

KAISER MEMBER SERVICES

Questions regarding your Kaiser medical coverage, benefits & equipment **1-800-464-4000**

KAISER FINANCIAL ASSISTANCE PROGRAM

1-800-399-7699

TRANSPORTATION

Call for information and fees
Curb-to-curb service for people with disabilities

San Mateo Residents

- 1) Redi-Wheels 1-800-660-4287
Eligibility 650-366-4856
- 2) Get Up&Go – 650-378-2750

San Francisco Residents

PARATRANSIT 415-351-7000

Assisted Ride Service

SilverRide.com 415-861-7433
OnwardRides.com 1-800-700-4797
Go-Go Grandparent
1-855-464-6872

WheelChair Van Services (Non-Medical)

Ace Transport: 650-438-0331
Agape Transport: 650-752-9914
JJ Transport: 650-580-1027
One Access: 415-263-9967
I Care Transport: 650-878-2000

HIRE HELP AT HOME

(Private Pay/Out-of-pocket expense)

- 1) San Mateo County Aging & Adult Services 1-800-675-8437
- 2) smchealth.org/helpathome
- 3) communityresourcefinder.org
- 4) hcoa.org 1-800-224-2262

PLACEMENT ASSISTANCE

Need assistance finding assisted living facility or residential care?

Seniorly.com 1-855-866-4515
CarePatrol.com 1-866-560-5656
NewLifeStyles.com

SOCIAL SECURITY

ADMINISTRATION 1-800-772-1213

MEDI-CAL OFFICES

Brisbane, Colma, Daly City, &

Pacifica: 650-301-8720

San Bruno & So. San Francisco:

650-877-5663

Burlingame, Millbrae, &

San Mateo: 650-802-6470

Half Moon Bay: 650-573-3949

San Francisco: 415-863-9892

MEDI-CAL Eligibility

Mybenefitscalwin.org

DAY HEALTH CENTER

SOUTH SAN FRANCISCO ADULT DAY CARE CENTER

601 Grand Avenue, SSF
650-829-3824

CATHOLIC CHARITIES ADULT DAY PROGRAM

50 Broad St., San Francisco
415-452-3500

COASTSIDE ADULT DAY HEALTH CENTER

925 Main St., Half Moon Bay
650-726-5067

SELF-HELP FOR THE ELDERLY

408 - 22nd Avenue, San Francisco
415-677-7556

SENIOR CENTERS

Provide leisure activities & lunch.
Call 211 for a facility in your area.

MEDICAL ALERT SYSTEMS

LIFE STATION: 1-877-744-2389
ONE CALL ALERT: 1-800-994-1721
PHILIPS LIFELINE: 1-800-587-5121
VITAL LINK: 1-800-752-5522

MediCal, Food, & Cash Assistance Programs: www.mybenefitscalwin.org

San Mateo County Community Services: www.smc-connect.org

MEALS-ON-WHEELS

San Mateo County

1-800-675-8437 or 650-323-2022
San Francisco County 415-920-1111

Meals to Thrive: 1-833-232-8935

Mom's Meals: 1-888-860-9424

www.momsmealsnc.com

SECOND HARVEST FOOD BANK

San Mateo County Residents:

1-800-984-3663

San Francisco County

Residents: 415-282-1900

Education & Support Services

National Cancer Institute:

www.cancer.gov

1-800-422-6237

American Cancer Society:

www.americancancersociety.com

1-800-227-2345

Family Caregiver Alliance

Services for families/friends caring for brain-impaired adults

1-800-445-8106, www.caregiver.org

Alzheimer's Association

Education, support groups

alz.org/norcal (1-800-272-3900)

REPORT ABUSE, NEGLECT

Adult Protective Services

City & County of San Francisco -

415-355-6700 / 1-800-814-0009

Aging & Adult Services San

Mateo County 1-800-675-8437

VETERANS AFFAIRS-

VA BENEFITS / QUESTIONS

1-800-827-1000 / 1-877-222-8387

VA Caregiver Support Line:

1-855-260-3274

https://www.caregiver.va.gov/support/support_services.asp

LEGAL ASSISTANCE

Bay Area Legal Aid: 1-800-551-5554

CANHR: 1-800-474-1116 (canhr.org)

Legal Aid Society of San Mateo

County: 1-800-381-8898

San Mateo County Lawyer Referral

Service/Bar Association:

650-369-4149 (smcba.org)

PLEASE NOTE: information and fees for these private businesses, government programs, and non-profit agencies are subject to change. Kaiser Permanente Health Plan coverage does not include payment for services in this directory and this document is not inclusive of all local resources. Kaiser Permanente does not endorse or make any representations regarding the quality of such services, nor the financial integrity of these entities. Kaiser Permanente expressly disclaims any liability for the services provided by these entities.

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Transportation

Redi-wheels:

Low cost transportation option for seniors who are unable to independently use regular public transportation. Redi-wheels will only pick up and drop off in San Mateo County. Please call to apply and to set up a one-time office visit for an eligibility evaluation.

ParaTransit SF:

Low cost transportation option for seniors who are unable to independently use regular public transportation. Paratransit will only pick up and drop off in San Francisco County. Please call for information and an application to be mailed to you.

Get Up and Go, SilverRide and Wheel Chair Van services are all out of pocket and private pay.

Hiring Help at Home/Caregivers

Caregiver/attendant care registry listings: assists with supervision, bathing, cooking, cleaning, etc. This service is private pay and an out of pocket expense. It is not covered by Kaiser or Medicare.

Medi-Cal

Please visit mybenefitscalwin.org to apply online or for more information about eligibility and income requirements, please contact your county Medi-Cal office for more information. Note: you will need to submit the application with documents such as your last 3 bank statements. Medi-Cal and In Home Support Services (IHSS) IHSS is a benefit for Medi-Cal eligible recipients only.

Day Health Center

Provide supervised social and recreational services to individuals in a protective setting who cannot be left alone during the day because of social need, confusion or disability

Lower cost adult day includes facilities: So. San Francisco and Catholic Charities San Francisco. Others on list may cost a bit more. Please contact the Adult Day you are interested in for more information. A tour is usually recommended.

MEDICAL ALERT SYSTEMS

This is a 24 hour alert system and personal alarm. Wear a pendant 24 hours. There is a monthly rental fee. Please call for rates and information.

Meals on Wheels

Meals On Wheels delivers chilled and frozen meals. Diabetic, low-sodium, and mechanically softened meal plans are available for seniors with special nutritional needs. To be eligible, you must be 60 years of age or older and have a chronic disability that prevents you from shopping for food and/or preparing meals to meet your daily nutritional needs.

Veterans Affairs/VA Benefits

To apply for VA health care benefits, please visit the website: www.va.gov for more information or contact the VA benefits office. You will need to apply by completing a 10-10EZ form (can be printed online) and submit or mail forms with honorable discharge papers.

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