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

**Services for Seniors and  
Adults with Disabilities**

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*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.sfdaas.org](http://www.sfdaas.org)

E-mail: [daas@sfgov.org](mailto: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](mailto: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

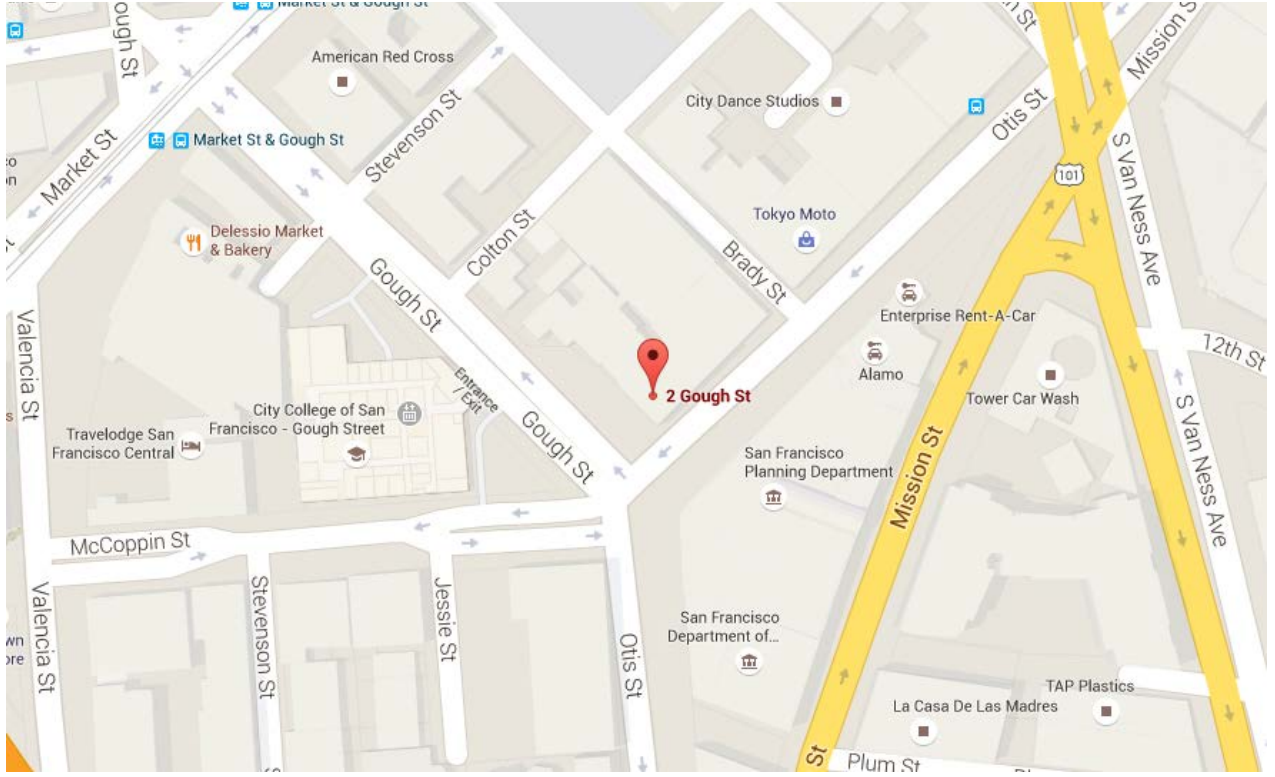
**Area Served:** San Francisco City & County

**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 every day needs and in times of crisis. For the hearing impaired, dial 7-1-1 (TTY). Staff will assess the caller's needs, provide appropriate referrals, follow up with the caller and if necessary, assist in the event of language or other barriers. 2-1-1 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.**

**30<sup>th</sup> Street PACE Senior Center**

On Lok Lifeways (415) 550-2221  
 225 30<sup>th</sup> Street, 3<sup>rd</sup> 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 3<sup>rd</sup> 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

