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

Services for Seniors and Adults with Disabilities

Prepared by the City and County of San Francisco Department of Aging and Adult Services Intake Program
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The information in this handbook is current as of January 2017.
Services for Seniors and Adults with Disabilities

INTRODUCTION

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

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

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

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

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

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

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

Department of Aging and Adult Services

Information, Referral and Assistance

2 Gough Street

San Francisco, CA 94103

WEBSITES

SFDAAS.ORG

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

PHONE

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

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

EMAIL

Email: daas@sfgov.org
**DAYS AND HOURS**

Monday - Friday

8:00 am - 5:00 pm

**SERVICES**

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

**Fees:** None

**Eligibility:** Older Adults and Adults with Disabilities

**Area Served:** San Francisco City & County

**Application:** Walk-in, Email or phone for Information and Referral Services.

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

**Accessibility:** Wheelchair accessible, elevators, restroom

**Transportation:** MUNI – 14 Mission, 49 Mission, 47 Van Ness, 42 Evans
MUNI Metro – Exit at Van Ness Avenue Station
Office is one block from the Van Ness at Mission or Mission at Duboce MUNI bus stop.
Other Information and Referral Hotlines

211

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

**Basic human needs**: food, clothing, 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 are available through wired, wireless and pay telephones within San Francisco boundaries. Callers from outside of San Francisco can reach the San Francisco 311 Customer Service Center by dialing (415) 701-2311.

311 provides translation services in more than 170 languages and employs a diverse staff of customer service agents rigorously trained to provide excellent customer service that is culturally competent.
Aging and Disability Resource Centers of San Francisco (ADRC)

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

WHAT ARE AGING AND DISABILITY RESOURCE CENTERS?

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

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

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

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

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

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

It is recommended that you call the centers directly for updated information and languages offered.

30th Street PACE Senior Center
On Lok Lifeways (415) 550-2211
225 30th Street, 3rd Floor, San Francisco, CA 94131 (415) 550-2225
Hours: Monday – Friday, 8:30 am – 3:00 pm

Aquatic Park Senior Center
San Francisco Senior Center Spanish: (415) 202-2982
890 Beach Street, San Francisco, CA 94109 Chinese: (415) 202-2983
Hours: Monday – Friday, 9:00 am - 12:30 pm, 1:00 pm - 3:00 pm
(By appointment until 4:00 pm)

Bayview Senior Connections
Bayview Senior Services (415) 647-5353
5600-A 3rd Street, San Francisco, CA 94124
Hours: Monday – Friday, 10:00 am – 5:00 pm
Downtown Senior Center
San Francisco Senior Center
481 O’Farrell Street, San Francisco, CA 94102

Hours: Monday – Friday,
9:00 am - 12:30 pm, 1:00 pm - 3:30 pm
(By appointment until 4:00 pm)

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

Geen Mun Activity Center
Self-Help for the Elderly
777 Stockton Street, San Francisco, CA 94108

Hours: Monday, Wednesday and Friday,
8:30am-12:30pm, 1:15pm-5:15pm;
Tuesday and Thursday, 1:15pm-5:15pm

(415) 438-9804

OMI Senior Center
Catholic Charities
65 Beverly Street, San Francisco, CA 94132

Hours: Monday – Friday, 8:30 am - 2:30 pm
(By appointment 2:30 pm – 4:00 pm)

(415) 334-5558

Openhouse
65 Laguna Street, San Francisco, CA 94102

Hours: Monday – Friday, 9:30 am - 5:00 pm
(Drop-Ins Monday – Thursday, 10:00 am - 3:00 pm and Friday, 1:00 pm – 5:00 pm)

(415) 347-8509

Richmond Senior Center
Golden Gate Senior Services
6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121

Hours: Monday – Friday, 9:00 am - 3:00 pm
(By appointment 8:30 am – 9:00 am, 3:00 pm - 3:30 pm)

Russian: (415) 404-2938
Chinese: (415) 404-5299

Self-Help for the Elderly
601 Jackson Street, Basement, San Francisco, CA 94133

Hours: Monday, Wednesday, and Friday,
8:30 am - 12:30 pm, 1:15 pm - 5:15 pm;
Tuesday and Thursday, 8:30 am - 12:30 pm

(415) 677-7585
South Sunset Activity Center
Self-Help for the Elderly
2601 40th Avenue, San Francisco, CA 94116
Hours: Monday – Thursday, 8:30 am - 3:00 pm
        Friday, 9:00 am – 3:00 pm
(415) 566-2845

Toolworks
25 Kearny Street, Suite 400, San Francisco, CA 94108
Hours: Monday, Tuesday, Thursday and Friday, 8:30 am - 4:30 pm
       (Closed Wednesday)
Spanish/ASL: (415) 733-0990 x 613

Western Addition Senior Center
Bayview Senior Services
1390 ½ Turk Street, San Francisco, CA 94115
Hours: Monday – Friday, 10:00 am – 5:00 pm
(415) 921-7805

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

Supervision for Aging and Disability Resource Centers of San Francisco is provided by Institute on Aging through funding by Department of Aging and Adult Services. To learn more about Institute on Aging, call (415) 750-4111 or visit www.IOAging.org.
Abuse

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

Adult Protective Services
2 Gough Street, San Francisco, CA 94103
(415) 355-6700
Available 24 hours a day.

API Legal Outreach
1121 Mission Street, San Francisco, CA 94103
(415) 567-6255

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
Tel (800) 474-1116
Fax: (415) 777-2904
(415) 974-5171
www.canhr.org

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

Family and Children’s Service
170 Otis Street, San Francisco, CA 94103
(415) 557-5000
Ombudsman- San Francisco
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

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

Refer to Page 132 for additional Legal Assistant listings.
Adult Day Health Care/Community Based Adult Services (CBAS)

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

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

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

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

IOA On Lok Lifeways PACE Center- Coronet and Geary Teams
On Lok Lifeways
Partnership with IOA
3575 Geary Boulevard, San Francisco, CA 94118
Area Served: Western Addition
(415) 447-1000

Jackie Chan Adult Day Services
Self-Help for the Elderly
408 22nd Avenue, San Francisco, CA 94121
Area Served: Outer Richmond
(415) 677-7556
Jade PACE Center
On Lok Lifeways
1333 Bush Street, San Francisco, CA 94109
Area Served: Japantown, Polk Gulch, South of Market
(415) 292-8888

L’Chaim Adult Day Health
Jewish Family and Children’s Services
2534 Judah Street, San Francisco, CA 94122
Area Served: Inner Sunset, Outer Richmond
(415) 449-2934

Mabini Day Health
SteppingStone
55 Mabini Street, San Francisco, CA 94107
Area Served: Citywide
(415) 882-7301

Mission Creek Day Health
SteppingStone
930 4th Street, San Francisco, CA 94158
Area Served: Citywide
(415) 974-6784

On Lok Lifeways PACE Services for Senior Center
On Lok Lifeways
A program for all-inclusive care for the elderly.
www.onlok.org
Area Served: Citywide
(415) 292-8888
(888) 886-6565

Powell PACE Center
On Lok Lifeways
1441 Powell Street, San Francisco, CA 94133
Area Served: Chinatown, North Beach
(415) 292-8650

Presentation Day Health
SteppingStone
301 Ellis Street, San Francisco, CA 94102
Area Served: Citywide
(415) 923-0245

Rose PACE Center
On Lok Lifeways
1333 Bush Street, San Francisco, CA 94109
Area Served: Chinatown, North Beach Telegraph Hill
(415) 292-8688

Senior Focus
1720 El Camino Real, Burlingame, CA 94010  (650) 696-3645
Adult Social Day Care

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

**Catholic Charities Adult Day Services**
Catholic Charities
50 Broad Street, San Francisco, CA 94112
*Area Served: San Francisco County*

(415) 452-3500

**Curry Senior Center**
333 Turk Street, San Francisco, CA 94102
*Area Served: North & South of Market, Potrero Hill*

(415) 885-2274

**Irene Swindells Center for Adult Day Services**
3698 California Street, 2nd Floor, San Francisco, CA 94118
*Area Served: San Francisco*

(415) 750-4111

**Janet Pomeroy Center**
207 Skyline Boulevard, San Francisco, CA 94132
*Area Served: Marin Counties, San Francisco, San Mateo*

(415) 665-4100

**Kimochi, Inc.**
1531 Sutter Street, San Francisco, CA 94109
*Area Served: Richmond, Sunset, Western Addition*

(415) 922-9972

**Ruth Ann Rosenberg Adult Day Services**
Institute on Aging
3575 Geary Boulevard, San Francisco, CA 94118
*Area Served: San Francisco*

(415) 750-4111
Advocacy

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

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

**The Arc of San Francisco**
1500 Howard Street, San Francisco, CA 94103
(415) 255-7200

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

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

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

**Community Behavioral Health Services**
1380 Howard Street, 5th Floor, San Francisco, CA 94103
(415) 255-3737
(888) 246-3333

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

**Congress of California Seniors**
1230 “N” Street, Suite 201, Sacramento, CA 95814
(916) 442-4474

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

**Consumer Action**
211 Main Street, Suite 480, San Francisco, CA 94105
(415) 777-9635
Consumer Fraud and Environmental Protection Unit
732 Brannan Street, San Francisco, CA 94103 (415) 551-9595

Consumer Rights for Community Living
A program through Senior & Disability Action.
1360 Mission Street, Suite 400, San Francisco, CA 94103 (415) 546-1333

Deaf Counseling Advocacy and Referral Agency (DCARA)
14895 East 14th Street, #200, San Leandro, CA 94578 (510) 343-6670
TTY: (877) 322-7288

Eldercare Services
1808 Tice Valley Boulevard, Walnut Creek, CA 94595 (415) 469-8300
Fee: $145/hour

Eviction Defense Collaborative
Advocacy to prevent eviction, rental assistance/loans to prevent evictions.
1338 Mission Street, 4th Floor, San Francisco, CA 94103 (415) 947-0797
Hours: Monday – Friday,
9:30 am – 11:30 pm, 1:00 pm – 3:00 pm
www.EvictionDefense.org

Family Caregiver Alliance
235 Montgomery Street, Suite 950 San Francisco, CA 94104 (415) 434-3388

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

Gray Panthers
2940 16th Street, San Francisco, CA 94103 (415) 552-8800

Health Insurance Counseling Advocacy Program (HICAP)
601 Jackson Street, 2nd Floor, San Francisco, CA 94111 (415) 677-7520

Homeless Advocacy Project
125 Hyde Street, San Francisco, CA 94115 (415) 575-3130
Housing Rights Committee of San Francisco
1663 Mission Street, Suite 504, San Francisco, CA 94103  (415) 703-8644

Hours:  Monday – Thursday,
1:00 pm – 5:00 pm
4301 Geary Boulevard, San Francisco, CA 94118  (415) 947-9085

Hours:  Monday, Wednesday, Thursday and Friday,
9:00 am – 12:00 noon
www.hrcsf.org

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

Mayor’s Office on Disability
1155 Market Street, 1st Floor, San Francisco, CA 94103  (415) 554-6789
TTY: (415) 554-6799

Mental Health Association of San Francisco
870 Market Street, #928, San Francisco, CA 94102  (415) 421-2926

The Office of Citizen Complaints
25 Van Ness Avenue, Suite 700, San Francisco, CA 94102  (415) 241-7711

Older Women’s League
870 Market Street, #905, San Francisco, CA 94102  (415) 989-4422

Ombudsman Program (Long Term Care)
Felton Institute (formerly Family Service Agency of San Francisco) Crisis Line
6221 Geary Boulevard, 3rd floor, San Francisco, CA 94109
(415) 751-9788
TTY: (800) 231-4024

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

San Francisco County Veterans Service Office
27B Van Ness Avenue, San Francisco, CA 94103  (415) 503-2000
San Francisco Mental Health Clients Rights Advocates
944 Market Street, #704, San Francisco, CA 94103  (415) 552-8100
(800) 729-7727

San Francisco Tenants Union
Call for tenant counseling drop-in times from Monday to Saturday.
558 Capp Street, San Francisco, CA 94110
www.sftu.org
(415) 282-6622

Senior and Disability Action
1360 Mission Street, Suite 400, San Francisco, CA 94103  (415) 546-1333

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

Veterans Equity Center
1010 Mission Street, Suite C, San Francisco, CA 94103  (415) 255-2234

Victim Services Division
Office of District Attorney  (415) 553-9044
850 Bryant Street, Room 320, San Francisco, CA 94103
Assistive Devices

If you have a disability or injury, you may use a number of assistive devices. These are tools, products or types of equipment that help you maintain your independence by helping you perform routine activities of daily living. They may help you move around, see, communicate, eat, or get dressed.

**California Telephone Access Program (CTAP)**
3075 Adeline Street, Suite 260, Berkeley, CA 94703
(800) 806-1191

**Community Living Campaign**
Goldsmith Hearing and Vision Initiative
1360 Mission Street, Suite 400, San Francisco, CA 94103
(415) 821-1003

**Hearing and Speech Center of Northern California**
1234 Divisadero Street, San Francisco, CA 94115
(415) 921-7658
TTY: (415) 921-8990

**Independent Living Resource Center of San Francisco (ILRCSF)**
825 Howard Street, San Francisco, CA 94103
(415) 543-6222

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

**Self-Help for the Elderly**
601 Jackson Street, San Francisco, CA 94133
(415) 677-7600

*The Internet Resources section on Page 124 lists websites where Assistive Devices are available.*
Caregiver Support

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

**Adult Day Services San Francisco**
Catholic Charities
50 Broad Street, San Francisco, CA 94112
(415) 452-3500

**Alzheimer’s Association**
(800) 272-3900

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

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

**Family Caregiver Alliance**
235 Montgomery Street, Suite 950
San Francisco, CA 94104
(415) 434-3388

**Institute on Aging**
3575 Geary Boulevard, San Francisco, CA 94118
(415) 750-4111

**Jackie Chan Adult Day Services**
Self-Help for the Elderly
408 22nd Avenue, San Francisco, CA 94121
*Hours: 3rd Wednesday, 5:00 pm - 6:30 pm*
*Language: English & Cantonese*
(415) 677-7563

**Jewish Family and Children’s Services**
2150 Post Street, San Francisco, CA 94115
(415) 449-3777
**ALZHEIMER’S DAY CARE RESOURCE CENTERS**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catholic Charities</td>
<td>50 Broad Street, San Francisco, CA 94112</td>
<td>(415) 452-3500</td>
</tr>
<tr>
<td>Institute on Aging</td>
<td>3575 Geary Boulevard, San Francisco, CA 94118</td>
<td>(415) 750-4111</td>
</tr>
<tr>
<td>Self-Help for the Elderly</td>
<td>408 22nd Avenue, San Francisco, CA 94121</td>
<td>(415) 677-7556</td>
</tr>
</tbody>
</table>

**GENERAL CAREGIVING**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bayview Hunters Point Adult Day Health Center</td>
<td>Bayview Senior Services</td>
<td>(415) 826-4774</td>
</tr>
<tr>
<td></td>
<td>1250 La Salle Avenue, San Francisco, CA 94124</td>
<td></td>
</tr>
<tr>
<td>Edgewood Center for Children and Families</td>
<td>For grandparents or other family members caring for minor children.</td>
<td>(415) 865-3000</td>
</tr>
<tr>
<td></td>
<td>1801 Vicente Street, San Francisco, CA 94116</td>
<td></td>
</tr>
<tr>
<td>Institute on Aging</td>
<td>3575 Geary Boulevard, San Francisco, CA 94118</td>
<td>(415) 750-5330 x 370</td>
</tr>
<tr>
<td><strong>Hours:</strong></td>
<td><strong>1st Saturday of each month,</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>10:30 am – 12:00 pm</strong></td>
<td></td>
</tr>
<tr>
<td>St. Mary’s Adult Day Health Care Center</td>
<td>35 Onondaga Avenue, San Francisco, CA 94112</td>
<td>(415) 334-4000</td>
</tr>
<tr>
<td>NON-ENGLISH SPEAKING GROUPS</td>
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<tr>
<td><strong>Kimochi, Inc.</strong></td>
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<tr>
<td>1715 Buchanan Street, San Francisco, CA 94115</td>
<td>(415) 931-2275</td>
<td></td>
</tr>
<tr>
<td>Language: Japanese</td>
<td></td>
<td></td>
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<tr>
<td><strong>Self-Help for the Elderly</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>408 22nd Avenue, San Francisco, CA 94121</td>
<td>(415) 677-7556</td>
<td></td>
</tr>
<tr>
<td>Language: Cantonese</td>
<td></td>
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</tbody>
</table>
Case Management

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.

30th Street Senior Center
On Lok Lifeways
225 30th Street, 3rd Floor, San Francisco, CA 94131
Language: Spanish

Aging Case Management
Catholic Charities
1111 Junipero Serra Boulevard, San Francisco, CA 94132
(415) 334-5555

Bayview Senior Connections
Bayview Senior Services
5600-A 3rd Street, San Francisco, CA 94124
(415) 647-5353

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

Canon Kip Senior Center
Episcopal Community Services
705 Natoma Street, San Francisco, CA 94103
(415) 487-3300 x 6200

Central American Resource Center (CARECEN)
3101 Mission Street, San Francisco, CA 94110
(415) 642-4400

Central City Older Adults
90 Van Ness Avenue, San Francisco, CA 94102
(415) 558-5900

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

Community Behavioral Health Services
1380 Howard Street, 5th Floor, San Francisco, CA 94103
(415) 255-3737
(888) 246-3333
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.
2 Gough Street, San Francisco, CA 94103

Compassionate Community Care
1426 Fillmore Street, #207, San Francisco, CA 94115
(415) 921-5038
Payment: Private pay

Conard House
Provides payee and money management services for adults with psychological disabilities.
Community Services – Market
(415) 861-4035
Community Services – North
(415) 928-0111
Community Services – Soma
(415) 836-1784
Community Services – South
(415) 558-8767

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

Downtown Senior Center
San Francisco Senior Center
(415) 923-4487
481 O’Farrell Street, San Francisco, CA 94102

Elder Plan Consultation and Care Management
Institute on Aging
(415) 750-4180 x 165
3575 Geary Boulevard, San Francisco, CA 94118
Payment Private pay

Eldercare Services
1808 Tice Valley Boulevard, Walnut Creek, CA 94545
(415) 469-8300
**Felton Institute** (formerly Family Service Agency)  
*For Seniors with Mental Health Issues.*  
6221 Geary Street, 3rd Floor, San Francisco, CA 94121  
(415) 474-7310

**Golden Gate Regional Center**  
*For individuals with developmental disabilities.*  
1355 Market Street, Suite 220, San Francisco, CA 94103  
(415) 546-9222

**Homecoming Transitional Care Program**  
481 O’Farrell Street, San Francisco, CA 94102  
(415) 923-4491

**Italian-American Community Services Agency**  
*Serves elderly individuals of Italian descent.*  
678 Green Street, San Francisco, CA 94133  
(415) 362-6423

**Japanese American Senior Services**  
Kimochi, Inc.  
*Primarily serves Japanese American seniors.*  
1715 Buchanan Street, San Francisco, CA 94115  
(415) 931-2275

**La Raza Centro Legal**  
*Information and referral services. Provides bilingual and bicultural resources to service providers who assist monolingual Spanish speakers.*  
474 Valencia Street, Suite 295, San Francisco, CA 94103  
www.lrcl.org  
(415) 575-3500

**Linkages**  
Institute on Aging  
*For seniors without SSI and younger disabled.*  
3575 Geary Boulevard, San Francisco, CA 94118  
(415) 750-4111

**Meals on Wheels of San Francisco**  
*Must be a Meals on Wheels Client.*  
1375 Fairfax Avenue, San Francisco, CA 94124  
(415) 920-1111

**Multipurpose Senior Services Program (MSSP)**  
Institute on Aging  
3575 Geary Boulevard, San Francisco, CA 94118  
(415) 750-4111
Openhouse
*Case management services for Lesbian, Gay, Bisexual, and Transgender (LGBT) seniors.*
65 Laguna Street, San Francisco, CA 94102
(415) 296-8995

RAMS Inc.
3626 Balboa Street, San Francisco, CA 94121
(415) 668-5955

San Francisco Homeless Outreach Team (HOT Team)
1060 Howard Street, 3rd Floor, San Francisco, CA 94103
(415) 865-5200

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

Seniors-At-Home
Jewish Family and Children’s Services
2150 Post Street, San Francisco, CA 94115
(415) 449-3777

St. Anthony Foundation Senior Services
150 Golden Gate Avenue, San Francisco, CA 94115
(415) 592-2769

Veteran’s Administration
*For eligible veterans and families.*
4150 Clement Street, San Francisco, CA 94121
(415) 221-4810

PRIVATE CASE MANAGERS / FIDUCIARIES

Some case managers practice privately. 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”.

