabilitation, and orientation/mobility (415) 904-7100
services for individuals who are blind.
www.dor.ca.gov

California Telephone Access Program
Offers free specialized phones that make it easier to hear, (800) 806-1191
easier to dial, and easier to call.
www.CaliforniaPhones.org/Devices-for-Difficulty-Seeing
Canine Companions for Independence
Enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships.
www.cci.org
(800) 572-2275

Library for the Blind and Print Disabled
Provides a collection of more than 80,000 digital "talking book" titles for all ages as well as the special player needed to listen to them. The books can be mailed for free to San Francisco residents who have difficulty reading standard print.
100 Larkin Street, San Francisco, CA 94102
www.sfpl.org
(415) 557-4253

Lighthouse for the Blind & Visually Impaired
Home assessments of lighting, magnification, contrast, and low vision aid needs. Large print education materials on eye problems, visual aids and illumination, adjustment to eyesight loss.
1155 Market Street, 10th Floor, San Francisco, CA 94103
www.lighthouse-sf.org
(415) 431-1481
TTY: (415) 431-4572
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.

<table>
<thead>
<tr>
<th>NON-EMERGENCY MEDICAL TRANSPORTATION</th>
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</thead>
<tbody>
<tr>
<td><strong>Agape Transport</strong></td>
</tr>
<tr>
<td><a href="http://www.agapetransportservice.com">www.agapetransportservice.com</a></td>
</tr>
<tr>
<td><strong>Eden Medical Transportation</strong></td>
</tr>
<tr>
<td>1070 A Street, Suite 5, Hayward, CA 94541</td>
</tr>
<tr>
<td><a href="http://www.edenmedtrans.com">www.edenmedtrans.com</a></td>
</tr>
<tr>
<td><strong>FamilyTree Medical Transport LLC</strong></td>
</tr>
<tr>
<td>1515 Aurora Drive, Suite 201D, San Leandro, CA 94577</td>
</tr>
<tr>
<td><a href="http://www.familytreemedtrans.com/">www.familytreemedtrans.com/</a></td>
</tr>
<tr>
<td><strong>I-Care Medical Transportation</strong></td>
</tr>
<tr>
<td>170 Ross Way, San Bruno, CA 94066</td>
</tr>
<tr>
<td><a href="http://www.i-caremt.com/">www.i-caremt.com/</a></td>
</tr>
<tr>
<td><strong>MedEx Transit, Inc.</strong></td>
</tr>
<tr>
<td>285 Old County Road, Suite 10, San Carlos, CA 94070</td>
</tr>
<tr>
<td><a href="http://www.medextransit.com">www.medextransit.com</a></td>
</tr>
<tr>
<td><strong>Tranmedic</strong></td>
</tr>
<tr>
<td>1151 Harbor Bay Parkway, Alameda, CA 94502</td>
</tr>
<tr>
<td><a href="http://www.tranmedic.com/">www.tranmedic.com/</a></td>
</tr>
<tr>
<td><strong>Trust Medical Transportation</strong></td>
</tr>
<tr>
<td>Mailing Address:</td>
</tr>
<tr>
<td>P.O. Box 2569, Daly City, CA 94017</td>
</tr>
<tr>
<td><a href="http://www.trustmtrans.com">www.trustmtrans.com</a></td>
</tr>
</tbody>
</table>
PUBLIC TRANSIT

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

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

Website: www.mtc.ca.gov

Email: custserv@clippercard.com

**Free MUNI for People with Disabilities**
**Free MUNI for Seniors**
Municipal Transportation Agency

*Providing eligible low-to-moderate-income San Francisco customers with disabilities and seniors (ages 65+) free access to MUNI when using a Clipper card.*

www.sfmta.com/getting-around/transit/fares-passes/free-muni

311 (415) 701-2311
PARATRANSIT

SF Access – ADA Paratransit
SF Paratransit (415) 351-7000
The SF Access program provides door-to-door, shared-ride van services for people who are unable to use MUNI's accessible buses, trains, and streetcars some or all of the time because of their disability. Applications take 21 days to process, walk-in to expedite.
www.sfparatransit.com/

Shop-A-Round
SF Paratransit (415) 351-7052
Shop-a-Round is a convenient, low-cost shuttle that makes it easier to go grocery shopping. The service offers registered older adults and people with disabilities personalized assistance that is not available on MUNI bus and rail lines. Monday through Friday, the shuttle takes groups of customers to designated locations.
www.sfparatransit.com

Van Gogh Shuttle
SF Paratransit (415) 351-7052
A van shuttle service provided by SF Paratransit for groups of seniors and/or people with disabilities to attend social and cultural events in San Francisco.
www.sfparatransit.com/

SHUTTLE SERVICES

American Cancer Society
Road to Recovery Program (800) 227-2345
Services including radiation/chemo appointments, for cancer patients only. Requires referral from medical team.
www.cancer.org
Centro Latino
Group van service for eligible individuals to nutrition program sites and low-cost supermarkets and farmers’ markets (no doctor’s appointments).
www.centrolatinodesf.org
(415) 861-8758

Kimochi
Door-to-door transportation for eligible older adults from their homes to Kimochi programs sites.
https://www.kimochi-inc.org/programs/ki_t.htm
(415) 931-2287

Saint Francis Hospital Shuttle
Free service for come-and-go surgery, outpatient treatments, some admissions and discharges, and cancer patients.
https://www.dignityhealth.org/bayarea/locations/saintfrancis
(415) 353-6352

Lighthouse for the Blind & Visually Impaired
Taxi vouchers to medical appointments for low income and disabled.
www.lighthouse-sf.org/
(415) 431-1481

Golden Gate Village
Richmond Senior Center
6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121
www.ggvillage.org
(415) 876-3333

Next Village SF
Mailing Address:
P.O. Box 330278, San Francisco, CA 94133
www.nextvillagesf.org
(415) 888-2868

San Francisco Village
3220 Fulton Street, San Francisco, CA 94118
www.sfvillage.org
(415) 387-1375
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Emergency Phone Numbers

LOCAL EMERGENCY SERVICES NUMBER:

Ambulance: ____________________________
Nearest Relative: ________________________
Local Contact: _________________________
Out of State Contact: ____________________
Doctors: ________________________________
Social Worker: __________________________
Insurance Agent: _________________________
Utilities: ________________________________
Other: __________________________________

MEDICATIONS LIST WITH DOSAGE

1. _________________________________
2. _________________________________
3. _________________________________
4. _________________________________
5. _________________________________
6. _________________________________
7. _________________________________
8. _________________________________
9. _________________________________
10. _________________________________