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

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

**Geen Mun Activity Center**

Self-Help for the Elderly  
777 Stockton Street, San Francisco, CA 94108

(415) 438-9804

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

**OMI Senior Center**

Catholic Charities  
65 Beverly Street, San Francisco, CA 94132

(415) 334-5558

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

**Openhouse**

65 Laguna Street, San Francisco, CA 94102

(415) 347-8509

*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)*

**Richmond Senior Center**

Golden Gate Senior Services  
6221 Geary Boulevard, 3<sup>rd</sup> Floor, San Francisco, CA 94121

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

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

**Self-Help for the Elderly**

601 Jackson Street, Basement, San Francisco, CA 94133

(415) 677-7585

*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*

**South Sunset Activity Center**

Self-Help for the Elderly

(415) 566-2845

2601 40<sup>th</sup> Avenue, San Francisco, CA 94116

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

**Toolworks**

25 Kearny Street, Suite 400, San Francisco, CA 94108

Spanish/ASL:

*Hours: Monday, Tuesday, Thursday and Friday,*  
*8:30 am - 4:30 pm*  
*(Closed Wednesday)*

(415) 733-0990 x 613

**Western Addition Senior Center**

Bayview Senior Services

(415) 921-7805

1390 ½ Turk Street, San Francisco, CA 94115

*Hours: Monday – Friday, 10:00 am – 5:00 pm*

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](http://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*

Tel (800) 474-1116

(415) 974-5171

Fax: (415) 777-2904

650 Harrison Street, 2<sup>nd</sup> Floor, San Francisco, CA 94107

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

## **Consortium for Elder Abuse Prevention**

Institute On Aging

(415) 750-4180

3575 Geary Boulevard, San Francisco, CA 94118

## **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

(415) 751-9788

**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.

## **30<sup>th</sup> Street PACE Center**

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

## **Bayview Hunters Point Adult Day Health Center**

Bayview Senior Services (415) 826-4774  
1250 La Salle Avenue, San Francisco, CA 94124  
*Area Served: Citywide*

## **Golden Gate Day Health**

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

## **IOA On Lok Lifeways PACE Center- Coronet and Geary Teams**

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

## **Jackie Chan Adult Day Services**

Self-Help for the Elderly (415) 677-7556  
408 22<sup>nd</sup> Avenue, San Francisco, CA 94121  
*Area Served: Outer Richmond*

**Jade PACE Center**

On Lok Lifeways (415) 292-8888  
1333 Bush Street, San Francisco, CA 94109  
*Area Served: Japantown, Polk Gulch, South of Market*

**L'Chaim Adult Day Health**

Jewish Family and Children's Services (415) 449-2934  
2534 Judah Street, San Francisco, CA 94122  
*Area Served: Inner Sunset, Outer Richmond*

**Mabini Day Health**

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

**Mission Creek Day Health**

SteppingStone (415) 974-6784  
930 4<sup>th</sup> Street, San Francisco, CA 94158  
*Area Served: Citywide*

**On Lok Lifeways PACE Services for Senior Center**

On Lok Lifeways (415) 292-8888  
*A program for all-inclusive care for the elderly.* (888) 886-6565  
[www.onlok.org](http://www.onlok.org)  
*Area Served: Citywide*

**Powell PACE Center**

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

**Presentation Day Health**

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

**Rose PACE Center**

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

**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 (415) 452-3500  
50 Broad Street, San Francisco, CA 94112  
*Area Served: San Francisco County*