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Cleaners

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

**Peninou French Laundry**
3707 Sacramento Street S.F., CA 94118 (415) 751-9200
*Area Served: Citywide*
*Delivery: Complimentary*
*Payment: Credit Card for pickup and delivery.*

**Sohn’s French Cleaners**
*Area Served: Citywide* (415) 351-2400
*Delivery: $40 minimum.*

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**HOME CLEANING SERVICES**

**Cleanrific**
Jewish Family and Children’s Services (415) 820-7230
2150 Post Street, San Francisco, CA 94115

**Steri-Clean of California**
Hoarding Clean Up Specialists (415) 322-1011 (888) 577-7206
*Area Served: San Francisco Bay Area*

**The Good Job Brothers**
2748 Junipero Serra Blvd., Suite 26, Daly City, CA 94015 (650) 991-3650

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**PEST CONTROL**

**Best Pest Services** (650) 588-7378

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**DISASTER RESTORATION SERVICES**

**Vital Restoration** (650) 873-7867
ORGANIZING SERVICES

Clutter Free Organizing Services
Area Served: San Francisco Bay Area

(415) 820-7230

MOVING ASSISTANCE

Donna Robbins
www.ultimatemoves.net

(510) 703-7476
Coalition of Agencies Serving the Elderly

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

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

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
1751 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

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

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
1360 Mission Street, 4th Floor, San Francisco, CA 94103
www.sfCommunityLiving.org
Community Technology Network
- Digital Literacy Corps
- SF Connected
- Tech Training Solutions
1390 Market Street, Suite 200, San Francisco, CA 94102
www.ctnBayArea.org

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

Episcopal Senior Communities
Own and operate retirement communities known as Life Plan or Continuing Care Retirement Communities (CCRCs).
Currently there are six communities, located in Pacific Grove, Oakland, Los Gatos, Santa Rosa, Palo Alto and San Francisco.
2185 North California Boulevard, Suite 575
Walnut Creek, CA 94596
www.jtm-esc.org

Family Caregiver Alliance
- Assessment
- Caregiving
- Consultation
- Education/Support groups
- Information and Referral
235 Montgomery Street, Suite 950
San Francisco, CA 94104
www.caregiver.org
Felton Institute (formerly Family Service Agency)
- Aging Services: (415) 474-7310
  - 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

Golden Gate Senior Services
- Aging and Disability Resource Center Hub (415) 752-6444
- 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

Homebridge (formerly IHSS Consortium)
In-Home Services Training and Placement Referral for In-Home Support Workers. (415) 255-2079
1035 Market Street, L-1, San Francisco, CA 94103
www.homebridgeCA.org
Institute on Aging
- 24-hour Support Hotline (Friendship Line) (415) 750-4111
- 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

Jewish Family and Children’s Services (415) 449-1200
- 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
Kimochi
- 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
- Legal Services
701 Sutter Street, 2nd Floor, San Francisco, CA 94109
www.laesf.org
(415) 538-3333

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

North California Presbyterian Homes & Services
- Case Management
- Coming of Age Program
- Community Services
- Information & Referral
- Senior Housing
- Transitional Care Program

1525 Post Street, San Francisco, CA 94109
www.ncphs.org

(415) 202-7800

NEXT Village SF
- Cultural and Social Activities
- Health and Wellness Support
- In-Home and Personal Support
- Transportation Assistant

PO Box 330278, San Francisco, CA 94133
www.NextVillageSF.org

(415) 888-2868
SteppingStone
- Adult Day Health Center
- Congregate Meals
- Social & Recreational Programs
350 Golden Gate Avenue, San Francisco, CA 94102
55 Mabini Street, San Francisco, CA 94107
930 4th Street, San Francisco, CA 94158
301 Ellis Street, San Francisco, CA 94102
www.SteppingStoneHealth.org

(415) 974-6784

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
www.onlok.org

(415) 319-6661

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

(415) 296-8995
Rebuilding Together San Francisco
"Changing Neighborhoods | Changing Lives"  (415) 905-1611
- 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 & Renters
  - Information & Referrals regarding Housing Repairs

Pier 28, The Embarcadero, San Francisco, CA 94105
www.RebuildingTogetherSF.org

Russian American CSA
RACSdirector@hotmail.com

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) 592-2872
SF-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
Senior and Disability Action
- Consumer Rights for Community Living (CRCL)
- Free Computer Classes
- HealthCare Action Team (HAT)
- SDA Housing Collaborative
- Senior and Disability Survival School, Senior and Disability University
1360 Mission Street #400, San Francisco, CA 94103
www.sdAction.org

(415) 546-1333

Shanti Project
- Pets Are Wonderful Support (PAWS)
- Shanti’s Margot Murphy Women’s Cancer Program
- HIV Services Program
- Learning Immune Function Enhancement (LIFE) Program
- Cancer Support Group
3170 23rd Street, San Francisco, CA 94110
www.shanti.org

(415) 979-9550

Veterans Equity Center
- Advocacy
- Computer Skills Class
- Information and Referral
- Legal Clinic
- Translation Services
1010 Mission Street, San Francisco, CA 94103
www.VetsEquityCenter.org

Tel: (415) 255-2347
Fax: (415) 255-2358
Counseling Resources

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

**DEPARTMENT OF PUBLIC HEALTH**

**Central City Older Adults**
90 Van Ness Avenue, San Francisco, CA 94102
*Area Served: Central City, South of Market, Tenderloin*
(415) 558-5900

**Chinatown North Beach Mental Health Services**
729 Filbert Street, San Francisco, CA 94133
*Area Served: Citywide*
(415) 352-2000

**Southeast Mission Geriatric Services**
3905 Mission Street, San Francisco, CA 94112
*Area Served: Mission, Southeast*
(415) 337-4722

**COMMUNITY MENTAL HEALTH**

**Institute on Aging- Department of Geriatric Assessment & Psychological Services**
3575 Geary Boulevard, San Francisco, CA 94118
*Area Served: Citywide*
(415) 750-4111

**Friendship Line**
Institute on Aging
*24-hour hotline for older and disabled adults in crisis or just in need of a friend.*
(415) 752-3778
(800) 971-0016

**Geriatric Outpatient Mental Health Services**
Felton Institute (formerly Family Service Agency)
1500 Franklin Street, San Francisco, CA 94109
*Area Served: Fillmore, Haight, Marina, Pacific Heights, Western Addition*
(415) 474-7310
Geriatric Outpatient Mental Health Services
Felton Institute (formerly Family Service Agency)  (415) 386-6600
6221 Geary Boulevard, 2nd Floor, San Francisco, CA 94121
Area Served: Ingleside, Merced Heights, Ocean View, Richmond, Sunset

Mobile Crisis Treatment Team (MCTT)
Community Behavioral Health Services  (415) 970-4000
The San Francisco Behavioral Health Plan offers a full range of specialty Behavioral health services provided by a culturally diverse network of community Behavioral health programs, clinics and private psychiatrists, psychologists, and therapists. Most people seeking behavioral health services need only basic counseling services. For those who are in need of more extensive treatment, the S.F. Behavioral Health Plan offers an array of services. 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

OTHER SERVICES

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

Center for Elderly Suicide Prevention and Grief-Related Services  (415) 750-4111
Institute on Aging
Provides emotional support, crisis intervention and counseling by telephone or home visiting.
Peer-Led Hoarding Support Team
Mental Health Association of San Francisco
Hoard and Cluttering Support Group
(415) 421-2926

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

Senior's at Home
Jewish Family and Children's Services
Counseling for seniors on a sliding scale
(415) 449-3777
Death Related Services

College Chapel Mortuary
3434 17th Street, San Francisco, CA 94110 (415) 824-1313

Office of the Chief Medical Examiner
850 Bryant Street, North Terrace (415) 553-1694
San Francisco, CA 94103

Office of Vital Records
Department of Public Health (415) 554-2700
101 Grove Street, Room 105, San Francisco, CA 94102

Public Administrator
Department of Aging and Adult Services (415) 355-3555
1650 Mission Street, 5th Floor, San Francisco, CA 94103

GRIEF COUNSELING/SUPPORT GROUPS

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

Jewish Family and Children’s Services (415) 449-3777
2150 Post Street, San Francisco, CA 94115

OTHER SERVICES

Department of Veteran Affairs (800) 827-1000

Social Security Administration (800) 772-1213
Dementia Related Services

Alzheimer’s Association- San Francisco Office
100 Pine Street, Suite 2040, San Francisco, CA 94111  (415) 463-8500
www.alz.org

24/7 Helpline:
(800) 272-3900

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

**Native American Health Center**

*Sliding scale, Medi-Cal; Medicare; Healthy Families; San Francisco Health Plan, Private Insurance.*

160 Capp Street, 2nd Floor, San Francisco, CA 94110  
Language: Cantonese, Spanish, Language Line  
Hours: Monday - Friday, 9:00 am – 5:00 pm  
Open some Saturdays  
(415) 621-8056 x 2

**North East Medical Services**

*Age 0 and up. Registered “NEMS” member. Sliding scale, Insurance, Medi-Cal, Healthy Kids. Free initial dental screening.*

1520 Stockton Street, San Francisco, CA 94133  
Language: Burmese, Cantonese, Mandarin, Vietnamese  
Hours: Monday - Friday, 8:30 am – 5:30 pm  
Saturday, 8:30 am – 5:00 pm  
(415) 391-9686 x 8180

**San Francisco Dental Society**

*Referral to private dentists.*

Hours: Monday - Friday, 8:30 am – 5:00 pm  
(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) 364-7636
Language: Cantonese, Spanish
Hours: Monday, Wednesday, Thursday
8:00 am – 5:00 pm
Friday, 1:00 pm – 5:00 pm

Potrero Hill Health Center
1050 Wisconsin Street, San Francisco, CA 94107
(415) 682-1740
Language: Cantonese, Spanish
Hours: Monday, Tuesday, Wednesday
8:00 am – 5:00 pm

Silver Avenue Family Health Center
1525 Silver Avenue, San Francisco, CA 94134
(415) 657-1730
Language: Cantonese, Spanish, Tagalog
Hours: Monday – Friday
8:00 am – 5:00 pm

Southeast Health Center
2401 Keith Street, San Francisco, CA 94124
(415) 682-1740
Language: Cantonese, Spanish, Tagalog
Hours: Monday – Friday
8:00 am – 5:00 pm

Tom Waddell Urgent Care Clinic
50 Dr. Tom Waddell Place, 2nd Floor
San Francisco, CA 94102
Homeless: (415) 355-7507
HIV: (415) 355-7527
San Francisco General Hospital Oral Surgery Clinic
Private Insurance, Medi-Cal, Healthy Kids. Sliding scale for Healthy San Francisco. Treatment by UCSF dental residents.
1001 Potrero Avenue, Hospital Outpatient Department, 1st Floor, Room 1N1, San Francisco, CA 94110
Language: Cantonese, Spanish, Other languages vary
Hours: Monday, Wednesday, Friday, 9:00 am – 3:00 pm, Appointments only
(415) 206-8104 Please leave a message, calls returned in 24 hours.

San Francisco Women & Children Health Referral Line
Referral to dentists.
Language: Cantonese, Mandarin, Spanish, Tagalog
Hours: Monday - Friday, 8:00 am – 5:00 pm
(800) 300-9950

South of Market Health Center
Fees based on a sliding scale and Medi-Cal, Medicare, San Francisco Health Plan, Blue Cross, FamPact, Healthy Families and private insurance are accepted. No Drop in. Please check in on the 1st floor. Dental clinic is on the 2nd floor.
229 7th Street, San Francisco, CA 94103
Language: Cantonese, Mandarin, Spanish, Tagalog
Hours: Monday - Thursday, 8:00 am – 5:00 pm; Friday, 8:00 am – 3:30 pm
(415) 503-6033

University of California, San Francisco
Buchanan Clinic
Age 14 and up. Medi-Cal
100 Buchanan Street, San Francisco, CA 94102
Hours: Monday - Friday, 8:30 am – 5:00 pm
(415) 476-5608
University of California, San Francisco
School of Dentistry
Treatment by students, faculty and residents. Languages vary. Payment at time of service.
707 Parnassus Avenue, San Francisco, CA 94143

Adult Clinic
Age 17 and up. Medi-Cal.
Please go to first floor for registration.
Hours: Monday - Friday, 8:00 am – 5:00 pm

Adult Hospital Dentistry
Age 18 and up. For people with special needs. Appointment days vary. Medi-Cal.
First floor, Room D1201.
Hours: Appointment days vary.

Dental Emergency Services
Drop in registration on first floor.
Hours: Monday - Friday, 8:00 am – 12:00 noon, 1:00 pm – 5:00 pm

Oral Surgery Clinic
Private insurance and fee for service. Medi-Cal consultation – may refer to SFGH or UCSF Buchanan for treatment.
First floor, Room D1201.
Hours: By appointment only.

Orthodontic Clinic
Medi-Cal.
Third floor, Room D3000.
Hours: Monday, 9:00 am – 5:00 pm; Tue, Wed, Thu, 1:00 pm – 5:00 pm; Friday, 8:00 am – 12:00 noon

Periodontal Clinic
No Medi-Cal – fee for services.
Third floor.
Hours: Monday – Friday, 9:00 am – 4:30 pm

Prosthodontic Clinic
No Medi-Cal – fee for services.
Fourth floor.
Hours: Monday – Friday, 8:00 am – 4:30 pm
University of the Pacific
School of Dentistry
Treatment by students, faculty and residents. Languages vary. Payment plan available.
155 5th Street, San Francisco, CA 94103

Adult Clinic
Age 14 and up. Medi-Cal (for patients of record only).
Second and third floors.
Hours: Monday - Friday, 8:30 am – 5:00 pm;
       Monday and Thursday, 6:00pm – 8:30pm

Dental Emergency Services
Medi-Cal.
Hours: Monday - Friday, Drop in 8:00 am and 12:30 pm

Endodontics
Medi-Cal.
Second floor.
Hours: Monday, 11:00 am – 1:00 pm;
       Tuesday, Wednesday, Friday, 9:00 am – 5:00 pm

Oral Surgery Clinic
Medi-Cal (by appointment or referral only).
Third floor.
Hours: Monday – Friday, 8:30 am – 5:00 pm

Orthodontic Clinic
Medi-Cal.
Third floor.
Hours: Monday, Wednesday, Friday, 8:30 am – 5:00 pm;
       Tuesday, Thursday, 8:30 am – 6:00 pm

Special Care Clinic
Second floor.
Hours: Monday, 3:00 pm – 5:00 pm;
       Tuesday, Wednesday, 9:00 am – 5:30 pm
University of the Pacific
School of Dentistry (cont’d)
Treatment by students, faculty and residents. Languages vary. Payment plan available.
155 5th Street, San Francisco, CA 94103

Ryan White Care Office
Any age. HIV positive (bring current labs). San Francisco residents only. Free comprehensive dental care. Income must be less than $46,680 per year. Call for appointment or drop in for emergency services.
Second floor, Room 236A
Hours: Monday – Friday, 8:30 am – 5:00 pm

Veterans’ Hospital Dental Services
Fee dental service for veterans who meet eligibility requirements. Drop in emergency services available.
4150 Clement Street, Building #200, First Floor, San Francisco, CA 94121
Hours: Monday – Friday, 8:00 am – 4:30 pm

MOBILE DENTISTS

San Francisco Dental Society
Please call for referral to a dentist who makes home visits.
(415) 928-7337

HOME VISIT MD INFORMATION

Healthy Smiles at Home
Providing dental hygiene services in the San Francisco Bay area.
- Intermediate Care Facilities (ICF).
- Residential facilities such as independent and assisted living communities.
- Residences of the homebound.
- Skilled Nursing Facilities (SNF).
(415) 385-5773
FREE OR LOW COST DENTAL/MEDICAL SERVICES

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

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

Community Living Campaign (415) 821-1003
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.
1360 Mission Street, 4th Floor, San Francisco, CA 94103

Fromm Institute for Life Long Learning (415) 422-6805
University of San Francisco
2130 Fulton Street, San Francisco, CA 94117

GCFLearnFree.org
GCFLearnFree.org is a program of the Goodwill Community Foundation® and Goodwill Industries of Eastern NC, Inc.® (GIENC®). From Microsoft Office and email to reading, math, and more, GCFLearnFree.org offers 125 tutorials, including more than 1,100 lessons, videos, and interactives, completely free.
www.gcfLearnFree.org

Horizon Studies
Learning for the Third Stage in Life.
P. O. Box 2733, Petaluma, CA 94953
info@horizonstudies.org
Khan Academy
Khan Academy offers free practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. The site offers classes in mathematics, science, computer programming, history, art history, economics, and more.
www.KhanAcademy.org

Older Adults Department
City College of San Francisco (415) 239-3000
50 Phelan Avenue, San Francisco, CA 94112

Openhouse
Openhouse offers language classes, health education, civic engagement opportunities, and more for LGBT seniors in a safe and supportive space.
65 Laguna Street, San Francisco, CA 94102
(415) 296-8995

Osher Lifelong Learning Institute
The Bernard Osher Foundation (415) 861-5587
One Ferry Building, Suite 255, San Francisco, CA 94111

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

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.
(415) 557-4400
100 Larkin Street, San Francisco, CA 94102
www.sfpl.org/index.php?pg=0000000401
Self-Help for the Elderly

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

There are Citizenship and Civic education classes through Self-Help for the Elderly that are held at various locations throughout San Francisco.

731 Sansome Street, Suite 100, San Francisco, CA 94111
Emergency Preparedness

RESOURCES FOR SENIORS AND PEOPLE WITH DISABILITIES

Department of Aging and Adult Services, Office on Aging
Provides resources for agencies working with older person and adults with disabilities.

- Emergency preparedness video library
- Disaster planning standards
- Community-Based Resources are available at:
  o www.NetworkOfSupport.org
  o www.sfgov.org/daas

1650 Mission Street, 5th Floor, San Francisco, CA 94103
www.sfdaas.org
daas@sfgov.org

(415) 355-3555

Independent Living Resource Center of San Francisco (ILRCSF)
General and specific earthquake preparedness materials for people with disabilities.