## **Curry Senior Center**

333 Turk Street, San Francisco, CA 94102 (415) 885-2274  
*Area Served: North & South of Market, Potrero Hill*

## **Irene Swindells Center for Adult Day Services**

3698 California Street, 2<sup>nd</sup> Floor, San Francisco, CA 94118 (415) 750-4111  
*Area Served San Francisco*

## **Janet Pomeroy Center**

207 Skyline Boulevard, San Francisco, CA 94132 (415) 665-4100  
*Area Served: Marin Counties, San Francisco, San Mateo*

## **Kimochi, Inc.**

1531 Sutter Street, San Francisco, CA 94109 (415) 922-9972  
*Area Served: Richmond, Sunset, Western Addition*

## **Ruth Ann Rosenberg Adult Day Services**

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

# Advocacy

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

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

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

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

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

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

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

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

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

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

**Consumer Action** (415) 777-9635  
211 Main Street, Suite 480, San Francisco, CA 94105

<b>Consumer Fraud and Environmental Protection Unit</b> 732 Brannan Street, San Francisco, CA 94103	(415) 551-9595
<b>Consumer Rights for Community Living</b> <i>A program through Senior &amp; Disability Action.</i> 1360 Mission Street, Suite 400, San Francisco, CA 94103	(415) 546-1333
<b>Deaf Counseling Advocacy and Referral Agency (DCARA)</b> 14895 East 14 <sup>th</sup> Street, #200, San Leandro, CA 94578	(510) 343-6670 TTY: (877) 322-7288
<b>Eldercare Services</b> 1808 Tice Valley Boulevard, Walnut Creek, CA 94595 <i>Fee: \$145/hour</i>	(415) 469-8300
<b>Eviction Defense Collaborative</b> <i>Advocacy to prevent eviction, rental assistance/loans to prevent evictions.</i> 1338 Mission Street, 4 <sup>th</sup> Floor, San Francisco, CA 94103 <i>Hours: Monday – Friday, 9:30 am – 11:30 pm, 1:00 pm – 3:00 pm</i> <a href="http://www.EvictionDefense.org">www.EvictionDefense.org</a>	(415) 947-0797
<b>Family Caregiver Alliance</b> 235 Montgomery Street, Suite 950 San Francisco, CA 94104	(415) 434-3388
<b>GLBT Seniors Advocacy Project</b> Bay Area Legal Aid 1035 Market Street, 6 <sup>th</sup> Floor, Redwood City, CA 94103	(415) 354-6379 (415) 982-1300
<b>Gray Panthers</b> 2940 16 <sup>th</sup> Street, San Francisco, CA 94103	(415) 552-8800
<b>Health Insurance Counseling Advocacy Program (HICAP)</b> 601 Jackson Street, 2 <sup>nd</sup> Floor, San Francisco, CA 94111	(415) 677-7520
<b>Homeless Advocacy Project</b> 125 Hyde Street, San Francisco, CA 94115	(415) 575-3130



<p><b>Housing Rights Committee of San Francisco</b>  1663 Mission Street, Suite 504, San Francisco, CA 94103  Hours: Monday – Thursday,  1:00 pm – 5:00 pm</p>	(415) 703-8644
<p>4301 Geary Boulevard, San Francisco, CA 94118  Hours: Monday, Wednesday, Thursday and Friday,  9:00 am – 12:00 noon  www.hrcsf.org</p>	(415) 947-9085
<p><b>Independent Living Resource Center of San Francisco (ILRCFSF)</b>  825 Howard Street, San Francisco, CA 94103</p>	(415) 543-6222
<p><b>Mayor’s Office on Disability</b>  1155 Market Street, 1<sup>st</sup> Floor, San Francisco, CA 94103</p>	(415) 554-6789 TTY: (415) 554-6799
<p><b>Mental Health Association of San Francisco</b>  870 Market Street, #928, San Francisco, CA 94102</p>	(415) 421-2926
<p><b>The Office of Citizen Complaints</b>  25 Van Ness Avenue, Suite 700, San Francisco, CA 94102</p>	(415) 241-7711
<p><b>Older Women’s League</b>  870 Market Street, #905, San Francisco, CA 94102</p>	(415) 989-4422
<p><b>Ombudsman Program (Long Term Care)</b>  Felton Institute (formerly Family Service Agency of San Francisco) Crisis Line  6221 Geary Boulevard, 3<sup>rd</sup> floor, San Francisco, CA 94109</p>	(415) 751-9788 (800) 231-4024
<p><b>People First!</b>  <i>A self-advocacy group for people with developmental disabilities.</i></p>	(510) 286-0439
<p><b>San Francisco County Veterans Service Office</b>  27B Van Ness Avenue, San Francisco, CA 94103</p>	(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.*