825 Howard Street, San Francisco, CA 94103
www.ilrcsf.org
info@ilrcsf.org

(415) 543-6222
TTY: (415) 543-6698

RESOURCES FOR ALL AGES

211
Comprehensive Information and Referral Services available 24 hours a day in many languages
- Provides confidential referrals to Bay Area community resources including information on disaster preparedness, response and recovery services.

www.211BayArea.org
American Red Cross Bay Area
- Workshops and individual training.
- Emergency Supplies Store.
- Disaster Preparedness materials available in fourteen languages:
  www.redcross.org/local/northern-california-coastal/local-programs-services/community-preparedness

1663 Market Street, San Francisco, CA 94103
www.redcross.org/local/northern-california-coastal
ARCBInfo@redcross.org
(415) 427-8000

Association of Bay Area Governments (ABAG)
The Association of Bay Area Governments, in cooperation with the US Geological Survey, provides public disaster information.
- Earthquake maps and information demonstrating local risk areas and potential effects of earthquakes: resilience.abag.ca.gov/earthquakes/

www.abag.ca.gov
(510) 464-7900

Division of Emergency Services and Emergency Medical Services Agency
San Francisco Department of Emergency Management
Community Preparedness programs.
- Information source via the Emergency Alert System (see “EAS” above).
- Information on local preparedness programs that include seniors and people with disabilities.
- 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. For more information, please go to www.alertsf.org
- Preparedness information in English, Spanish and Chinese at www.sf72.org

30 Van Ness Avenue, Suite 3300, San Francisco, CA 94102
(415) 487-5000
Emergency Alert System (EAS)
The city participants 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

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:
  o www.dhs.gov
  o www.fema.gov
  o www.ready.gov

Neighborhood Emergency Response Team (NERT) program
San Francisco Fire Department
- Training program for neighborhood emergency & disaster preparedness.
- Cross training to develop multi-functional teams trained in basic skills.
2310 Folsom Street, San Francisco, CA 94110
www.sf-fire.org
SFFDNERT@sfgov.org

(415) 970-2022

Neighborhood Empowerment Network
The Empowered Communities Program’s Neighborhood HUB initiative supports neighborhoods as they create a local network of organizations that advances the community’s overall preparedness on a daily basis, as well as provides essential support to residents as they recover from a stressful event of any size.
www.EmpowerSF.org
Pacific Gas & Electric (PG&E)
Preparedness information available. www.pge.com (800) 743-5000

PrepGuide - Home Safety Emergency Plan
Program for Responsible Emergency Preparedness (PREP)
prepguide@comcast.net (415) 258-8174

Safety Awareness for Everyone (SAFE)
Neighborhood watch; business security; older adult safety.
850 Bryant Street, Room 135, San Francisco, CA 94103 www.sfsafe.org (415) 673-SAFE

San Francisco Community Agencies Responding to Disasters (SF CARD)
- Provides training for community-based organizations.
- Assists community-based organizations to develop agency emergency plans.
1800 Market Street, Suite Q30 & Q31 San Francisco, CA 94102 www.sfcard.org (415) 570-7432

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
# Emergency Response Services

## PERSONAL RESPONSE SYSTEMS

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bay Area Vital Link</strong></td>
<td>6529 Telegraph Avenue, Oakland, CA 94609</td>
<td>(800) 752-5522, (510) 338-3466</td>
</tr>
<tr>
<td><strong>Lifeline</strong></td>
<td>100 South San Mateo Drive, San Mateo, CA 94401</td>
<td>(800) 543-3546</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.lifelinesystems.com">www.lifelinesystems.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>Medic Alert</strong></td>
<td>2323 Colorado Avenue, Turlock, CA 95382</td>
<td>(800) 432-5378</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.medicalert.com">www.medicalert.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>Philips Lifeline Medical Alert Service</strong></td>
<td>American Red Cross</td>
<td>(800) 959-6989</td>
</tr>
</tbody>
</table>

## OTHERS

**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.

<table>
<thead>
<tr>
<th></th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s Association</td>
<td>(888) 572-8566</td>
</tr>
</tbody>
</table>
Employment

250% Working Disabled Medi-Cal Program
The Working Disabled Program allows certain individuals to become eligible for Medi-Cal by paying low monthly premiums based on countable income. To qualify, individuals must meet the following criteria:

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

2 Gough Street, San Francisco, CA 94103 (415) 355-6700
1440 Harrison Street, San Francisco, CA 94103 (855) 355-5757
P.O. Box 997417, MS 4607, Sacramento, CA 95899 (916) 552-9200

The Arc of San Francisco
Job placement services include job placement, job training, and job retention services. JPS is active in a variety of fields, matching potential employers with a client’s strengths and abilities, in part-time and full-time employment, providing competitive wages and support from a job coach.
1500 Howard Street, San Francisco, CA 94103 (415) 255-7200

California Department of Rehabilitation (DOR)
301 Howard Street, #700, San Francisco, CA 94105 (415) 904-7100

DisabledCommunity.Org
www.DisabledCommunity.org (415) 508-6130

Employment Development Department (EDD)
Job and training referrals, job search assistance and workshops.
(866) 333-4606
TTY: (916) 654-9820
Hire-Ability Employment Services
*Vocational training and employment services.* (415) 282-9675
1234 Indiana Street, San Francisco, CA 94107

Janet Pomeroy Center
*Employment training and job placement for individuals with disabilities.* (415) 665-4100
207 Skyline Boulevard, San Francisco, CA 94132

Jewish Vocational Service
*Help job seekers to build in-demand skills and confidence, make connections and secure work within a career pathway.* (415) 391-3600
225 Bush Street, Suite 400, San Francisco, CA 94104
www.jvs.org

Job Accommodation Network (JAN)
*JAN is a consulting service for employers, employees and job seekers looking for information on job accommodations for people with various disabilities.* (800) 526-7234
TTY: (877) 781-9403
www.jan.wvu.edu

National Center on Workforce and Disability for Adults
*The website provides a wide variety of resources on employment for adults with disabilities.*
www.onestops.info

National Council on Aging
*Provides training and employment opportunities to low-income Americans over age 55. Call for appointments. No drop-ins.* (415) 982-7007
315 Montgomery Street, San Francisco, CA 94104

Openhouse
*Openhouse offers a monthly employment search workshop once a month at Castro Senior Center.* (415) 296-8995
65 Laguna Street, San Francisco, CA 94102
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

Rams Inc.
Vocational training and employment services. (415) 668-5955
3626 Balboa Street, San Francisco, CA 94121

San Francisco Public Library
- Online learning platform for business, software, technology, and creative skills. (415) 557-4400
- Provides live interactive online help combined with online resources to guide you through your job search.
100 Larkin Street, San Francisco, CA 94102
www.sfpl.org/index.php?pg=0000000401

Self-Help for the Elderly
Classroom training programs in housekeeping and home health aide or on-the-job training in the Senior Community Service Employment Program (SCSEP). (415) 677-7600
601 Jackson Street, San Francisco, CA 94133

Senior Community Service Employment Program
Partnership by Felton Institute and National Council on Aging. (415) 982-7007
Employment services for low income seniors, job training & job search programs. Call for appointment. No drop-ins.
315 Montgomery Street, San Francisco, CA 94104
South of Market Employment Center
Please contact agency to ask about their employment workshop programs.
1048 Folsom Street, San Francisco, CA 94103
(415) 865-2105

Swords to Plowshares
For Veterans.
1060 Howard Street, San Francisco, CA 94103
(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 necessary to achieve your vocational goal.
www.ssa.gov/work/

Toolworks
10-12 week training in the area of janitorial or plant care.
Job placement and support services are also provided.
25 Kearny Street, #400, San Francisco, CA 94108
(415) 733-0990
www.toolworks.org
Financial Resources

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. Staff will assess the caller’s needs, provide appropriate referrals, follow up with the caller and if necessary, assist in the event of language or other barriers. 2-1-1 offers access to the following types of services:

- **Basic human needs**: food, clothing, shelter, rent assistance, utility assistance.
- **Physical and mental health resources**: medical information lines, crisis intervention services, support groups, counseling, drug and alcohol programs, community clinics, Medi-Cal and Medicare, maternal health, children’s health insurance programs.
- **Employment services**: job search assistance, unemployment benefits, financial assistance, job training and placement, education programs, vocational skills assessment.
- **Support for seniors and persons with disabilities**: independent living skills workshops and adapted devices, home health care, adult day care, congregate site and home delivered meals, respite care, transportation, and homemaker services.
- **Support for children, youth and families**: quality childcare, homework assistance and after school programs, Head Start, family resource centers, summer camps and recreation programs, mentoring, tutoring, protective services.
- **Volunteer opportunities and donations**: local volunteer centers, donation drop-off and pick-up services, distribution of donated goods.

American Association of Retired Persons (AARP)
Call for information on your local chapter.

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

(888) 687-2277
Bank on San Francisco

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

www.bankonsf.org

CalFresh (Food Stamps)

Am I qualified for the CalFresh program?
Your household size, monthly income, and monthly expenses would determine your household's monthly CalFresh benefits. Resources are exempted from eligibility determination.

How do I apply for CalFresh benefits?
You have five options:

- **Online**  www.MybenefitsCalWIN.org
- **In Person**  1235 Mission Street
  Monday – Friday
  8:00 am – 5:00 pm
  1440 Harrison Street
  Monday – Friday
  8:00 am – 5:00 pm
  2 Gough Street
  Monday – Friday
  8:00 am – 5:00 pm
- **By Phone**  (415) 558-1001
  Monday – Friday
  8:00 am – 5:00 pm
- **By Mail**  Human Services Agency
  P.O. Box 7988
  San Francisco CA 94120-9939
- **SF-Marin Food Bank**  (415) 549-7021
calfresh@sfmfoodbank.org
CalFresh (Food Stamps) cont’d

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. Visit www.sfhsa.org/4414.htm for a list of participating restaurants.

California Alternate Rates for Energy (CARE)

PG&E  (866) 743-2273
The CARE Program provides a monthly discount on energy bills for income-qualified households and housing facilities. Qualifications are based on the number of persons living in your home and your total annual household income.

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

Consumer Credit Counseling
595 Market Street, Floor 15, San Francisco, CA 94105
(415) 788-0288

County Adult Assistance Program (CAAP)
Human Services Agency of San Francisco
(415) 558-1000
If you are a very low-income San Franciscan with no dependent children, you may be eligible for financial support and services through CAAP.

Family Electric Rate Assistance (FERA)
PG&E
(800) 743-5000
The FERA Program provides a monthly discount on electric bills for income-qualified households of three or more persons.

General Assistance (GA)
1235 Mission Street, San Francisco, CA 94103
(415) 558-1000

Health Insurance Counseling Advocacy Program (HICAP)
Provides free unbiased assistance on health insurance issues for people with Medi-care.
(415) 677-7520
(800) 434-0222
601 Jackson Street, 2nd Floor, San Francisco, CA 94111

Homeowners HOPE Hotline
A counseling service provided by the Homeownership Preservation Foundation that offers help to homeowners at risk of foreclosure.
(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.  
(415) 543-6222  
TTY: (415) 543-6698

Payday Plus SF  
Bank on San Francisco  
This program offers payday loans with much lower fees.  
www.PaydayPlusSF.org

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

San Francisco Family Foundation  
Employment services for low income seniors (must be 62 years of age or older), job training & job search programs. Please call for appointment. No drop-ins.  
1750 Montgomery Street, San Francisco, CA 94123  
(415) 922-4091

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

Supplemental Food Program  
SF–Marin Food Bank  
(800) 273-6222
Telephone Discounts for the Disabled
If you have a hand or arm impairment, which makes it difficult for you to use the telephone directory, you are eligible for free unlimited 411 information calls. This service is also available to the blind and visually impaired.

Universal Lifeline
Discount program for a residence telephone for low-income customers.

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

27B Van Ness Avenue, San Francisco, CA 94102
Hours: Monday - Thursday,
9:00 am – 12:00 noon, 1:00 pm – 4:00 pm

AT&T: (800) 310-2355
Lifeline: (866) 272-0357
(415) 503-2000
Friendy Visiting

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

Bernal Heights Neighborhood Centers

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

ElderWISE

Episcopal Senior Community
(415) 563-8143

*Area Served: San Francisco, Alameda, Santa Clara*

Friendly Visitor Program

*For Meals on Wheels clients.*
(415) 920-1111

*Area Served: Citywide*

Little Brothers- Friends of the Elderly

*Area Served: Citywide*
(415) 771-7957

www.LittleBrothersSF.org

Jewish Family and Children's Services

*For existing clients of the agency.*
(415) 449-3777

*Area Served: Citywide*

Openhouse

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

Senior Companion Program

Felton Institute (formerly Family Service Agency)
(415) 751-9786

*Area Served: Richmond, Sunset*
Grocery Delivery

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

GROCERY STORES/MARKETS THAT DELIVER:

Albert & Eve Organics Co.
Area Served: San Francisco

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free</td>
<td>Depends on location.</td>
<td>All major credit cards.</td>
</tr>
</tbody>
</table>

www.alberteve.com

Amazon Fresh
Area Served: Citywide

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>$299 Annual membership. Prime membership Required.</td>
<td>Mon – Sun 10:00 am – 10:00 pm.</td>
<td>See membership rules.</td>
</tr>
</tbody>
</table>

fresh.amazon.com

California Market
6001 California Street, San Francisco, CA 94121
(415) 221-7600
Area Served: Richmond

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
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<tbody>
<tr>
<td>$35 minimum</td>
<td>Mon – Fri, all day.</td>
<td>American Express, MasterCard, VISA.</td>
</tr>
</tbody>
</table>
Community Living Campaign  
*Area Served: Bayview, Ingleside, Oceanview-Merced Heights-Ingleside, Park Merced*  
(415) 821-1003  

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free</td>
<td>Depends on location.</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Farm Fresh To You  
23808 State Highway 16, Capay, CA 95607  
(800) 796-6009  
www.FarmFreshToYou.com  

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>No delivery charge. The delivery of produce is included in the price of your box.</td>
<td>Please check website for delivery day. Home delivery is between 8:00 pm – 8:00am.</td>
<td>All major credit cards, echeck.</td>
</tr>
</tbody>
</table>

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

Roxie Market and Deli  
500 Kirkham Street, San Francisco, CA 94122  
(415) 731-0982  

**Area Served: Richmond, Sunset**  

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>$7.00 Home Delivery. Minimum order of $50 if deliver out of Richmond and Sunset districts</td>
<td>7 days a week.</td>
<td>All major credit cards, checks.</td>
</tr>
</tbody>
</table>
If you have access to the internet, there are a number of online grocery delivery programs on Page 126.

Visit www.FreePrintShop.org for a listing of free eats and free pantry locations.

### Safeway
**Area Served:** Citywide

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>$12.95 for orders under $150.</td>
<td>Mon – Sun, 10:00 am – 10:00 pm.</td>
<td>American Express, Discover, MasterCard, VISA.</td>
</tr>
<tr>
<td>$9.95 for orders above $150.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

[shop.safeway.com](http://shop.safeway.com)

### SF–Marin Food Bank

*Weekly delivery of fresh groceries. Each bag includes a balance of nutritious foods such as fresh fruits and vegetables, low-fat dairy, beans and legumes, lean protein, and whole grains.*

900 Pennsylvania Avenue, San Francisco, CA 94107

[www.sfmFoodBank.org](http://www.sfmFoodBank.org)

### SPUD
**Area Served:** Citywide

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum order of $33 for free delivery.</td>
<td>Mon – Fri, 9:00 am – 8:00pm.</td>
<td>American Express, MasterCard, VISA.</td>
</tr>
</tbody>
</table>

(415) 695-9688

### Waiter on Wheels
**Area Served:** Citywide

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>$8 per order. Minimum $25 order. 13-20% suggested gratuity.</td>
<td>Mon – Sun, 8:00 am – 9:00pm.</td>
<td>Cash, business check, and all major credit cards</td>
</tr>
</tbody>
</table>

[www.waitersonwheels.com](http://www.waitersonwheels.com)

(415) 452-6600
Health Maintenance and Physical Fitness

30th Street Senior Center
On Lok Lifeways
225 30th Street, 3rd Floor, San Francisco, CA 94131

Aquatic Park Center
San Francisco Park Center
890 Beach Street, San Francisco, CA 94109

Bethany Center
580 Capp Street, San Francisco, CA 94110

Bethel Center
2557 Alemany Boulevard, San Francisco, CA 94122

Castro Senior Center
Golden Gate Senior Services
110 Diamond Street, San Francisco, CA 94114

Community Learning Center at St. James Church
4620 California Street, San Francisco, CA 94118

Community Living Campaign
1360 Mission Street, Suite 400, San Francisco, CA 94103

Downtown Senior Center
San Francisco Senior Center
481 O’Farrell Street, San Francisco, CA 94102

Dr. George W. Davis Senior Center
Bayview Senior Services
1706 Yosemite Avenue, San Francisco, CA 94124

Manilatown Senior Center
Self-Help for the Elderly
848 Kearney Street, San Francisco, CA 94108
OMI Senior Center  
Catholic Charities  
65 Beverly Street, San Francisco, CA 94132  
(415) 334-5550

Richmond Senior Center  
Golden Gate Senior Services  
6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121  
(415) 424-7982

Rosa Parks Senior Center  
Bayview Senior Services  
1111 Buchanan Street, San Francisco, CA 94115  
(415) 292-3474

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

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

Cancer Detection Program: Every Woman Counts
Please call to see if you qualify for free tests.  
(800) 511-2300

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

Dance for Parkinson’s  
City Ballet (Sponsored by PDSF Network)  
$15 is requested but no one will be turned away regardless of donation. Please call to check that classes are being offered at the site specified. Times and dates can change.  
1 Chase Court, San Francisco, CA 94103  
Hours: 1st Thursday of the month, 12:30 pm - 1:45 pm  
(415) 285-7377
Dance for Parkinson’s
Joe Good Studio (Sponsored by PDSF Network)  (415) 285-7377
$15 is requested but no one will be turned away regardless of donation. Please call to check that classes are being offered at the site specified. Times and dates can change.
401 Alabama Street, San Francisco, CA 94110
Hours: 3rd Saturday of the month
12:00 pm - 1:15 pm

Dive Pirates Foundation— Northern California Chapter
Scuba Diving for individuals who are paraplegic, quadriplegic, have neurological disorders, amputations, or are blind.
www.DivePirates.org

Healthier Living
Healthier Living is a successful program developed by and licensed through Stanford University School of Medicine. This program is designed for people with chronic diseases or their caregivers who want to improve the quality of their life. The workshop is highly participatory where workshop leaders guide participants to develop skills and strategies for managing their health. It is conducted in a series of 2½ hour workshops presented once a week over a 6-week period.
www.CaHealthierLiving.org/cstcounty/san-francisco-2/

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

Richmond Senior Center
Golden Gate Senior Services  (415) 752-6444
6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121  (415) 424-7982
Women’s Community Clinic

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

1833 Fillmore Street, San Francisco, CA 94115
2166 Hayes Street, Suite 104, San Francisco, CA 94117

(415) 379-7800
Hearing Services

**211 San Francisco**
*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.

211bayarea.org/san-francisco/

From 415 Area Code: 211
(415) 808-4300

**311 San Francisco**
*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)**
*Dedicated to expanding the accessibility of tools, resources, and technology that will help increase independence, improve personal productivity and enhance the quality of life for Californians.*

www.AbilityTools.org

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

**AT&T**
*Offers a wide variety of free services to those with hearing impairment.*

(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. AUDIENT income qualifies families to be eligible for a discount on brand name hearing aids available through the AUDIENT Alliance’s national network of dedicated hearing care providers. Brand selection includes Oticon, Phonak, Siemens, Widex and Unitron hearing aids.*

www.AudientAlliance.org

(866) 956-5400 x 2
California Telephone Access Program
Offers free specialized phones that make it easier to hear, easier to dial, and easier to call. The program is funded by a small surcharge that appears on all telephone bills in California. This surcharge appears on your phone bill as "CA Relay Service and Communications Devices Fund."
www.CaliforniaPhones.org/Devices-for-Difficulty-Hearing

(800) 806-1191

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

Voice and 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

VP & Toll Free Voice:
(510) 343-6670
TTY: (877) 322-7288

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

(415) 921-7658
TTY: (415) 921-8990
The agencies listed below will perform services, such as hearing aid repairs, battery changes, fitting of hearing aids and hearing testing in the home. Call to inquire about rates.

**Hearing Loss Association of America - San Francisco Chapter**
*Offers information about discount programs for hearing aids and other hearing-related equipment, as well as support and advocacy for people with hearing loss, their families and friends. Meets second Saturday, 10:00 am, every month except June, July, August, & December.*
1400 Geary Boulevard, San Francisco, CA 94109
www.hearinglossca.org/chapters/northern-chapters/san-francisco-chapter
Kenneth Andrews: kennyandrews6@gmail.com
Josephine Schallehn: jschallehn@hotmail.com
(707) 291-0709
(415) 567-5377

**Audiological Services**
1 Shrader Street, Suite 578, San Francisco, CA 94117
(415) 933-6100

**Sunset-Park Merced Hearing Aid Center**
2620 Ocean Avenue, San Francisco, CA 94132
(415) 333-3600

**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.*
www.nems.org
(415) 391-9686

**San Francisco Public Library for the Deaf and Hard of Hearing**
*Provides in-depth resources for adults and children who are deaf or hard of hearing, their families, friends, and professionals, as well as services in American Sign Language and English.*
sfpl.org/index.php?pg=0200002001
(415) 557-4434
Video Phone: (415) 625-9082
St Benedict Parish for the Deaf
Offers outreach, advocacy, sign language interpreters, and visitation. All masses are signed.
www.sfdeafcatholics.org
Tel/TTY: (415) 567-9855
Video Phone: (415) 255-5387

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.
www.toolworks.org
(415) 733-0990
Video Phone: (415) 255-5857
Home Maintenance and Repair

Better Business Bureau
For a list of well qualified 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.
(866) 411-2221

Cole Hardware Repair Service
Home repair and construction service or artisan referral service.
(415) 753-2653 x 3

Rebuilding Together
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.
www.RebuildingTogetherSF.org
(415) 905-1611

SF Day Labor
Members have experience as movers, painters, gardeners, construction workers, plumbers, busboys, waiters, set-up workers for events, janitors, and more.
www.sfdaylabor.org
(415) 252-5375

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
Home Safety Evaluation

The Community & Home Injury Prevention Program for Seniors (CHIPPS)  
(415) 581-2415
Senior injury prevention presentations that highlight potential home hazards for seniors and suggestions for risk reduction. Any senior attending a presentation will be eligible for a free home safety survey. After survey, seniors will then be entitled to free home safety-related repairs. Please call CHIPPS for details.  
www.sfdph.org/dph/comupg/oprograms/CHPP/Injury/CHIPPS.asp

Home Safety Services (Home Modification Services)  
1169 Chess Drive, Unit D, Foster City, CA 94404  
Tel: (650) 571-7774  
Fax: (650) 571-7775  
www.HomeSafety.net

San Francisco Safe  
Free home visits to make recommendations on improving home safety.  
(415) 553-1984

Senior Home Safety Program  
San Francisco Fire Department  
Free home safety assessment.  
(415) 558-3317
Hospice

Coming Home Hospice
115 Diamond Street, San Francisco, CA 94114  (415) 861-1110

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

Hospice and Palliative Care of JFCS
2150 Post Street, San Francisco, CA 94115  (415) 449-3777

Hospice by the Bay
1902 Van Ness Avenue, 2nd Floor  (415) 626-5900
San Francisco, CA 94109

Laguna Honda Hospice
375 Laguna Honda Boulevard, San Francisco, CA 94116  (415) 759-2300

Maitri Compassionate Care
401 Duboce Avenue, San Francisco, CA 94117  (415) 558-3000

Pathways Home Health & Hospice
395 Oyster Point Boulevard  (650) 634-0133
South San Francisco, CA 94080

Self-Help HomeCare & Hospice
731 Sansome Street, #100, San Francisco, CA 94111  (415) 677-7600

Sutter VNA and Hospice
2800 Leavenworth Street, #350-B  (415) 749-4201
San Francisco, CA 94133

Zen Hospice Project
273 Page Street, San Francisco, CA 94102  (415) 913-7682
Housing Related Services / Rent Assistance

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

Independent Living Resource Center of San Francisco (ILRCSF)
*Has a housing workshop and can help with housing applications.*
825 Howard Street, San Francisco, CA 94103
(415) 543-6222

Mayor’s Office of Housing and Community Development
1 South Van Ness Avenue, 5th Floor
San Francisco, CA 94103
(415) 701-5500

Openhouse
*Offers housing workshops. RSVP required.*
65 Laguna Street, San Francisco, CA 94102
www.openhouse-sf.org
(415) 296-8995

San Francisco Housing Authority
1815 Egbert Avenue, San Francisco, CA 94124
(415) 715-5200

Self-Help for the Elderly
*Can help with housing applications.*
601 Jackson Street, Basement, San Francisco, CA 94133
(415) 677-7600

**EVICTION DEFENSE ASSISTANCE**

API Legal Outreach
*Call for tenant counseling hours. Many languages available.*
1121 Mission Street, San Francisco, CA 94103
www.apiLegalOutreach.org
(415) 567-6255
Asian Law Caucus
Advocates for low income tenants. Call for free legal clinic times.
55 Columbus Avenue, San Francisco, CA 94111
www.AdvancingJustice-ALC.org

Causa Justa :: Just Cause
Counseling for Mission or Excelsior low income Spanish speakers.
2301 Mission Street, Suite 201, San Francisco, CA 94110
Hours: Monday and Wednesday,
1:00 pm – 5:00 pm; Tuesday, Thursday and Friday,
9:00 am – 12:00 noon, 1:00 pm – 5:00 pm
www.cjjc.org

Chinatown Community Development Center
Call for appointment. Cantonese, Mandarin and English.
663 Clay Street, San Francisco, CA 94111
www.ChinatownCDC.org

Eviction Defense Collaborative
Rental assistance/loans to prevent evictions.
1338 Mission Street, 4th Floor, San Francisco, CA 94103
Hours: Monday – Friday,
9:30 am – 11:30 pm, 1:00 pm – 3:00 pm
www.EvictionDefense.org

Felton Institute (formerly Family Service Agency)
1500 Franklin Street, San Francisco, CA 94109
(415) 474-7310 x 318

Housing Rights Committee of San Francisco
1663 Mission Street, Suite 504, San Francisco, CA 94103
Hours: Monday – Thursday,
1:00 pm – 5:00 pm
4301 Geary Boulevard, San Francisco, CA 94118
Hours: Monday, Wednesday, Thursday and Friday,
9:00 am – 12:00 noon
www.hrcsf.org

(415) 896-1701
(415) 987-9203
(415) 984-2728
(415) 947-0797
(415) 703-8644
(415) 947-9085
These programs may help clients pay for housing costs in an emergency. They may also help with back rent, deposits, or first and last month’s rent.

**AIDS Emergency Fund**  
*For people with HIV.*  
1540 Market Street, Suite 320, San Francisco, CA 94103  
(415) 558-6999

**Catholic Charities**  
*Offers back rent assistance to families with children under the age of 18.*  
990 Eddy Street, San Francisco, CA 94109  
(415) 972-1200
Chronicle Season of Sharing Fund
The Chronicle Season of Sharing Fund provides one-time, temporary assistance to help individuals and families living in Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo, Santa Clara, Solano and Sonoma counties. Grants are paid directly to the supplier of services. For example, if rental assistance has been approved, the check is written out to the landlord. (415) 777-7120

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

Homeless Prenatal Program
Deposit assistance for families with minor children only. (415) 546-6756

Independent Living Resource Center of San Francisco (ILRCSF)
For disabled persons. (415) 543-6222
825 Howard Street, San Francisco, CA 94103

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

Salvation Army
Provides rental assistance to those who qualify. (415) 553-3568

St. Anthony’s Foundation
Rental assistance for disabled or family with children under 18. (415) 592-2782
150 Golden Gate Avenue, San Francisco, CA 94102

Swords to Plowshares
Rental Assistance for Veterans. (1st & last month). (415) 252-4788
1060 Howard Street, San Francisco, CA 94103

Refer to Page 98 for additional information regarding Identity Theft.
AFFORDABLE HOUSING WAITLIST OPENINGS (ONLINE)

Episcopal Community Services Listings

Mercy Housing
www.MercyHousing.org/california-properties#San%20Fran%20Properties

One Home Listings
www.OneHomeBayArea.org/properties

ACCESSING SHELTERS

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 made in person.

NOTE: Hours may change; please call 311.

GLIDE Walk-In Center
Meals – 3 times a day. (415) 674-6012
330 Ellis Street, San Francisco, CA 94102
Hours: Monday – Friday
12:00 noon – 9:00 pm
Language: English, Spanish
Mission Neighborhood Resource Center
Mission Neighborhood Health Center
>Showers, laundry, morning snacks, LGBTQ safe space available.
165 Capp Street, San Francisco, CA 94110
Hours: Monday – Friday
7:00 am – 12:00 noon, 2:00 pm – 7:00 pm
(until 8:00 pm on Thursday);
Saturday, 7:00 am – 12:00 noon
Language: English, Spanish

Multi-Service Center South
St. Vincent de Paul Society
>Showers, 24-hour access, some snacks.
525 5th Street, San Francisco, CA 94107
Hours: Daily, 5:00 pm – 1:00 am
Language: English, Spanish

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

At all sites, you’ll need proof of negative TB test. You’ll be photo graphed & get your finger image scanned (but saved only if you consent). They’ll ask for a Social Security number, but you don’t have to give it. You’ll 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 Recovery Program
9-12 month drug recovery program. Call ahead or show up clean & sober Monday to Friday to apply.
164 6th Street, San Francisco, CA 94103
Hours: Monday – Friday, 9:00 am – 4:00 pm

**WOMEN 18+ (WITHOUT CHILDREN)**

A Woman’s Place
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

Women’s Emergency Shelter
Apply Sunday 6:00 pm for 7-night stay on shared floor mat. Monday – Saturday: claim space 5:30 pm – 6:15 pm; new guests line up 5:30 pm for unclaimed spaces, available 6:15 pm. Dinner, breakfast. Leave by 7:00 am.
916 Laguna Street, San Francisco, CA 94115

(415) 861-8688
(415) 293-7360
(415) 642-0234
(415) 563-9398
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.
Language:  Arabic, Cantonese, English, Hindi, Hmong, Indonesian, Japanese, Javanese, Korean, Laotian, Mandarin, Mien, Punjabi, Russian, Spanish, Taiwanese, Thai & Vietnamese; other languages by phone interpreter.
(415) 751-0880
(877) 751-0880

La Casa de las Madres
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.
1663 Mission Street, Suite 225, San Francisco, CA 94103
Language:  English, Spanish. Other languages available by phone interpreter.
Crisis: (877) 503-1850
Teen: (877) 923-0700

Rosalie House
Call Monday – Friday 9:00am – 5:00pm for shelter. Adults $0-1 per week (kids free); stay up to 12 weeks. No drugs or alcohol. Counseling, support group, house meetings & chores. Kitchen & food available. After office hours, calls are answered by Domestic Violence Hotline for crisis counseling. For non-residential services or to volunteer, drop in Monday and Thursday, 9:00 am – noon and 1:30 pm – 4:00 pm, or call.
1175 Howard Street, San Francisco, CA 94103
Language:  English, Spanish
(415) 255-0165
Monday – Friday
Non-residential services: (415) 552-2943 x 204
FAMILIES & PREGNANT WOMEN

Compass Connecting Point
Call for information or drop in for intake interview for placement on the family shelter waitlist. Not a shelter; they find shelter placement for 1- or 2-parent families (with at least 1 child under 18); expectant couples; pregnant women (with proof); and some household member. Same-sex couples accepted. Wait 1-6 months for shelter placement, with case management while waiting. Possible financial help for San Francisco families facing eviction. Closed July 4, September 5.
995 Market Street, 5th floor, San Francisco, CA 94103
Language: Cantonese, English, German, Mandarin, Spanish
Hours: Monday – Friday, 9:00 am – noon; Monday, Wednesday, Thursday, Friday 1:00 pm – 4:00 pm
(855) 234-2667

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. Same-sex couples accepted. Call noon – 2:00 pm to reserve a one-night slot, or go directly to the shelter 3:00 pm – 8:00 pm for the remaining one-night slots that are given away first-come, first serve. ID required. Claim space by 6:00 pm; curfew 8:00 pm. Dinner, breakfast. Phones closed on July 4 and September 5.
501 Steiner Street, San Francisco, CA 94117
Hours: Monday – Friday, 9:00 am – 5:00 pm
(415) 642-0234
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. Same-sex couples accepted. Call at 11:00 am SHARP, Monday to Friday, to check availability for 60-day beds. Case management available. Phones closed on July 4 and September 5.
260 Golden Gate Avenue, San Francisco, CA 94102
Shelter: (415) 292-5228
Info: (415) 292-9930

Missionaries of Charity
Call for appointment for personal interview. 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. Be clean and sober, with proof of negative TB test, and able to live a communal life. Two meals daily. Leave the house by noon; curfew 5:00 pm. No new shelter guests accepted on Thursday.
55 Sadowa Street, San Francisco, CA 94112
(415) 586-3449
8:30 am – 11:00 am
3:30 pm – 5:30 pm

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

YOUTHS
Diamond Youth Shelter
Youths 12-17 call or show up 24 hours. Dinner, breakfast, showers, counseling, referrals. Length of stay varies; guardians contacted within 72 hours.
536 Central Street, San Francisco, CA 94117
(800) 669-6196
(415) 567-1020
Also a human trafficking hotline.
Drop-in Engagement Center
Diamond Youth Shelter
Youth 12-24: Monday – Friday, 9:00 am – 1:00pm. Lunch noon – 1:00pm. Showers, lockers, food, computer access, clothing, laundry, case management, education, counseling, harm reduction groups.
134 Golden Gate Avenue, San Francisco, CA 94102
Language: English, Spanish
(415) 673-0911 x 200

Huckleberry House
Youths 11-17, not on probation, call or show up to be assessed for short-term housing. Guardians contacted within 24 hours. Open 24 hours. 3 meals a day, medical services, case management, and therapy.
1292 Page Street, San Francisco, CA 94117
Language: English, Spanish
(415) 621-2929

Lark Inn
Youths 18-24. Come in or call (24 hrs) to get on waiting list for a bed. (40 beds nightly: 13 for female-identified clients, with restroom assigned by gender.) Length of stay varies, up to 4 months. Case management required; support groups available. Curfew 7:00 pm. Leave by 8:30 am. 3 meals daily for long-term shelter guests. Emergency beds: sign up by 7:00 pm for lottery; you may use emergency beds no more than 21 nights per year.
869 Ellis Street, San Francisco, CA 94109
Language: English, Spanish
(415) 749-2968
(800) 447-8223

Victims of Human Trafficking
Freedom House
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
(650) 488-0831
Identity Theft

This sheet contains important information for you if:

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

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

Your personal information can be used by thieves to apply for credit, to create and use counterfeit checks or credit cards, to establish new phone service, obtain medical care, or to purchase items on credit by phone or mail. This may go on for months or years without you even knowing it! 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.

LAW ENFORCEMENT

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

**CREDIT BUREAUS**

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

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

**CREDIT REPORTING BUREAUS**

**Equifax**
P.O. Box 740241, Atlanta, GA 30374
www.equifax.com
To report fraud: (888) 766-0008
For a credit report: (800) 685-1111
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, (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 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
(800) 654-2365
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 don’t use common numbers like the last four digits of your Social Security number or your birth date.

DRIVER’S LICENSE
If someone is using your driver license information as identification on bad checks or for traffic violations, report this to police and to Investigators at the nearest office of the Department of Motor Vehicles (DMV). Ask if any other licenses were issued in your name and put a fraud alert on your DMV record. You may ask for a new driver’s license number. 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. 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 visit oig.ssa.gov/report

To order your Earnings and Benefits Statement, please call (800) 772-1213. For more information, go to www.SocialSecurity.gov

**PASSPORTS**

If your passport has been stolen, notify the passport office in writing.

**San Francisco Passport Agency**
95 Hawthorne Street, #5, San Francisco, CA 94105  
(415) 538-2700  
Toll Free: (877) 487-2778

**UTILITIES & PHONE SERVICE**

505 Van Ness Avenue, San Francisco, CA 94102  
(415) 703-2782

If someone has ordered service in your name cancel the account and open a new one. Provide a password that must be used any time the account is changed. If you are having trouble with falsified accounts contact the State Public Utilities Commission.
INTERNET FRAUD

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

TRAFFIC CITATIONS, SUSPENSIONS, OR REVOCATIONS ISSUED IN YOUR NAME

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

YOUR CONSUMER RIGHTS

You are not required to pay any bill or portion of a bill that is a result of identity theft. Any payment you do make could be used to prove your liability for the debt. You are not required to cover any checks that were written or cashed fraudulently. Your credit rating should not be permanently affected and no legal action should be taken against you. If any merchant, financial institution or collection agency suggests otherwise, simply restate your willingness to cooperate, but don’t allow yourself to be coerced into paying fraudulent bills. You may wish to consult with an attorney.

For more information about-privacy rights and identity theft, please go to www.idTheftCenter.org

HOW TO PROTECT YOURSELF

- Buy a shredder and use it before you discard or recycle any papers containing your name or personal information.
- Shred all junk mail, especially pre-approved credit card offers or convenience checks – a common source of fraud.
• Never carry your social security number or passport unless necessary. Only carry credit cards you plan to use.

• Photocopy the contents your wallet and keep the copies in a safe place, if needed later to make a police report.

• Get a free copy of your credit report each year from the three Credit Reporting Bureaus, to check for fraudulent accounts.

• Go online to www.AnnualCreditReport.com or call (877) 322-8228.

• Check your bank and credit card statements every month for fraudulent charges, additional signers, or address changes.

• Unless your mailbox is secure, mail check payments at the post office and pick up new checks at the bank to avoid theft.

• Don’t give identifying information over the phone or internet to anyone you didn’t call or don’t know personally.

• Never leave your checkbook, purse or wallet in a vehicle, an office desk drawer, on a chair, or in shopping cart.

• Beware of pickpockets when in crowds or taking public transportation, and carry your wallet or purse in front of your body.

• Don’t use your mother’s maiden name as a password. Family names are available over the Internet.
Immigration and Naturalization

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

Asian Law Caucus
55 Columbus Avenue, San Francisco, CA 94111 (415) 896-1701
www.AdvancingJustice-ALC.org

Catholic Charities
990 Eddy Street, San Francisco, CA 94109 (415) 972-1313

Central American Resource Center (CARECEN)
3101 Mission Street, San Francisco, CA 94110 (415) 642-4400

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

International Institute of San Francisco
657 Mission Street, Suite 301, San Francisco, CA 94105 (415) 538-8100

Jewish Family and Children’s Services
2150 Post Street, San Francisco, CA 94115 (415) 449-1200

La Raza Centro Legal
Information and referral services. Provides bilingual and bicultural resources to service providers that can assist monolingual Spanish speakers. (415) 575-3500
474 Valencia Street, Suite 295, San Francisco, CA 94103
www.lrcl.org

San Francisco Public Library
- Detailed practice materials. (415) 557-4400
- Guide to naturalization.
- List of location organizations that can help.
100 Larkin Street, San Francisco, CA 94102
www.sfpl.org/index.php?pg=000000401
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  (415) 355-6700

*Assessment and evaluation by social worker to determine amount of home care.*

*Bonded & Insured: N/A*

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<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
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<tbody>
<tr>
<td>No</td>
<td>San Francisco.</td>
<td><em>Eligibility based on assets, income and functional need.</em></td>
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<tr>
<td></td>
<td></td>
<td><em>Private provider rate: $12.25/hour.</em></td>
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</table>
**Homebridge (formerly IHSS Consortium)**
*Homemaker, Home care provider, Case Management.*  
Bonded & Insured: Yes.  
(415) 225-2079

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<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
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</table>
| No      | San Francisco IHSS consumers. | Department of Social Services By IHSS.  
         |                          | Referral, and paid by IHSS. |

**IHSS Public Authority**
*Homemaker Home Care Provider*  
Bonded & Insured: No.  
(415) 243-4477

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<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
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</table>
| Depend upon agreement between consumer and provider. | San Francisco IHSS consumers. | Department of Social Services.  
         |                          | Independent Provider paid through IHSS |

**HOMECARE RESOURCES**

The Department of Aging and Adult Services, which publishes this guide, does not recommend or endorse any of the homecare agencies listed below. The information provided in this guide has been submitted by the agencies listed and are subject to change. Please call Information, Referral and Assistance (415) 355-6700 with any complaints or changes related to any homecare agency listed.
Accent Care
CHHA, CNA homemaker, companion, respite care free assessment Bath/tuck-in Service for $50 for a 1-hr visit.
Bonded & Insured: Yes.