(415) 282-6622

558 Capp Street, San Francisco, CA 94110

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

**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, 10<sup>th</sup> 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 (415) 452-3500  
50 Broad Street, San Francisco, CA 94112

## **Alzheimer's Association**

(800) 272-3900

## **Aquatic Park Senior Center**

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

## **Edgewood Center for Children & Families**

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

## **Family Caregiver Alliance**

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

## **Institute on Aging**

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

## **Jackie Chan Adult Day Services**

Self-Help for the Elderly (415) 677-7563  
408 22<sup>nd</sup> Avenue, San Francisco, CA 94121  
*Hours: 3<sup>rd</sup> Wednesday, 5:00 pm - 6:30 pm*  
*Language: English & Cantonese*

## **Jewish Family and Children's Services**

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

**Kimochi, Inc.**

1715 Buchanan Street, San Francisco, CA 94115

(415) 931-2275

**Self-Help for the Elderly**

601 Jackson Street, San Francisco, CA 94109

(415) 677-7591

**ALZHEIMER'S DAY CARE RESOURCE CENTERS****Catholic Charities**

50 Broad Street, San Francisco, CA 94112

(415) 452-3500

**Institute on Aging**

3575 Geary Boulevard, San Francisco, CA 94118

(415) 750-4111

**Self-Help for the Elderly**408 22<sup>nd</sup> Avenue, San Francisco, CA 94121

(415) 677-7556

**GENERAL CAREGIVING****Bayview Hunters Point Adult Day Health Center**

Bayview Senior Services

1250 La Salle Avenue, San Francisco, CA 94124

(415) 826-4774

**Edgewood Center for Children and Families***For grandparents or other family members caring for minor children.*

1801 Vicente Street, San Francisco, CA 94116

(415) 865-3000

**Institute on Aging**

3575 Geary Boulevard, San Francisco, CA 94118

*Hours: 1<sup>st</sup> Saturday of each month,**10:30 am – 12:00 pm*

(415) 750-5330 x 370

**St. Mary's Adult Day Health Care Center**

35 Onondaga Avenue, San Francisco, CA 94112

(415) 334-4000

## NON-ENGLISH SPEAKING GROUPS

**Kimochi, Inc.**

1715 Buchanan Street, San Francisco, CA 94115

(415) 931-2275

*Language: Japanese*

**Self-Help for the Elderly**

408 22<sup>nd</sup> Avenue, San Francisco, CA 94121

(415) 677-7556

*Language: Cantonese*

# 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.

## **30<sup>th</sup> Street Senior Center**

On Lok Lifeways (415) 550-2214  
225 30<sup>th</sup> Street, 3<sup>rd</sup> Floor, San Francisco, CA 94131  
*Language: Spanish*

## **Aging Case Management**

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

## **Bayview Senior Connections**

Bayview Senior Services (415) 647-5353  
5600-A 3<sup>rd</sup> Street, San Francisco, CA 94124

## **Bernal Heights Neighborhood Center**

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

## **Canon Kip Senior Center**

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

## **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 15<sup>th</sup> Street, San Francisco, CA 94103 (415) 861-8758

## **Community Behavioral Health Services**

1380 Howard Street, 5<sup>th</sup> 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.* (415) 474-7310  
6221 Geary Street, 3<sup>rd</sup> Floor, San Francisco, CA 94121

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

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

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

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

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

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

**Multipurpose Senior Services Program (MSSP)**  
Institute on Aging (415) 750-4111  
3575 Geary Boulevard, San Francisco, CA 94118

**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, 3<sup>rd</sup> 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](http://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".