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<th>Live-In</th>
<th>Area Served</th>
<th>Payment &amp; Rates</th>
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Aging Solutions Inc.
- Elder Abuse Interventions
- Private Care Management, Assessments, and Crisis Intervention for aging or dependent relatives by Nurse Care Managers and team of Professional Geriatric Care Managers.

www.AgingSolutions.com

American Carequest
Assist patients with simple daily activities such as bathing, dressing and kitchen needs.
Bonded & Insured: Yes.

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<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment &amp; Rates</th>
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<tbody>
<tr>
<td>$375/day</td>
<td>San Francisco Bay Area, San Mateo County, Santa Clara County.</td>
<td>Please call.</td>
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<tr>
<td>$27/hour (4 hour minimum)</td>
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Alegre Home Care
RN, CHHA, CNA, OT, PT, ST, Homemaker, Respite care, Bathing, Dressing, Meal preparation, Light housekeeping.
Bonded & Insured: Yes.

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<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment &amp; Rates</th>
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<tbody>
<tr>
<td>$365 - $420/day</td>
<td>San Francisco Bay Area, Alameda County, Contra</td>
<td>Medicare, Medi-Cal,</td>
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<tr>
<td></td>
<td>Costa County, Marin County, San Mateo County,</td>
<td>Private Insurance</td>
</tr>
<tr>
<td></td>
<td>Sonoma County.</td>
<td></td>
</tr>
<tr>
<td>$27.75/hour (4</td>
<td>Home visit: $61 for 1.5 hour</td>
<td>Please call for special</td>
</tr>
<tr>
<td>hour minimum)</td>
<td></td>
<td>rates.</td>
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Amedisys
RN, CHHA, LVN, MSW, OT, PT, ST.
Bonded & Insured: Yes.

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<th>Live-In</th>
<th>Area Served</th>
<th>Payment &amp; Rates</th>
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<tr>
<td>No</td>
<td>San Francisco Bay Area, Marin, San Mateo.</td>
<td>Medi-Cal with Medicare,</td>
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<tr>
<td></td>
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<td>Private Insurance,</td>
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<tr>
<td>$275 visit</td>
<td></td>
<td>Private Pay</td>
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<tr>
<td>support 1.5 hour</td>
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Arcadia Health Care
Provides personal care in home or assisted living facility by experienced, trained caregivers. Wheelchair accessible van service (Arcadia On the Go). Visits, hourly and live-in.
Tel: (415) 255-2880
Fax: (415) 255-6583
www.ArcadiaCare.com
### Asian American Home Care

*RN, CHHA, LVN, MSW, OT, PT, ST, IV therapist.*  
Bonded & Insured: Yes.

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<th>Live-In</th>
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<th>Payment &amp; Rates</th>
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<tbody>
<tr>
<td>No</td>
<td>San Francisco Bay Area, Alameda County, Contra Costa County, San Mateo County, Santa Clara County</td>
<td>Medi-Cal, Medicare, Private Insurance, Private Pay</td>
</tr>
</tbody>
</table>

### Aunt Ann’s Home Care

Care at home provided by screened, bonded employees with 24-hour nursing supervision. Relief staffing for care facilities is also available.

www.AuntAnns.com  
(415) 974-3530  
(650) 757-2000

### CareGiver Staffing

CNA, Respite Care, Bathing, Dressing, Meal Prep, Laundry, Med. Reminder, Surgery recovery, shopping, doctor visits.

Bonded & Insured: Yes.

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<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment &amp; Rates</th>
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<tbody>
<tr>
<td>$270 per 12 hours</td>
<td>Marin County, San Francisco County, San Mateo County</td>
<td>Private Pay</td>
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<tr>
<td>$26.00/hr</td>
<td>San Mateo County</td>
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### Care For Seniors

Companion-ship Personal care, Meal Preparation, Light housekeeping

Bonded & Insured: Yes.

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<th>Live-In</th>
<th>Area Served</th>
<th>Payment &amp; Rates</th>
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<tbody>
<tr>
<td>$30/hour (4 hour minimum)</td>
<td>San Francisco, San Mateo County, Santa Clara County</td>
<td>Private Pay, Long Term Care Insurance</td>
</tr>
<tr>
<td>After 4 hours $26 - $28</td>
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### Caring Hands / Manos Carinosas

*Homemaker, House cleaning, Home health Care.*  
Bonded & Insured: No.  

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<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment &amp; Rates</th>
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</table>
| No      | *East Bay, San Francisco*    | **Direct Pay:** $15/hour  
Baby Sitting, Adult Care, Cleaning House: $20/hour (3 hour minimum) |

### Choice Care Home Referral Services

*Personal care, Medication reminders, Care Management, Meal preparations, Errands, Light shopping, housekeeping.*  
Bonded & Insured: Yes.  

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<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
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</table>
| $285/day   | *Alameda County, San Francisco County, San Mateo County, Marin County*   | Private pay $24/hour (4 hour minimum)  
Call for detailed rates. |
Compassionate Community Care
Bathing, dressing, homemaker, housekeeping, laundry, meal preparation, medication reminder, care management, companionship Call for other services.
Bonded & Insured: Insured. Employee covered by Workers Comp.

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<th>Live-In</th>
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<th>Payment and Rates</th>
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<tbody>
<tr>
<td>24 hour Live-in rate: $395/day</td>
<td>Daly City, Part of East Bay, San Francisco, San Mateo, South San Francisco.</td>
<td>Private pay, please call for special rates.</td>
</tr>
<tr>
<td>$28/hour (4 hour minimum)</td>
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ElderConsult
Provides expert geriatric house calls, with an emphasis on maximizing quality of life and minimizing use of medication. Our focus is on patients suffering from complex medical problems: pain, refusing to eat.
www.ElderConsult.com
Tel: (650) 357-8834
Fax: (650) 357-8811

Emergency In-Home Support Service
Self-Help for the Elderly
CHHA, Homemaker, Cooking, Shopping, Age 60+, low income clients only $9,200 P/Mo
Bonded & Insured: No.

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<tr>
<th>Live-In</th>
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<th>Payment and Rates</th>
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<tbody>
<tr>
<td>No</td>
<td>San Francisco</td>
<td>Free 4 times per year for 3 hours or 1 free deep cleaning per year (eviction prevention)</td>
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<tr>
<td>No IHSS</td>
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(415) 921-5038
(415) 677-7595
### Home Care Assistance
*Bathing, dressing, grooming, homemaker, housekeeping, laundry, meal preparation, medication Reminder, companionship.*

**Bonded & Insured:** Yes.

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<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
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<tr>
<td>$340/day</td>
<td>San Francisco.</td>
<td>Private Pay</td>
</tr>
<tr>
<td>$27-$29/hour (4 hour minimum)</td>
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**Bonded & Insured:** Please Call.

### Home Instead Senior Care
*Homemaker, Companion, Errands, Transportation, Light housekeeping, Preparing meals, Personal care*

**Payment and Rates**

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<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
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<tbody>
<tr>
<td>$260-$400/day</td>
<td>San Francisco, San Mateo</td>
<td>Direct pay $26-28/hr. Long Term Care.</td>
</tr>
</tbody>
</table>

### Honor
*Medication reminders, Staying active, Meal preparation, Grocery shopping, Transportation, Light housekeeping, Personal care and hygiene, Companionship, Check-in visits.*

Interim Health Care
CNA, Homemaker, Companion, Personal Care Aide
Bonded & Insured: Yes.

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<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
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<tbody>
<tr>
<td>$390 - $475/day</td>
<td>San Francisco, San Mateo County, Santa Clara County.</td>
<td>Private Insurance, Private Pay $24-$26/hour (4 hour minimum), Long Term Care.</td>
</tr>
</tbody>
</table>

Kaiser Home Health Department
RN, CHHA, MSW, OT, PT, ST
Bonded & Insured: Yes.

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<tr>
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<th>Payment and Rates</th>
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</thead>
<tbody>
<tr>
<td>No</td>
<td>San Francisco</td>
<td>Kaiser Plan members and Medicare Must be referred by Kaiser MD</td>
</tr>
</tbody>
</table>

Kimochi, Inc.
Homemaker, respite care, transportation.
Bonded & Insured: No.

<table>
<thead>
<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>San Francisco</td>
<td>Private pay $15-$17/hour</td>
</tr>
</tbody>
</table>
Institute on Aging Home Care and Support Services  
RN, LVN, CAN, Homemaker, Respite Care, Bathing, Dressing, Meal preparation, Light Housekeeping, Book keeping, Care Management  
Bonded & Insured: Yes.

<table>
<thead>
<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes, please call for rates</td>
<td>San Francisco, San Mateo, Santa Clara</td>
<td>Please call</td>
</tr>
</tbody>
</table>

Network for Elders  
Homemaker.  
Bonded & Insured: No.

<table>
<thead>
<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>San Francisco</td>
<td>$15.00/hour</td>
</tr>
</tbody>
</table>

NEXT Village San Francisco  
Transportation, Grocery Shopping, Support for Seniors living at home.  
www.NextVillageSF.com  
Bonded & Insured: No.

<table>
<thead>
<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>Northeast San Francisco neighborhoods</td>
<td>Annual membership fee. Can be subsidized by grant.</td>
</tr>
</tbody>
</table>
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

1333 Bush Street, San Francisco, CA 94109
www.onlok.org

Providence Care
Coordinate Medical Appointments, Transportation,
Escorting, Complex and Hospice Care, Alzheimer’s Care.
Bonded & Insured: Yes.

<table>
<thead>
<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>San Francisco County, Alameda County, San Mateo County, Marin County.</td>
<td>Private Pay, Long Term Care Insurance $27/hour (4 hour minimum)</td>
</tr>
</tbody>
</table>

Reliable Caregivers Inc.
In home care, Meal Prep, Light Housekeeping, Grocery Shopping
Bonded & Insured: Yes.

<table>
<thead>
<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>$375/day</td>
<td>San Francisco, Bay Area</td>
<td>$26-$30/hour. Please contact Care Manager.</td>
</tr>
</tbody>
</table>
Rest Care Home Care
*Bathing, Meal Prep, Light Housekeeping, Grocery Shopping, Transport for personal use.*
*Bonded & Insured: Yes.*

<table>
<thead>
<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>$295/day</td>
<td>San Francisco County, Alameda County.</td>
<td>Private Pay $35.00/hour. Long Term Care</td>
</tr>
</tbody>
</table>

Sage ElderCare Solutions
*Offers a boutique home care experience.*
(415) 775-5642

San Francisco Village
*Community organization for older adults who are living independently – providing volunteer support, transportation, social, health/wellness, educational programming, and inter-generational connection.*
[www.sfVillage.org](http://www.sfVillage.org)
*Bonded & Insured: Insured. Not Bonded.*

<table>
<thead>
<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>San Francisco</td>
<td>Sliding scale membership fee.</td>
</tr>
</tbody>
</table>
**Seniors At Home**  
Jewish Family and Children’s Services  
Homemaker, Personal attendant, Bill paying, Eldercare,  
Companion, Conservator-ship, Skilled Nursing services.  
Bonded & Insured: Yes.

<table>
<thead>
<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Pay</td>
<td>San Francisco, Bay Area, Marin County, North &amp; South Peninsula</td>
<td>$23 - $26/hour Long Term Insurance</td>
</tr>
<tr>
<td>Nurse Visit $150/visit</td>
<td></td>
<td>Two hour shift available for $60</td>
</tr>
<tr>
<td>Sliding Scale</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**The Stegner Residential Registry**

Placement outside the home in assisted living, life care, or senior communities. The goal is to match senior with appropriate facility. There is no fee for elderly clients or families.

www.StegnerRegistry.com

(415) 775-4508  
(650) 365-1884

**Sutter Care at Home**

RN, CHHA, MSW, OT, PT, ST, RD, Hospice services, Infusion therapy.

Bonded & Insured: Yes.

<table>
<thead>
<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>San Francisco</td>
<td>Medicare, Medi-Cal, Private Insurance, Private Pay (MD referral only)</td>
</tr>
</tbody>
</table>
THRIVE Support Services Inc.
Homemaker health care, light housekeeping and meal preparation.

<table>
<thead>
<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>$19 - $22 (no minimum required)</td>
<td>San Francisco, San Mateo County</td>
<td>Private Pay</td>
</tr>
</tbody>
</table>

UCSF Home Healthcare
RN, CHHA, MSW, OT, PT, ST, Nutrition

<table>
<thead>
<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>No.</td>
<td>San Francisco, Marin County, San Mateo County</td>
<td>Medi-Cal, Medicare</td>
</tr>
</tbody>
</table>

VA Homemaker / Home Health Aide
CH / HHA Services, Home Respite Services
Bonded & Insured: Yes.

<table>
<thead>
<tr>
<th>Live-In</th>
<th>Area Served</th>
<th>Payment and Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>No.</td>
<td>San Francisco, San Mateo</td>
<td>Both Programs may require a $15 per visit co. payment. Vera****s must receive their medical care at the SFVA</td>
</tr>
</tbody>
</table>
In Hospital Respite Programs

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

**Laguna Honda Hospital**
*Respite Services 8 weeks per year. Medi-cal – Medicare – Private Pay No HMO.*

(415) 682-5681

**VA RESPITE PROGRAMS (VETERANS ONLY)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Martinez</td>
<td>(925) 372-2000</td>
</tr>
<tr>
<td>Menlo Park</td>
<td>(650) 493-5000</td>
</tr>
<tr>
<td>San Francisco</td>
<td>(415) 221-4810</td>
</tr>
</tbody>
</table>
# Internet Resources

## ASSISTIVE TECHNOLOGY

<table>
<thead>
<tr>
<th>Resource</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ability Tools</td>
<td><a href="http://www.ATnet.org">www.ATnet.org</a></td>
</tr>
<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>Job Accommodation Network</td>
<td><a href="http://www.AskJan.org">www.AskJan.org</a></td>
</tr>
<tr>
<td>Smarthome</td>
<td><a href="http://www.smarthome.com">www.smarthome.com</a></td>
</tr>
</tbody>
</table>

## ATTENDANT REFERRAL

<table>
<thead>
<tr>
<th>Resource</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Francisco In-Home Supportive Services</td>
<td><a href="http://www.sfihsspa.org">www.sfihsspa.org</a></td>
</tr>
<tr>
<td>Public Authority</td>
<td></td>
</tr>
</tbody>
</table>

## CAREGIVERS

<table>
<thead>
<tr>
<th>Resource</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caregiver Stress</td>
<td><a href="http://www.CaregiverStress.com">www.CaregiverStress.com</a></td>
</tr>
<tr>
<td>Caregiverlist</td>
<td><a href="http://www.CaregiverList.com">www.CaregiverList.com</a></td>
</tr>
</tbody>
</table>
CareLinx
CareLinx allows both care providers and care seekers to join, and search for compatible care providers and care giving positions.

www.CareLinx.com

National Alliance for Caregiving

www.caregiving.org

COMPUTER TECHNOLOGY NETWORK AND SOCIAL MEDIA

City College of San Francisco

www.ccsf.edu

Community Living Campaign

www.sfCommunityLiving.org

Community Technology Network

www.ctnBayArea.org

Conard House

www.conard.org

Department of Aging and Adult Services – SF Connected Program

www.sfconnected.org

GCFLearnFree.org

www.GCFLearnFree.org

Self-Help for the Elderly

www.SelfHelpElderly.org

Senior Surf

www.senior-surf.org

DISABILITY RIGHTS

Disability Rights California

www.DisabilityRightsCA.org

EMAIL

Gmail
mail.google.com

Outlook
www.outlook.com

Yahoo Mail
www.mail.yahoo.com
### FEDERAL AND STATE DEPARTMENTS AND PROGRAMS

<table>
<thead>
<tr>
<th>Department of Aging and Adult Services</th>
<th><a href="http://www.sfdaas.org">www.sfdaas.org</a></th>
</tr>
</thead>
</table>

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

### GENERAL INFORMATION

<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>A comprehensive senior housing guide and homecare directory for the aging.</td>
<td></td>
</tr>
</tbody>
</table>

### GROCERIES

<table>
<thead>
<tr>
<th>delivery.com</th>
<th><a href="http://www.delivery.com">www.delivery.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Safeway</td>
<td><a href="http://www.safeway.com">www.safeway.com</a></td>
</tr>
</tbody>
</table>

### HOMELESS

<table>
<thead>
<tr>
<th>Free Print Shop</th>
<th><a href="http://www.FreePrintShop.org">www.FreePrintShop.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>San Francisco Homeless Resource</td>
<td><a href="http://www.sfhomeless.net">www.sfhomeless.net</a></td>
</tr>
</tbody>
</table>

### JOB SEARCH

<table>
<thead>
<tr>
<th>Craigslist</th>
<th><a href="http://www.craigslist.com">www.craigslist.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Monster</td>
<td><a href="http://www.monster.com">www.monster.com</a></td>
</tr>
<tr>
<td>Yahoo</td>
<td><a href="http://www.yahoo.com">www.yahoo.com</a></td>
</tr>
</tbody>
</table>
### LGBT

<table>
<thead>
<tr>
<th>Resource</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gay Civil Unions</td>
<td><a href="http://www.gay-civil-unions.com">www.gay-civil-unions.com</a></td>
</tr>
<tr>
<td>LGBT Community Partnership</td>
<td><a href="http://www.sfhsa.org/6399.htm">www.sfhsa.org/6399.htm</a></td>
</tr>
<tr>
<td>LGBT Community Resource Center</td>
<td>LGBT.stanford.edu</td>
</tr>
<tr>
<td>Queer Resources Directory</td>
<td><a href="http://www.GRD.org">www.GRD.org</a></td>
</tr>
</tbody>
</table>

### LIFT REPAIRS & VEHICLE MODIFICATIONS

<table>
<thead>
<tr>
<th>Resource</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ability Center</td>
<td><a href="http://www.AbilityCenter.com">www.AbilityCenter.com</a></td>
</tr>
<tr>
<td>Mobility Systems</td>
<td><a href="http://www.MobilitySystems.com">www.MobilitySystems.com</a></td>
</tr>
</tbody>
</table>

### LOW COST INTERNET ACCESS

<table>
<thead>
<tr>
<th>Resource</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access from AT&amp;T</td>
<td><a href="http://www.att.com/shop/internet/access/">www.att.com/shop/internet/access/</a></td>
</tr>
<tr>
<td>Comcast Internet Essentials Senior Pilot</td>
<td><a href="http://www.InternetEssentials.com/Seniors">www.InternetEssentials.com/Seniors</a></td>
</tr>
</tbody>
</table>

### MAPS

<table>
<thead>
<tr>
<th>Resource</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Google</td>
<td><a href="http://www.google.com/maps">www.google.com/maps</a></td>
</tr>
<tr>
<td>MapQuest</td>
<td><a href="http://www.mapquest.com">www.mapquest.com</a></td>
</tr>
</tbody>
</table>

### MEDICAL INFORMATION

<table>
<thead>
<tr>
<th>Resource</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>KidsHealth</td>
<td><a href="http://www.kidshealth.org">www.kidshealth.org</a></td>
</tr>
<tr>
<td>MedlinePlus</td>
<td><a href="http://www.nlm.nih.gov/medlineplus">www.nlm.nih.gov/medlineplus</a></td>
</tr>
</tbody>
</table>
### MOVING ASSISTANCE

**Donna Robbins**  
(510) 703-7476  
**Ultimate Moves**  
www.UltimateMoves.net

### NEWS

**Google News**  
news.google.com  
**MSNBC**  
www.msnbc.com  
**SFGATE**  
www.sfgate.com

### ONLINE COMMUNITIES

**AARP**  
www.aarp.com  
**Community Living Campaign**  
www.sfCommunityLiving.org  
**Facebook**  
www.facebook.com  
**LinkedIn**  
www.linkedin.com

### PHYSICAL FITNESS

**AARP**  
www.aarp.com  
**American Senior Fitness Association**  
www.SeniorFitness.net
<table>
<thead>
<tr>
<th>PRESCRIPTION ONLINE ORDERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>CVS</td>
</tr>
<tr>
<td>Safeway</td>
</tr>
<tr>
<td>Walgreens</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RESIDENTIAL CARE FACILITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential Care Guide</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SAN FRANCISCO FREE HELP CHARTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free Print Shop</td>
</tr>
<tr>
<td>Current listing of Free Eats, Medical Offices, Mental Health Services, Neighborhood Fix It, Pantries, and Shelters in San Francisco.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SEARCH ENGINES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ask</td>
</tr>
<tr>
<td>Bing</td>
</tr>
<tr>
<td>Google</td>
</tr>
<tr>
<td>Yahoo</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SENIORS &amp; PERSONS WITH DISABILITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Department of Aging and Adult Services</td>
</tr>
<tr>
<td>Healthy Aging San Francisco</td>
</tr>
<tr>
<td>SERVICES</td>
</tr>
<tr>
<td>-------------------------------</td>
</tr>
<tr>
<td><strong>Independent Living Resource Center of San Francisco (ILRCSF)</strong></td>
</tr>
<tr>
<td><strong>Lighthouse for the Blind &amp; Visually Impaired</strong></td>
</tr>
</tbody>
</table>

### SIGN LANGUAGE INTERPRETERS

<table>
<thead>
<tr>
<th>INTERPRETER</th>
<th>WEBSITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bay Area Communication Access</td>
<td><a href="http://www.BACAinterp.com">www.BACAinterp.com</a></td>
</tr>
<tr>
<td>Beyond the Words, Inc.</td>
<td><a href="http://www.BeyondTheWordsINC.com">www.BeyondTheWordsINC.com</a></td>
</tr>
<tr>
<td>Hired Hands LLC</td>
<td><a href="http://www.HiredHandsASL.com">www.HiredHandsASL.com</a></td>
</tr>
</tbody>
</table>

### SPIRITUALITY AND AGING

<table>
<thead>
<tr>
<th>ORGANIZATION</th>
<th>WEBSITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Society on Aging</td>
<td><a href="http://www.asaging.org">www.asaging.org</a></td>
</tr>
<tr>
<td>Institute on Aging</td>
<td><a href="http://www.ioaging.org">www.ioaging.org</a></td>
</tr>
<tr>
<td>National Council on Aging</td>
<td><a href="http://www.ncoa.org">www.ncoa.org</a></td>
</tr>
</tbody>
</table>

### SUPPORT GROUPS

<table>
<thead>
<tr>
<th>ORGANIZATION</th>
<th>WEBSITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Caregiver Alliance</td>
<td><a href="http://www.caregiver.org">www.caregiver.org</a></td>
</tr>
</tbody>
</table>

### TRANSPORTATION

<table>
<thead>
<tr>
<th>SERVICE</th>
<th>WEBSITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lyft</td>
<td><a href="http://www.lyft.com">www.lyft.com</a></td>
</tr>
<tr>
<td>Uber</td>
<td><a href="http://www.uber.com">www.uber.com</a></td>
</tr>
</tbody>
</table>

### VETERINARY SERVICES

<table>
<thead>
<tr>
<th>ORGANIZATION</th>
<th>WEBSITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animal Farm Pet Hospital</td>
<td><a href="http://www.AnimalFarmPetHospital.com">www.AnimalFarmPetHospital.com</a></td>
</tr>
</tbody>
</table>
Bay Area Bird Hospital  
www.BayAreaBirdHospital.com

Refer to the Pet Services section on Page 166 for additional information.

**VOLUNTEER OPPORTUNITIES**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bay Area Association of Disabled Sailors</td>
<td><a href="http://www.baads.org">www.baads.org</a></td>
</tr>
<tr>
<td>VolunteerMatch</td>
<td><a href="http://www.VolunteerMatch.org">www.VolunteerMatch.org</a></td>
</tr>
</tbody>
</table>

**WHEELCHAIR REPAIR & RENTAL**

<table>
<thead>
<tr>
<th>Provider</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scootaround</td>
<td><a href="http://www.scootaround.com">www.scootaround.com</a></td>
</tr>
</tbody>
</table>
Legal Assistance

AARP
Call for information on your local chapter
(888) 687-2277

Asian Law Caucus
55 Columbus Avenue, San Francisco, CA 94111
www.AdvancingJustice-ALC.org
(415) 896-1701

Asian Pacific Islander Legal Outreach
1121 Mission Street, San Francisco, CA 94103
(415) 567-6255

Bay Area Legal Aid
1035 Market Street 6th Floor, San Francisco, CA 94103
(415) 982-1300

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
Tel (800) 474-1116
(415) 974-5171
Fax: (415) 777-2904
650 Harrison Street, 2nd Floor, San Francisco, CA 94107
www.canhr.org

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

Central American Resource Center (CARECEN)
3101 Mission Street, Suite 301, San Francisco, CA 94110
(415) 642-4400

Eviction Defense Collaborative
Advocacy to prevent eviction, rental assistance/loans to prevent evictions.
(415) 947-0797
1338 Mission Street, 4th Floor, San Francisco, CA 94103
Hours: Monday – Friday,
9:30 am – 11:30 pm, 1:00 pm – 3:00 pm
www.EvictionDefense.org
Fair Housing Enforcement
San Francisco Human Right Commission
25 Van Ness Avenue, 3rd Floor, San Francisco, CA 94102
(415) 252-2500

Independent Living Resource Center San Francisco
Legal services for individuals with disabilities (ages 18-59).
825 Howard Street, San Francisco, CA 94103
(415) 543-6222

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

Instituto Laboral de la Raza
2947 16th Street, Suite 500, San Francisco, CA 94103
(415) 431-7522

La Raza Centro Legal
Information and referral services. Provides bilingual and bicultural resources to service providers that can assist monolingual Spanish speakers.
474 Valencia Street, Suite 295, San Francisco, CA 94103
www.lrcl.org
(415) 575-3500

Lawyers’ Committee for Civil Rights
131 Steuart Street, 4th Floor, Suite 400, San Francisco, CA 94105
(415) 543-9444

Legal Assistance to the Elderly
- Individual Advocacy
- Legal Services
701 Sutter Street, San Francisco, CA 94109
(415) 538-3333

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

Office of the District Attorney
www.sfDistrictAttorney.org
(415) 553-1751

Public Guardian
Department of Aging and Adult Services
1650 Mission Street, 5th Floor, San Francisco, CA 94103
(415) 355-3555
Swords to Plowshares
1060 Howard Street, San Francisco, CA 94103  (415) 252-4788

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

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

**Lawyer Referral and Information Service**
Bar Association of San Francisco  Main: (415) 982-1600
*Attorney Referral Services [low-income/sliding scale]*  Referral: (415) 989-1616
301 Battery Street, 3rd Floor, San Francisco, CA 94111
Lesbian Gay Bisexual Transgender (LGBT)

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

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

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

Canon Kip Senior Center
Episcopal Community Services
705 Natoma Street, San Francisco, CA 94103
(415) 487-3300 x 6200

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

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

Communities United Against Violence
427 Van Ness Avenue, San Francisco, CA 94103
(415) 777-5500

Family Caregiver Alliance
235 Montgomery Street, Suite 950
San Francisco, CA 94104
(800) 445-8106

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

Health Right 360
Haight Ashbury Free Clinics
558 Clayton Street, San Francisco, CA 94117
1735 Mission Street, San Francisco, CA 94103
(415) 746-1950
(415) 746-1940
Institute on Aging
3575 Geary Boulevard, San Francisco, CA 94118  (415) 750-4111

Jewish Family and Children’s Services
2150 Post Street, San Francisco, CA 94115  (415) 449-1200

Lavender Seniors
1395 Bancroft Avenue, San Leandro, CA 94577  (510) 667-9655

LGBT Community Center
1800 Market Street, San Francisco, CA 94102  (415) 865-5555

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

LYRIC
127 Collingwood Street, San Francisco, CA 94114  (415) 703-6150

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

Newcomers Health Program
Refugee Medical Clinic  (415) 206-8608
995 Potrero Avenue, Building 80, Ward 85
San Francisco, CA 94110

Openhouse
Housing, services and community for Lesbian, Gay, Bisexual and Transgender (LGBT) Seniors.  (415) 296-8995
65 Laguna Street, San Francisco, CA 94102

Parents, Family and Friends of Lesbian and Gays (PFLAG)
P.O. Box 640223, San Francisco, CA 94164  (415) 921-8850

San Francisco AIDS Foundation
1035 Market Street, Suite 400, San Francisco, CA 94103  (415) 487-3000
Shanti Project
*Match peers/volunteers to LGBTQ seniors and disabled LGBTQ adults. Peers and/or volunteers are able to drive and escort clients to medical appointment including outside San Francisco.*
3170 23rd Street, San Francisco, CA 94110  
(415) 979-9550 x 314

Tom Waddell Health Center
50 Lech Walesa, San Francisco, CA 94102  
(415) 355-7400

Transform SF (Citywide HIV Prevention Program)
Asian & Pacific Islander Wellness Center  
730 Polk Street, 4th Floor, San Francisco, CA 94109  
(415) 409-4101

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

**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 in SFPL libraries. Software includes programs for screen magnification, screen reading, voice recognition, braille translation, etc. Peripherals include large monitors, keyboards with large characters, alternative mouse/pointing devices, refreshable braille display, etc.

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

**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.

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

**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 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 seniors at over 30 places where they live and meet. The Library on Wheels also visits The Arc of San Francisco each month. For more information, please call: (415) 557-4346.
Meals

PREPARED AND DELIVERED TO HOME

If you are unable to prepare meals for yourself and are unable to attend a congregate meal site, call Department of Aging and Adult Services’ Information Referral and Assistance unit at (415) 355-6700 or call the following programs and inquire.

Information Referral and Assistance
Department of Aging and Adult Services (415) 355-6700
A centralized intake and referral system to assist and link you to appropriate home-delivered meal services. (800) 510-2020

30th Street Senior Center
Delivery 6 days a week, including holidays. Modified diets available. Tel: (415) 550-2210
www.OnLok.org Fax: (415) 648-3957
Area Served: Seniors in the Bernal Heights, Diamond Heights, Excelsior, Eureka Valley, Glen Park, Ingleside, Mission, Noe Valley, Portola, Visitacion Valley

Centro Latino de San Francisco
Provides Latino meals, delivery 5 days a week. (415) 861-8758
www.CentroLatinoDeSF.org
Area Served: Seniors in the Excelsior, Ingleside, Merced, Mission, Ocean, Visitacion Valley

Home on the Range
Serves the Bay Area, delivery 5 days a week. Call for monthly menu. (415) 333-1787
www.HomeOnTheRangeMeals.com
<table>
<thead>
<tr>
<th>Organization</th>
<th>Services Provided</th>
<th>Area Served</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jewish Family and Children’s Services</td>
<td>Provides kosher meals, delivery 5 days a week.</td>
<td>Seniors in Forest Hill, Park Merced, Richmond, Sunset</td>
<td>Tel: (415) 449-3777</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Fax: (415) 449-3839</td>
</tr>
<tr>
<td>Kimochi, Inc.</td>
<td>Provides Japanese meals, delivery 5 days a week.</td>
<td>Serves Seniors in the Marina, Richmond, Sunset, Western Addition</td>
<td>Tel: (415) 931-2287</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(415) 931-2294 Fax: (415) 931-2299</td>
</tr>
<tr>
<td>Meals on Wheels of San Francisco</td>
<td>Provides two meals per day with modified diet options,</td>
<td>Seniors Citywide</td>
<td>Tel: (415) 920-1111</td>
</tr>
<tr>
<td></td>
<td>delivery daily, weekdays or two times per week.</td>
<td></td>
<td>Fax: (415) 920-1110</td>
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<tr>
<td>Meals That Heal</td>
<td>The Salvation Army</td>
<td>Homebound Seniors and Adults with Disabilities in the Tenderloin</td>
<td>(415) 440-4325</td>
</tr>
<tr>
<td></td>
<td>Provides American/Western style meals Monday thru Friday.</td>
<td></td>
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</tr>
<tr>
<td>Project Open Hand</td>
<td>Provides up to three medically tailored meals per day,</td>
<td>Citywide</td>
<td>Tel: (415) 447-2300</td>
</tr>
<tr>
<td></td>
<td>health checks and nutrition counseling for persons living with critical illness.</td>
<td></td>
<td>(800) 551-6325 Fax: (415) 447-2492</td>
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<tr>
<td>Russian American Community Services</td>
<td>Provides Russian Meals, delivery 5 days a week.</td>
<td>Seniors and adults with disabilities in the Parkside, Sunset, Richmond</td>
<td>Tel: (415) 387-5336</td>
</tr>
<tr>
<td></td>
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<td></td>
<td>Fax: (415) 387-5357</td>
</tr>
</tbody>
</table>
Self-Help for the Elderly

Provides Chinese meals, delivery 5 days a week.  
Tel: (415) 677-7600
www.SelfHelpElderly.org  
Fax: (415) 296-0313

Area Served: Seniors and Adults with disabilities in  
Chinatown, North Beach, Outer Sunset,  
Richmond, Tenderloin

OTHER FOOD OPTIONS

Blue Apron
Provides all the ingredients to make a delicious meal in exactly the right proportions.  
Tel: (888) 278-4349
www.BlueApron.com

Eat24
Online and mobile food delivery and takeout.  
Tel: (877) 850-4024
www.Eat24Hours.com

GrubHub
Online and mobile food ordering company connecting diners with local takeout restaurants.  
Tel: (877) 585-1085
www.GrubHub.com

SF-Marin Food Bank
Offers the following: USDA Supplemental Food Program, Brown Bag Pantries and Home Delivered Groceries. For more information about these programs contact the SF-Marin Food Bank.  
Tel: (415) 282-1900  
Fax: (415) 282-1909
www.sfmFoodBank.org

UberEATS
Online and mobile food ordering and delivery platform.  
Tel: (877) 585-1085
www.UberEats.com/San_Francisco/
There are also some restaurants that deliver citywide or within certain areas. Many offer a wide variety of items on their menus. If you would like to find a restaurant that delivers to your home, please visit: www.GrubHub.com.

<table>
<thead>
<tr>
<th>SENIOR CONGREGATE MEAL SITES BY NEIGHBORHOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seniors are age 60+.</td>
</tr>
<tr>
<td>☑ Vegetarian option available; please call for details.</td>
</tr>
<tr>
<td>☑ Reservation recommended.</td>
</tr>
<tr>
<td>☑ Also serve adults with disability (age 18-59).</td>
</tr>
</tbody>
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<table>
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<tr>
<th>BAYVIEW</th>
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<tbody>
<tr>
<td>Dr. George W. Davis Senior Center **</td>
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<tr>
<td>Bayview Senior Services</td>
</tr>
<tr>
<td>1753 Carroll Street, San Francisco, CA 94124</td>
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<tr>
<td>Hours: Monday – Saturday</td>
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<tr>
<td>12:00 noon – 1:00 pm</td>
</tr>
<tr>
<td>Tel: (415) 822-1444</td>
</tr>
</tbody>
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| Hunters View **                              |
| Bayview Senior Services                      |
| 1101 Fairfax Avenue, San Francisco, CA 94124 |
| Hours: Tuesday – Thursday                    |
| 12:00 noon – 1:00 pm                         |
| Tel: (415) 368-7416                          |
BERNAL HEIGHTS
Bernal Heights Neighborhood Center
Bernal Heights Neighborhood Centers
515 Cortland Avenue, San Francisco, CA 94110
Hours: Monday – Friday
       12:00 noon – 1:00 pm
(415) 206-2142

Mission YMCA **
4080 Mission Street, San Francisco, CA 94112
Hours: Monday – Friday
       11:40 am – 12:20 pm
(415) 452-7565

CASTRO / UPPER MARKET
Castro Senior Center **
Golden Gate Senior Services
110 Diamond Street, San Francisco, CA 94114
Hours: Monday – Friday
       11:45 am – 12:30 pm
(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
Hours: Monday – Saturday
       Lunch 12:00 noon – 1:30 pm
       Dinner 4:15 pm – 5:15 pm
(415) 391-3843

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

Curry Senior Center
333 Turk Street, San Francisco, CA 94102

Hours: Monday – Sunday
Breakfast 8:00 am – 9:00 am
Lunch 10:30 am – 12:30 pm

(415) 292-1086

Downtown Senior Center **
San Francisco Senior Center
481 O’Farrell Street, San Francisco, CA 94102

Hours: Monday – Sunday
Breakfast 8:30 am – 9:30 am
Lunch 11:45 am – 12:30 pm

(415) 535-4763

GLIDE Foundation/United Methodist Church
330 Ellis Street, San Francisco, CA 94102

Hours: Monday – Sunday
8:30 am – 9:30 am

(415) 674-6000

Project Open Hand Central Site
Adults with disabilities focused site.
730 Polk Street, San Francisco, CA 94109

Hours: Monday – Sunday
10:30 am – 11:30 am

(415) 447-2482

South East Asian Senior Meal Program **
315 Turk Street, San Francisco, CA 94102

Hours: Tuesday, Thursday, Friday
12:00 noon – 1:00 pm

(415) 885-2274

**FINANCIAL DISTRICT**

Manilatown Senior Center
Self-Help for the Elderly
848 Kearny Street, 3rd Floor
San Francisco, CA 94108

Hours: Monday – Friday
11:30 am – 12:30 pm

(415) 398-3250
Swords to Plowshares – Stanford Hotel **
250 Kearny Street, San Francisco, CA 94108  (415) 391-2901
Hours: Monday – Sunday
    Breakfast 8:00 am – 9:00 am
    Lunch 12:00 noon – 1:00 pm

GLEN PARK

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

INNER RICHMOND

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

INNER SUNSET

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

LAKESHORE

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

Capp Street Senior Center **
Mission Neighborhood Centers
362 Capp Street, San Francisco, CA 94110
Hours: Monday – Friday
12:00 noon – 1:00 pm
(415) 206-7750

Centro Latino de San Francisco **
1656 15th Street, San Francisco, CA 94103
Hours: Monday – Friday
12:00 noon – 1:00 pm
(415) 861-8758

Francis of Assisi Community **
145 Guerrero Street, San Francisco, CA 94103
Hours: Monday – Sunday
12:00 noon – 1:00 pm
(415) 861-5790