# 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.*

## **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

*Area Served: San Francisco Bay Area*

(888) 577-7206

### **The Good Job Brothers**

2748 Junipero Serra Blvd., Suite 26, Daly City, CA 94015

(650) 991-3650

## **PEST CONTROL**

### **Best Pest Services**

(650) 588-7378

## **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](http://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.

## **30<sup>th</sup> Street Senior Center**

On Lok Lifeways

(415) 550-2210

- *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 30<sup>th</sup> Street, San Francisco, CA 94131

[www.30thStreetSeniorCenter.org](http://www.30thStreetSeniorCenter.org)

## **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*

(415) 822-1444

1751 Carroll Avenue, San Francisco, CA 94124

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

### **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*

(415) 974-5171

650 Harrison Street, 2<sup>nd</sup> Floor, San Francisco, CA 94107  
[www.canhr.org](http://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*

(415) 972-1200

990 Eddy Street, San Francisco, CA 94109  
[www.CatholicCharitiesSF.org](http://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*

(415) 821-1003

1360 Mission Street, 4<sup>th</sup> Floor, San Francisco, CA 94103  
[www.sfCommunityLiving.org](http://www.sfCommunityLiving.org)

### **Community Technology Network**

- *Digital Literacy Corps*
- *SF Connected*
- *Tech Training Solutions*

(628) 200-3118

1390 Market Street, Suite 200, San Francisco, CA 94102  
[www.ctnBayArea.org](http://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*

(415) 885-2274

333 Turk Street, San Francisco, CA 94102  
[www.CurrySeniorCenter.org](http://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.*

(925) 956-7400

2185 North California Boulevard, Suite 575  
Walnut Creek, CA 94596  
[www.jtm-esc.org](http://www.jtm-esc.org)

### **Family Caregiver Alliance**

- *Assessment*
- *Caregiving*
- *Consultation*
- *Education/Support groups*
- *Information and Referral*

(800) 445-8106

(415) 434-3388

235 Montgomery Street, Suite 950  
San Francisco, CA 94104  
[www.caregiver.org](http://www.caregiver.org)

**Felton Institute (formerly Family Service Agency)**

- *Aging Services:* (415) 474-7310
  - o *Foster Grandparents*
  - o *Long-term Care Ombudsman*
  - o *Senior Companions*
  - o *Senior Community Service Employment Program*
- *Geriatric Mental Health:*
  - o *Community Integration Services*
  - o *Geriatric Outpatient Mental Health Services*
  - o *Older Adult Day Support Center*
  - o *Senior Full Service Wellness Program Center*
  - o *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, 3<sup>rd</sup> 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)*
- *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*

(415) 750-4111

3575 Geary Boulevard, San Francisco, CA 94118

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

**Jewish Family and Children's Services**

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

(415) 449-1200

2150 Post Street, San Francisco, CA 94115

[www.jfcs.org](http://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*

(415) 931-2294

1715 Buchanan Street, San Francisco, CA 94115  
[www.kimochi-inc.org](http://www.kimochi-inc.org)

**Legal Assistance to the Elderly**

- *Individual Advocacy*
- *Legal Services*

(415) 538-3333

701 Sutter Street, 2<sup>nd</sup> Floor, San Francisco, CA 94109  
[www.laesf.org](http://www.laesf.org)

**Meals on Wheels of San Francisco**

- *Community Services*
- *Congregate Meals*
- *Home-Delivered Meals*
- *Nutrition*

(415) 920-1111

1375 Fairfax Avenue, San Francisco, CA 94124  
[www.mowsf.org](http://www.mowsf.org)

**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*

(415) 206-7752

362 Capp Street, San Francisco, CA 94110  
www.mncsf.org

**North California Presbyterian Homes & Services**

- *Case Management*
- *Coming of Age Program*
- *Community Services*
- *Information & Referral*
- *Senior Housing*
- *Transitional Care Program*