NORTH BEACH

Telegraph Hill Neighborhood Center **
660 Lombard Street, San Francisco, CA 94133
Hours: Monday – Friday
12:00 noon – 12:45 pm
(415) 421-6443 x 10

OCEANVIEW

OMI Senior Center
65 Beverly Street, San Francisco, CA 94132
Hours: Monday – Friday
12:00 noon – 1:00 pm
(415) 334-5550

San Francisco Adult Day Support
Limited to program participants.
50 Board Street, San Francisco, CA 94112
Hours: Monday – Friday
12:00 noon – 1:00 pm
(415) 452-3500
OUTER MISSION

Excelsior Senior Center
Bernal Heights Neighborhood Centers (415) 334-9919
4468 Mission Street, San Francisco, CA 94112
Hours: Monday – Friday
11:30 am – 12:30 pm

OUTER RICHMOND

Jackie Chan Senior Center **
Self-Help for the Elderly (415) 677-7571
5757 Geary Boulevard
San Francisco, CA 94121
Hours: Monday – Friday
Lunch 11:30 am – 12:30 pm
Dinner 4:15 pm – 5:15 pm
Sat. Brunch 11:30 am – 12:30 pm

Richmond Senior Center **
Golden Gate Senior Services (415) 752-6444
6221 Geary Boulevard, 3rd Floor
San Francisco, CA 94121
Hours: Monday – Friday
11:45 am – 12:30 pm

PARKSIDE

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

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

PRESIDIO HEIGHTS

Jewish Community Center of San Francisco
3200 California Street, San Francisco, CA 94118  
Hours: Sunday – Friday  
12:00 noon – 1:00 pm  
(415) 292-1260

RUSSIAN HILL

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

SOUTH OF MARKET

Alexis Apartments
390 Clementina Street  
San Francisco, CA 94103  
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  
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
*Hours: Monday – Friday*
11:30 am – 12:30 pm

**Veterans Commons**
150 Otis Street, San Francisco, CA 94103
*Hours: Monday – Friday*
11:00 am – 12:30 pm

**Woolf House**
Self-Help for the Elderly
801 Howard Street, San Francisco, CA 94103
*Hours: Monday – Friday*
11:00 am – 12:30 pm

**VISITACION VALLEY**

**John King at Visitacion Valley**
500 Raymond Avenue, San Francisco, CA 94134
*Hours: Monday – Sunday*
11:30 am – 12:15 pm

**Samoan Community Development Center**
2055 Sunnydale Avenue, #100
San Francisco, CA 94134
*Hours: Tuesday, Wednesday, Thursday*
11:45 am – 12:45 pm

**Swords to Plowshares – Veterans Academy**
1030 Girard Road, San Francisco, CA 94129
*Hours: Monday – Sunday*
5:00 pm – 6:00 pm
Visitacion Valley Community Center **
Self-Help for the Elderly  
66 Raymond Avenue, San Francisco, CA 94134  
Hours: Monday – Friday  
11:30 am – 12:30 pm  
(415) 990-9534

WESTERN ADDITION

Hamilton Senior Center
1900 Geary Boulevard  
San Francisco, CA 94115  
Hours: Wednesday  
11:30 am – 12:30 pm  
(415) 292-2008

Kimochi Home
Limited to program participants.  
1531 Sutter Street, San Francisco, CA 94109  
Hours: Monday – Friday  
11:30 am – 12:30 pm  
(415) 922-9972

Kimochi Senior Center
1840 Sutter Street, #101  
San Francisco, CA 94115  
Hours: Monday – Friday  
11:45 am – 12:30 pm  
(415) 931-2287

Rosa Parks Senior Center **
Bayview Senior Services  
1111 Buchanan Street  
San Francisco, CA 94115  
Hours: Monday – Friday  
12:00 noon – 1:00 pm  
(415) 292-3474

Senior and Disability Action
1187 Franklin Street, San Francisco, CA 94109  
Hours: Monday – Friday  
12:00 noon – 1:00 pm  
(415) 546-2096
**Western Addition Senior Center**  
Bayview Senior Services  
1390 ½ Turk Street, San Francisco, CA 94115  
*Hours:* Monday – Saturday  
12:00 noon – 1:30 pm  
Sunday, 12:00 noon – 2:00 pm

**WEST OF TWIN PEAKS**

**West Portal Club House**  
Self-Help for the Elderly  
131 Lenox Way, San Francisco, CA 94127  
*Hours:* Monday – Friday  
11:30 am – 12:30 pm

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

**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 meal any time on weekdays during the following restaurant’s service hours. The dietitian-approved menu allows seniors to select their choice of a complete meal and beverage.

**S & E Café**  
2406 19th Avenue, San Francisco, CA 94116  
*Hours:* Monday, Wednesday – Saturday  
10:30 am – 1:00 am

**Prince Cooking**  
1310 Noriega Street, San Francisco, CA 94122  
*Hours:* Monday – Friday, 11:30 am – 8:00 pm
To learn more AND register for this new program for seniors, please contact the Self-Help for the Elderly at (415) 677-7600 or visit www.sfchampss.org.
# 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.

## Health Insurance Counseling Advocacy Program (HICAP)

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

www.cahealthadvocates.org/hicap/san-francisco/

**SAN FRANCISCO COUNTY**

<table>
<thead>
<tr>
<th>Medi-Cal Application Processing</th>
<th>1440 Harrison Street, San Francisco, CA 94103</th>
<th>(855) 355-5757</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>2 Gough Street, San Francisco, CA 94103</td>
<td>(415) 557-6555</td>
</tr>
<tr>
<td>Medi-Cal Replacement Card</td>
<td></td>
<td>(415) 558-1836</td>
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</tbody>
</table>

**MEDI-CAL APPLICATION PROCESSING IN SAN MATEO COUNTY**

### Northern Region

- 271 92nd Street, Daly City, CA 94015 (650) 301-8440
- 1487 Huntington Avenue, South San Francisco, CA 94080 (650) 877-5608

### Central Region

- 400 Harbor Boulevard, Building B, Belmont, CA 94002 (650) 802-6470
- 550 Quarry Road, San Carlos, CA 94070 (650) 802-6450

### Southern Region

- 2500 Middlefield Road, Redwood City, CA 94063 (650) 599-3811
- 2415 University Avenue, East Palo Alto, CA 94303 (650) 363-4175
Medical Services

HOME VISIT MD INFORMATION

Home Based Primary Care
Department of Veterans Affairs

UCSF Housecalls
*Home-based primary care services for homebound seniors.*

FREE OR LOW COST MEDICAL SERVICES

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

For other free or low cost medical services visit www.freeprintshop.org.
Medical Supplies and Equipment

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

Able Medical
448 Clement Street, San Francisco, CA 94118
www.AbleForLife.com
*Area Served: Citywide*

Allure Mobility & Medical Supply
1600 Mission Street, San Francisco, CA 94103
www.AllureMobility.com

APRIA Healthcare
*Provides 24 hour emergency service.*
480 Carlton Court, South San Francisco, CA 94080
www.apria.com
*Area Served: Citywide*

APRIA Healthcare
*Provides 24 hour emergency service.*
3905 Bohannon Drive, #CG, Menlo Park, CA 94025
www.apria.com
*Area Served: Citywide, Bay Area*

California Home Medical Equipment (CHME)
289 Foster City Boulevard, Suite A, Foster City, CA 94404
(650) 357-8550

Home Safety Services
1169 Chess Drive, Unit L, Foster City, CA 94404
(650) 571-7774
*Area Served: Bay Area*

ITC Medical
4373 Geary Boulevard, San Francisco, CA 94118
(415) 387-7100
*Area Served: Citywide*
ITC Medical
1235 Noriega Street, San Francisco, CA 94122  (415) 661-4900
Area Served: Citywide

ITC Medical
1635 Divisadero Street, Suite 105  (415) 346-7100
San Francisco, CA 94115
Area Served: Citywide

ReCARES (formerly Home CARES)
ReCARES is a 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
Hours: Thursdays 10:00 am – 3:00 pm
(415) 487-5405

Shield Health Care
Products to manage incontinence.  (800) 765-8775
Area Served: Citywide
Mental Health 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.
(415) 255-3737 (888) 246-3333

Central City Older Adults
Primarily serves seniors 60+ who live in the Tenderloin and SOMA area. Offers crisis intervention, psychiatric evaluation, medication management, counseling, home visits and referrals.
(650) 558-5900

Center for Elderly Suicide Prevention
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.
(415) 750-4180

Chinatown North Beach Mental Health Services
Offers psychiatric evaluation, individual therapy, counseling, socialization program, Medication, case management, crisis outreach, consultation, acupuncture, referrals to other city funded programs.
(415) 352-2000

Felton Institute (formerly Family Service Agency)
Offers individual psychotherapy and counseling, psychiatric medication evaluations, and neuropsychological testing.
(415) 474-7310

HelpLink (For Bay Area Resources)
Offers confidential information and referral services for Bay Area mental health resources.
211 (800) 273-6222

Mental Health Association of San Francisco
Offers mental health education and awareness, various support groups, advocacy, and referral assistance.
(415) 421-2926
Mission Mental Health
Provides mental status evaluations, support groups, medication support and other services for adults age 18-59.
Tel: (415) 401-2700
Fax: (415) 401-2741

Mobile Crisis Team
Community Behavioral Health Services
Offers crisis intervention for SF residents and visitors, age 18+.

National Alliance on Mental Illness (NAMI)
Offers support, referral, advocacy, and support groups for families and friends of those with mental health issues.

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.

Tel: (415) 970-4000

(415) 905-6264

(415) 296-8995
Public Conservator
Department of Aging & Adult Services  (415) 355-3680
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.

San Francisco Downtown VA Clinic
Offers Substance abuse services/sobriety support, group counseling, mental health intensive case management, psychiatric outpatient care. (415) 221-5100

San Francisco Suicide Prevention
Offers 24 hour crisis counseling. (415) 781-0500

Southeast-Mission Geriatric Services
Offers children and families psychiatric medication management, counseling, clinical case management and group therapy. Priority given to Bernal Heights, Outer Mission, Visitation Valley area. (415) 337-2400

Sunset Mental Health Services
Offers medication support, therapy, and wellness/recovery program for psychiatrically disabled adults. (415) 753-7400
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. (415) 252-4788

Westside Community Services
Offers housing referrals, employment assistance, counseling, medication support, crisis services and methadone detox and maintenance for adults 18+. (888) 246-3333 (415) 431-9000
Money Management Services

Bayview Senior Connections
Representative payee services are offered to seniors in need of assistance with managing their finances. (415) 647-5353 (415) 822-1444

Community Payee Partnership
Provides counseling on budgeting, handles finances for clients. (415) 557-5586 (415) 577-5586

Conard House (Community Services)
Directly handle finances for clients, disbursing client funds for rent, food, clothing and personal needs.
Community Services – North (415) 928-0111
Community Services – SOMA (415) 836-1784
Community Services – South (415) 558-8767

Conard House (Ambassador Housing tenants only) (415) 359-9227

Golden Gate Regional Center
Provides payee services for developmentally disabled individuals. (415) 546-9222

Institute on Aging
Money management services for older adults. (415) 750-4111

Living in Familiar Environments (LIFE)
Benefits Management Corporation (866) 622-3098

Lutheran Social Services
Provides payee and money management services for adults with HIV/AIDS. (415) 581-0891

Marchi & Smith (415) 383-9777
Gene Marchi
Representative Payee Program
Department of Aging and Adult Services
Provides payee services for adults and elderly individuals with physical and/or mental impairments. Participants must have a case manager to be eligible. (415) 355-3555

Seniors At Home – Jewish Family and Children’s Services
Provides money management services for seniors over 60 and above. (415) 449-3777

Swords to Plowshares
Provides payee services for Veterans only. (415) 252-4788
Notary Public

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

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

**Muttville**
*Muttville’s Seniors for Seniors program provides a way for seniors (62+ years old) to bring a furry, loving companion into their lives.*

**PAWS (Pets Are Wonderful Support)**
*In-home pet care, delivery of pet food and supplies, financial assistance for veterinary services.*

**Rover**
*Pet sitting, pet day care and dog walking.*

**San Francisco Society for the Prevention of Cruelty to Animals (SFSPCA)**
*Offers a variety of programs for seniors and homebound:*
  - CareCredit
  - Emergency Care Grant
  - New Adopter Assistance
  - Payment Arrangements
  - Pet-a-care Senior Discount Program
  - Spay-neuter Free and Sliding Scale

**Julio Bolivar-Dillon, DVM**
*Fees: $50 for exam plus $100 for house call (10% discount to Senior Citizens).*

**Valencia Veterinary Clinic**
*Fees: $49 for exam plus $49 for house call.*

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

**Julio Bolivar-Dillon, DVM**
*(415) 333-4673*

**Valencia Veterinary Clinic**
*(415) 648-1222*
Pharmacies

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

**Daniel's Pharmacy**
943 Geneva Avenue, San Francisco, CA 94112
(415) 584-2210
Area Served: Citywide

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>2-3 times/day Mon – Fri 9:00 am – 6:30 pm</td>
<td>Cash, Checks, Credit Cards with phone payment only, Insurance, Medi-Cal.</td>
</tr>
</tbody>
</table>

**Golden Gate Pharmacy**
1844 Noriega Street, San Francisco, CA 94122
(415) 661-0790
Area Served: Citywide

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free to $5.00</td>
<td>2 times/day Mon – Fri 10:00 am – 9:00 pm</td>
<td>Cash, Credit Cards, Medi-Cal.</td>
</tr>
</tbody>
</table>

**Rexall-day Drug**
801 Irving Street, San Francisco, CA 94122
(415) 421-1895
Area Served: Citywide

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>$7.00</td>
<td>4 times/day Mon – Fri 10:00 am – 4:00 pm</td>
<td>Cash Only.</td>
</tr>
</tbody>
</table>
### Safeway Pharmacy
1335 Webster Street, San Francisco, CA 94115  
Area Served: Citywide

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
</table>
| $6.00           | 4 times/day  
Mon – Fri  
10:30 am – 4:30 pm  
Saturday  
10:30am – 12:30pm | Cash, Checks,  
Credit Cards,  
Insurance, Medical. |

### Safeway Pharmacy
850 La Playa Street, San Francisco, CA 94121  
Area Served: Citywide

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
</table>
| $6.00           | 4 times/day  
Mon – Fri  
10:00 am – 4:30 pm | Cash, Checks,  
Credit Cards,  
Insurance, Medical. |

### Safeway Pharmacy
2350 Noriega Street, San Francisco, CA 94122  
Area Served: Citywide

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
</table>
| $6.00           | 4 times/day  
Mon – Fri  
2:00 pm – 6:00 pm | Cash, Checks,  
Credit Cards,  
Insurance, Medical. |
### Safeway Pharmacy
730 Taraval Street, San Francisco, CA 94118  
**Area Served:** Citywide  
(415) 665-0119

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>$6.00</td>
<td>4 times/day, Mon – Fri 10:00 am – 6:00 pm</td>
<td>Cash, Checks, Credit Cards, Insurance, Medi-Cal.</td>
</tr>
</tbody>
</table>

### 450 Sutter Pharmacy
450 Sutter Street, 7th Floor, San Francisco, CA 94102  
**Area Served:** Citywide  
(415) 392-4137

<table>
<thead>
<tr>
<th>Delivery Charge</th>
<th>Delivery Time</th>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>$7.50 No charge with a minimum order of 2 prescriptions.</td>
<td>Mon – Fri 9:00 am, 1:00 pm, 3:00 pm</td>
<td>Cash, Credit Cards, insurance, Medi-Cal (No checks on first delivery).</td>
</tr>
</tbody>
</table>
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 should call one of the podiatrists listed below. There is an extra charge for a house call and you might want to call around to check on extra charges and billing.

J.K. Bernard, DPM
Cash only for home visits. Tel: (415) 392-5626
1580 Valencia Street, Room 804, San Francisco, CA 94110 Fax: (415) 392-5632
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 Fax: (415) 309-3693
Area Served: Please call

Sharon Hosaka, DPM
Checks, Medi-Cal, Medicare, Mastercard, Visa. (650) 488-3556
369 Pine Street, Suite 103, San Francisco, CA 94104
www.FootDocSF.com
Area Served: Citywide
Psychotherapy In the Home

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

Central City Older Adults
Area Served: San Francisco Districts of Central City, South of Market, and Tenderloin.
Tel: (415) 558-5900
Fax: (415) 558-5959

Chinatown North Beach Mental Health Services
Area Served: San Francisco County
Tel: (415) 352-2000
Tel: (415) 352-2099
Fax: (415) 352-2050

Institute on Aging
www.ioaging.org
Area Served: San Francisco County
Tel: (415) 750-4111

Southeast Mission Geriatric Services
Area Served: Bayview, Ingleside, Merced Heights, Mission, and Oceanview,
Tel: (415) 337-4722
Fax: (415) 337-2415
Residential Care / Assisted Living Facilities

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

To check licensing information, please visit Department of Social Services website, secure.dss.ca.gov/CareFacilitySearch/home/selecttype/, select “Elderly Assisted Living”.

LICENSING INFORMATION

Community Care Licensing Division
801 Traeger Avenue, Suite 105, San Bruno, CA 94066
Area Served: San Francisco, San Mateo, San Benito, Santa Clara, Santa Cruz, and Monterey
Tel: (650) 266-8800
Fax: (650) 266-8841

OMBUDDSMAN

San Francisco Long-Term Care Ombudsman Program (SFLTCOP)
6221 Geary Boulevard, 3rd Floor, San Bruno, CA 94121
Tel: (415) 751-9788
Fax: (415) 266-8877
PLACEMENT REGISTRY

Apexcare/Realcare
(800) 287-9111

New Lifestyles booklet
www.NewLifestyles.com

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

Stegner Registry
www.StegnerRegistry.com
(415) 775-4508

RESIDENTIAL CARE / ASSISTED LIVING FACILITIES

Ambulatory  D  Dementia
Hospice  N  Non-Ambulatory

Angela’s Rest Home
• Behavioral Health
$2,000+/mo
(650) 755-3212
748 Washington Street
Daly City, CA 94015

Autumn Glow
Self-Help for the Elderly
$2,750+/mo
(415) 934-1622
654 Grove Street, San Francisco, CA 94102
www.SelfHelpElderly.org

Buena Vista Manor House
399 Buena Vista East
San Francisco, CA 94117
$3,100 - $4,500/mo
(415) 863-1721
www.BuenaVistaManorHouse.com

Coventry Place
1550 Sutter Street
San Francisco, CA 94109
$2,700+/mo
(415) 921-1552
www.srgSeniorLiving.com

Damenik’s Home
331 30th Avenue, San Francisco, CA 94121
$2,600+/mo
Tel: (415) 379-9051
Fax: (415) 379-9673
Eden Villa
2750 Geary Boulevard $3,850+/mo Tel: (415) 346-0246
San Francisco, CA 94118 □ □ □ Fax: (415) 346-0658

Family Circle Board and Care Home
194 Canterbury Avenue $1,400 - $2,500/mo Tel: (650) 878-8881
Daly City, CA 94015

Golden Care Senior Residence
59 Winding Way, San Francisco, CA 94112 Tel: (415) 568-0581
www.GoldenCareSeniorResidence.com

Julie’s Care Home
- Behavioral Health $2,000+/mo Tel: (415) 566-4527
1363 5th Avenue, San Francisco, CA 94122 □ Fax: (415) 566-0604

Kimochi Home
1531 Sutter Street $2,730+/mo Tel: (415) 922-9972
San Francisco, CA 94109 □ Fax: (415) 922-6821
www.kimochi-inc.org

Kokoro Assisted Living Inc.
1881 Bush Street, San Francisco, CA 94109 $2,000+/mo Tel: (415) 776-8066
www.KokoroAssistedLiving.org □ □ □ Fax: (415) 776-8022

Merced Residential Care Facility
1420 Hampshire Street $2,500+/mo Tel: (415) 285-7660
San Francisco, CA 94110 □ □ □ (415) 285-7661
www.MercedCare.com Fax: (415) 285-7057

Minerva’s Place
2972 Palo Verde Way, Antioch, CA 94509 $1,500+/mo (925) 516-0536

Parkside Care Home
- SSI Plus Supplement $2,200+/mo Tel: (415) 681-5321
2360 33rd Avenue, San Francisco, CA 94116 □ Fax: (415) 681-3103
Providence Place  
2456 Geary Boulevard  
San Francisco, CA 94115  
Call for rates  
Tel: (415) 359-9700  
Fax: (415) 775-4117  
www.ProvidenceCare.com

San Bruno Care Home  
1382 Williams Avenue  
San Bruno, CA 94066  
$3,000+/mo  
Tel: (650) 827-1382  
Fax: (650) 827-5377  
www.SanBrunoCareHome.com

Sunset Gardens  
1338 27th Avenue, San Francisco, CA 94122  
$2,500+/mo  
Tel: (415) 664-4327

Victorian Manor  
1444 McAllister Street  
San Francisco, CA 94115  
$3,000 - $4,000/mo  
Tel: (415) 921-7550  
Fax: (415) 921-6427

Village at Hayes Valley  
• Behavioral Health  
• High Level Assisted Living  
601-624 Laguna Street  
San Francisco, CA 94102  
$4,600+/mo  
Tel: (415) 252-1128

Araville Residential Care Home  
1506 Florida Street  
San Francisco, CA 94110  
Behavioral Health  
Mental Health  
(415) 285-6497

Autumn Glow  
Self-Help for the Elderly  
654 Grove Street, San Francisco, CA 94102  
Tel: (415) 934-1622  
Fax: (415) 934-1068  
www.SelfHelpElderly.org

SSI RESIDENTIAL CARE FACILITIES

B Behavioral Health  
D Dementia  
N Non-Ambulatory  
M Mental Health  
DD Developmental Disabilities
Belen Residential Care Home for the Elderly
565 Grove Street, San Francisco, CA 94102
Tel: (415) 621-8505
Fax: (415) 621-2074

Bestudios Care Home for the Elderly
51 DeLong Street, San Francisco, CA 94112
(650) 755-1498

Golden Residential Care Home
166 Foote Avenue
San Francisco, CA 94112
(415) 587-2507

Golden Sunset Care Home
1219 32nd Avenue
San Francisco, CA 94122
(415) 334-6498
www.GoldenSunsetCareHome.com

Guirola Resident Care
618 Holloway Avenue
San Francisco, CA 94112
(415) 334-6498

Lina’s
84 Norton Street, San Francisco, CA 94112
(415) 586-8171

Lina’s
393 Silver Avenue
San Francisco, CA 94112
(415) 586-8171

Lorne House, Inc.
727 France Avenue
San Francisco, CA 94112
(415) 587-6437

Lorne House, Inc.
628 Shotwell Street
San Francisco, CA 94110
(415) 550-7379

Maulino Board and Care Services
370 Richland Avenue
San Francisco, CA 94110
(415) 826-9234
Palarca Rest Home
1241 26th Avenue, San Francisco, CA 94122
Tel: (415) 681-1550
Fax: (415) 564-9241

Palarce- JJ Oceanside Residential Care Home
1278 La Playa Street
San Francisco, CA 94122
Tel: (415) 665-6484

Rhoda Goldman Plaza
2180 Post Street, San Francisco, CA 94115
Hospice
Tel: (415) 345-5060

RJ Starlight Home Corp
2680 Bryant Street
San Francisco, CA 94110
Tel: (415) 648-2280

Santiago Board and Care
152 Harold Avenue
San Francisco, CA 94112
Tel: (415) 333-8964

St. Catherine Home
389 Guttenberg Street
San Francisco, CA 94112
Tel: (415) 586-7250

Taraval Residential Care Home
3721 Taraval Street
San Francisco, CA 94116
Ambulatory
Tel: (415) 681-0294

Tiffany Residential Care Home
50 Tiffany Avenue
San Francisco, CA 94110
Tel: (415) 285-2112

Village at Hayes Valley
601 Laguna Street
San Francisco, CA 94102
Tel: (415) 252-1128
Wholesome Care Home
565 Argonaut Avenue
San Francisco, CA 94134
(415) 337-5131
Recycling Services

**Building Resources**
*Will pick up building materials but not appliances.*
www.BuildingResources.org

**Recology**
*Will pick up old appliances and other large items for recycling.*
- Recology Sunset Scavenger
- Recology Golden Gate
www.RecycleMyJunk.com

**San Francisco Recycling Hotline**
www.CalRecycle.ca.gov
Senior Centers

SENIOR CENTERS BY NEIGHBORHOOD

BAYVIEW

Dr. George W. Davis Senior Center
Bayview Senior Services
1706 Yosemite Avenue, San Francisco, CA 94124
(415) 822-1444

BERNAL HEIGHTS

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

Mission YMCA
4080 Mission Street, San Francisco, CA 94112
(415) 586-6900

CASTRO / UPPER MARKET

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

CHINATOWN

Fun & Fit Total Wellness
Self-Help for the Elderly
779 Kearney Street (Portsmouth Square)
San Francisco, CA 94108
(415) 773-1869
**Geen Mun Senior Center (On Low Wui Senior Center)**
Self-Help for the Elderly (415) 391-3843
777 Stockton Street, San Francisco, CA 94108

**Lady Shaw Senior Center**
Self-Help for the Elderly (415) 677-7581
1483 Mason Street, San Francisco, CA 94133

**FINANCIAL DISTRICT**

**Manilatown Senior Center**
Self-Help for the Elderly (415) 398-3250
848 Kearny Street, San Francisco, CA 94108

**DOWNTOWN / CIVIC CENTER**

**Curry Senior Center**
333 Turk Street, San Francisco, CA 94102 (415) 885-2274

**Downtown Senior Center**
San Francisco Senior Center (415) 771-7950
481 O'Farrell Street, San Francisco, CA 94102

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

**GLIDE Foundation**
United Methodist Church (415) 674-6041
330 Ellis Street, San Francisco, CA 94102

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

**St. Francis Living Room**
350 Golden Gate Avenue, San Francisco, CA 94102 (415) 621-3279
Vietnamese Elderly Mutual Assistance Association
910 Larkin Street, San Francisco, CA 94109  (415) 923-0778

GLEN PARK

30<sup>th</sup> Street Senior Center
On Lok Lifeways  (415) 550-2210
225 30<sup>th</sup> Street, 3<sup>rd</sup> Floor, San Francisco, CA 94131

INNER RICHMOND

Russian American Community Services
300 Anza Street, San Francisco, CA 94118  (415) 387-5336

INNER SUNSET

Sunset Senior Center
1290 5<sup>th</sup> Avenue, San Francisco, 94122  (415) 759-9507

LAKESHORE

Stonestown YMCA
3150 20<sup>th</sup> Avenue, San Francisco, CA 94132  (415) 242-7100

MISSION

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

Francis of Assisi Community
145 Guerrero Street, San Francisco, CA 94103  (415) 861-5790
NOE VALLEY

Noe Valley Senior Center
1021 Sanchez Street, San Francisco, CA 94114 (415) 648-1030

NORTH BEACH

Telegraph Hill Neighborhood Center
660 Lombard Street, San Francisco, CA 94133 (415) 421-6443

OCEAN VIEW

IT Bookman Community Center
Southwest Community Corporation
446 Randolph Street, San Francisco, CA 94132 (415) 586-8020

OMI Senior Center
Catholic Charities
65 Beverly Street, San Francisco, CA 94132 (415) 334-5550

OUTER MISSION

Excelsior Senior Center
Bernal Heights Neighborhood Centers
4468 Mission Street, San Francisco, CA 94112 (415) 334-9919

OUTER RICHMOND

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

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

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

POTRERO HILL

Potrero Hill Neighborhood House
953 De Haro Street, San Francisco, CA 94107 (415) 826-8080

PRESIDIO HEIGHTS

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

RUSSIAN HILL

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

SOUTH OF MARKET

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

Canon Kip Senior Center
Episcopal Community Services  
705 Natoma Street, San Francisco, CA 94103 (415) 487-3300 x 6200

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

Mendelsohn House
Self-Help for the Elderly  
737 Folsom Street, San Francisco, CA 94107 (415) 243-9018
Pilipino Senior Resource Center
953 Mission Street, Suite 111, San Francisco, CA 94103  (415) 341-0345
www.psrcsfca.com

SOMA Gene Friend Recreation Center
Centro Latino de San Francisco  (415) 554-9532
270 6th Street, San Francisco, CA 94103

Veterans Equity Center
1010 Mission Street, San Francisco, CA 94103  (415) 255-2347

West Bay Pilipino Center
175 7th Street, San Francisco, CA 94103  (415) 431-6266
www.WestBayCenter.org

Woolf House
Self-Help for the Elderly  (415) 495-0931
801 Howard Street, San Francisco, CA 94103

VISITACION VALLEY

John King Senior Center
Self-Help for the Elderly  (415) 987-9915
500 Raymond Avenue, San Francisco, CA 94134

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

WESTERN ADDITION

Dorwin Jones Senior Center
Meals on Wheels of San Francisco  (415) 292-2476
1668 Bush Street, San Francisco, CA 94109

Hamilton Senior Center
1900 Geary Boulevard, San Francisco, CA 94115  (415) 931-2287
Kimochi Senior Center
1840 Sutter Street, San Francisco, 94115   (415) 931-2287

Korean Center, Inc.
1362 Post Street, San Francisco, CA 94109   (415) 441-1881

Openhouse
65 Laguna Street, San Francisco, CA 94102   (415) 296-8995

Rosa Parks Senior Center
Bayview Senior Services   (415) 822-1444
1111 Buchanan Street, San Francisco, CA 94115

Western Addition Senior Center
Bayview Senior Center   (415) 921-7805
1390 ½Turk Street, San Francisco, CA 94115
SF Connected

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

Free computer classes or one-on-one tutoring support are available in English, Spanish, Russian, Chinese, and Vietnamese. Please call (415) 355-3555 or visit www.sfconnected.org for more information.

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<td>Bayview Senior Services</td>
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<td>1753 Carroll Avenue, San Francisco, CA 94124</td>
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<tr>
<td>(415) 822-1444</td>
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| **BERNAL HEIGHTS**                            |
| **Bernal Heights Neighborhood Center**        |
| Bernal Heights Neighborhood Centers           |
| 515 Cortland Avenue, San Francisco, CA 94110 |
| (415) 206-2140                                |

| **Mission YMCA**                              |
| 4080 Mission Street, San Francisco, CA 94112 |
| (415) 586-6900                                |
CASTRO / UPPER MARKET

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

CHINATOWN

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

DOWNTOWN / CIVIC CENTER

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

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

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

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

Tenderloin Tech Lab
150 Golden Gate Avenue, San Francisco, CA 94102
(415) 592-2766

Vietnamese Elderly Mutual Assistance Association
910 Larkin Street, San Francisco, CA 94109
(415) 923-0778
GLEN PARK

30th Street Senior Center
On Lok Lifeways
225 30th Street, San Francisco, CA 94131

(415) 550-2210

LAKESHORE

Stonestown YMCA
3150 20th Avenue, San Francisco, CA 94132
(415) 242-7135

MISSION

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

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

Valencia Gardens
Mission Housing / Community Living Campaign
360 Valencia Street, San Francisco, CA 94103
(415) 821-1003 x 106

OCEAN VIEW

IT Bookman Community Center
446 Randolph Street, San Francisco, California 94132
(415) 586-8020

OMI Senior Center
Catholic Charities
65 Beverly Street, San Francisco, CA 94132
(415) 334-5550
OUTER MISSION

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

OUTER RICHMOND

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

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

RUSSIAN HILL

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

SOUTH OF MARKET

Canon Kip Senior Center
Episcopal Community Services
705 Natoma Street, San Francisco, CA 94103
(415) 487-3300 x 6200

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

VISITACION VALLEY

John King Senior Center
Self-Help for the Elderly
500 Raymond Avenue, San Francisco, CA 94134
(415) 239-9919
WESTERN ADDITION

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

Western Addition Senior Center
Bayview Senior Services  (415) 921-7805
1390 ½Turk Street, San Francisco, CA 94115
Sight / Low Vision

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

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

Books Aloud, Inc.
*The Books Aloud "Reading by Listening" Program 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.*
www.BooksAloud.net  (408) 808-2613

California Department of Rehabilitation– San Francisco
*Offers services for rehabilitation, and orientation/mobility services for individuals who are blind.*
www.dor.ca.gov/SSD/Blind-Field-Services.html  (415) 904-7100

California Telephone Access Program
*Offers free specialized phones that make it easier to hear, easier to dial, and easier to call. The program is funded by a small surcharge that appears on all telephone bills in California. This surcharge appears on your phone bill as "CA Relay Service and Communications Devices Fund."
www.CaliforniaPhones.org/Devices-for-Difficulty-Seeing  (800) 806-1191
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

Eyecare America
American Academy of Ophthalmology
Provides eye care through volunteer ophthalmologists at no cost to those who qualify for U.S. citizens or legal residents, who are without an eye doctor and who do not belong to an HMO or do not have eye care coverage through the Veterans Administration.
www.aao.org/eyecare-america
(877) 887-6327

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. Learn about our services and programs for yourself, for a family member, or a friend.
100 Larkin Street, San Francisco, CA 94102
www.sfpl.org/index.php?pg=0200002
(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

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
Prevent Blindness Northern California (PBNC)
Adult screening program, held in health fairs, senior centers, and PBNC office, stresses the early identification of possible eye disorders. Besides glaucoma, the screening program detects signs of other conditions needing immediate medical attention, as well as conditions which need to be further evaluated by an eye care professional.
NorthernCalifornia.PreventBlindness.org

OTHER

Healthy San Francisco
Healthy San Francisco does not provide vision care. There are, however, vision care resources located throughout the San Francisco Bay Area that provide free or reduced cost vision services. Range of services and costs vary depending on an individual’s income and assets, and the clinic or agency’s own policies related to free and reduced cost care. If you are in need of vision services, contact one of the resources below for more information. The information provided in this guide is intended as a resource only. Services are not guaranteed. Healthy San Francisco will not pay for, or reimburse the cost of vision care services.

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

Cecilia Mui, OD
1424 Stockton Street, San Francisco, CA 94133
(415) 421-6666

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

North East Medical Services
1520 Stockton Street, San Francisco, CA 94133
(415) 391-9686

Premier Eyecare
3201 Mission Street, San Francisco, CA 94110
(415) 648-3600
Social Security

Social Security Administration
www.ssa.gov (800) 772-1213

Social Security Administration
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) 333-1795 or log onto fiscal.treasury.gov/GoDirect/.
Support Groups

Alcoholics Anonymous  www.aa.org
Alzheimer’s Association  www.alz.org
American Cancer Society  www.cancer.org
American Diabetes Association  www.diabetes.org
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  www.CareGiver.org
Gam-Anon  www.gam-anon.org
Hearing and Speech Center  www.HearingSpeech.org
Mental Health America  www.mha-sf.org
National Alliance on Mental Illness  www.namica.org
National Parkinson Foundation  www.parkinson.org
Openhouse  www.openhouse-sf.org
San Francisco AIDS Foundation  www.sfaf.org
San Francisco Depression and Bipolar Support Alliance  www.dbsasf.org
San Francisco Intergroup of Overeaters Anonymous

San Francisco Narcotics Anonymous

Support for Families of Children with Disabilities

Veterans’ Art Guild Support Group
Tax Assistance

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

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

Chinese Newcomers Service Center
*Helps provide electronic filing of your income tax returns.*
*Free tax help for taxpayers who qualify on appointment basis.*
777 Stockton Street, Suite 104, San Francisco, CA 94108
www.ChineseNewcomers.org (415) 421-2111

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

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

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

**Canon Kip Senior Center**
Episcopal Community Services
Area Served: Citywide
(415) 487-3300 x 6200

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

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

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

**Openhouse**
Area Served: Citywide for LGBT seniors
(415) 296-8995 x 303

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

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

**We Check On You**
There is 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
(888) 932-5668
Transportation Services

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

**American Cancer Society**
*Cancer patients only.*
(888) 227-6333

**Centro Latino**
(415) 861-8758

**Free MUNI for People with Disabilities**
**Free MUNI for Seniors**
Municipal Transportation Agency
(415) 701-2311

*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

**Kimochi**
(415) 931-2287

**Lighthouse for the Blind & Visually Impaired**
*Taxi vouchers to medical appointments for low income and disabled.*
(415) 431-1481

**Medsam**
(415) 561-0630

**Saint Francis Hospital Shuttle**
*Free service for come-and-go surgery, outpatient treatments, some admissions and discharges.*
(415) 353-6352

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

**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.*
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
Volunteering

30th Street Senior Center
On Lok Lifeways
225 30th Street, #301, San Francisco, CA 94131
(415) 550-2210

Aquatic Park Senior Center
San Francisco Senior Center
890 Beach Street, San Francisco, CA 94111
(415) 775-1866

Bayview Hunters Point Adult Day Health Center
Bayview Senior Services
1250 La Salle Avenue, San Francisco, CA 94124
(415) 826-4774

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

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

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

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

Coming of Age (Bay Area)
881 Turk Street, San Francisco, CA 94102
(415) 474-7787

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

DisabledCommunity.Org
www.DisabledCommunity.org
(415) 508-6130
Downtown Senior Center
San Francisco Senior Center (415) 771-7950
481 O’Farrell Street, San Francisco, CA 94104

Dr. George W. Davis Senior Center
Bayview Senior Services (415) 822-1444
1706 Yosemite Avenue, San Francisco, CA 94124

Golden Gate Village
Golden Gate Senior Services (415) 876-3333
6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121

Institute On Aging
3575 Geary Boulevard, San Francisco, CA 94118 (415) 750-4111

Italian American Community Services
678 Green Street, San Francisco, CA 94133 (415) 362-6423

Meals On Wheels of San Francisco
1375 Fairfax Avenue, San Francisco, CA 94124 (415) 920-1111

Openhouse
65 Laguna Street, San Francisco, CA 94102 (415) 296-8995

Project Open Hand
730 Polk Street, San Francisco, CA 94109 (415) 447-2300
www.openhand.org (800) 551-6325

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

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

Richmond Senior Center
Golden Gate Senior Services (415) 752-6444
6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121 (415) 424-7982
**Rosa Parks Senior Center**  
Bayview Senior Services  
1111 Buchanan Street, San Francisco, CA 94115  
(415) 292-3474

**San Francisco Ombudsman Volunteer Program**  
77 Geary Boulevard, 5th Floor, San Francisco, CA 94108  
(415) 751-9788

**Saint Anthony Foundation**  
150 Golden Gate Avenue, San Francisco, CA 94102  
(415) 392-2726

**Senior and Disability Action**  
1360 Mission Street, San Francisco, CA 94103  
(415) 546-1333

**Seniors At Home**  
2150 Post Street, San Francisco, CA 94115  
(415) 449-3777

**The Volunteer Center**  
1675 California Street, San Francisco, CA 94109  
(415) 982-8999

**Western Addition Senior Center**  
1390 ½ Turk Street, San Francisco, CA 94115  
(415) 921-7805
Voting

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

Department of Elections
1 Dr Carlton B Goodlett Place, Room 48, San Francisco, CA 94102

(415) 554-4375
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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. _______________________________________________