(415) 202-7800

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

**NEXT Village SF**

- *Cultural and Social Activities*
- *Health and Wellness Support*
- *In-Home and Personal Support*
- *Transportation Assistant*

(415) 888-2868

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

### **SteppingStone**

- *Adult Day Health Center* (415) 974-6784
- *Congregate Meals*
- *Social & Recreational Programs*

350 Golden Gate Avenue, San Francisco, CA 94102

55 Mabini Street, San Francisco, CA 94107

930 4<sup>th</sup> Street, San Francisco, CA 94158

301 Ellis Street, San Francisco, CA 94102

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

### **On Lok Lifeways**

- *Adult Social Day Care* (415) 319-6661
- *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](http://www.onlok.org)

### **Openhouse**

- *Community Programs at Senior Centers* (415) 296-8995
- *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](http://www.openhouse-sf.org)

## **Rebuilding Together San Francisco**

*"Changing Neighborhoods | Changing Lives"*

(415) 905-1611

- *Community Reinvestment*
- *Corporate Volunteer Opportunities*
- *What We Do:*
  - o *Free Renovations for Low-income Homeowners*
  - o *Free Repairs to Nonprofit Facilities*
  - o *Home Safety Equipment Installed for Homeowners & Renters*
  - o *Information & Referrals regarding Housing Repairs*

Pier 28, The Embarcadero, San Francisco, CA 94105

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

## **Russian American CSA**

[RACSDirector@hotmail.com](mailto: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.*

(415) 592-2872

350 Golden Gate Avenue, San Francisco, CA 94102

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

**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*

(415) 282-1900

900 Pennsylvania Avenue, San Francisco, CA 94107  
[www.sfmFoodBank.org](http://www.sfmFoodBank.org)

**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*

(415) 677-7600

731 Sansome Street, Suite 100, San Francisco, CA 94111  
[www.SelfHelpElderly.org](http://www.SelfHelpElderly.org)

### **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*

(415) 546-1333

1360 Mission Street #400, San Francisco, CA 94103  
www.sdAction.org

### **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*

(415) 979-9550

3170 23<sup>rd</sup> Street, San Francisco, CA 94110  
www.shanti.org

### **Veterans Equity Center**

- *Advocacy*
- *Computer Skills Class*
- *Information and Referral*
- *Legal Clinic*
- *Translation Services*

Tel: (415) 255-2347

Fax: (415) 255-2358

1010 Mission Street, San Francisco, CA 94103  
www.VetsEquityCenter.org

# 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

(415) 558-5900

*Area Served: Central City, South of Market, Tenderloin*

### Chinatown North Beach Mental Health Services

729 Filbert Street, San Francisco, CA 94133

(415) 352-2000

*Area Served: Citywide*

### Southeast Mission Geriatric Services

3905 Mission Street, San Francisco, CA 94112

(415) 337-4722

*Area Served: Mission, Southeast*

## COMMUNITY MENTAL HEALTH

### Institute on Aging- Department of Geriatric Assessment & Psychological Services

(415) 750-4111

3575 Geary Boulevard, San Francisco, CA 94118

*Area Served: Citywide*

### Friendship Line

Institute on Aging

(415) 752-3778

*24-hour hotline for older and disabled adults in crisis or just in need of a friend.*

(800) 971-0016

### Geriatric Outpatient Mental Health Services

Felton Institute (formerly Family Service Agency)

(415) 474-7310

1500 Franklin Street, San Francisco, CA 94109

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



**Geriatric Outpatient Mental Health Services**

Felton Institute (formerly Family Service Agency)  
6221 Geary Boulevard, 2<sup>nd</sup> Floor, San Francisco, CA 94121  
*Area Served: Ingleside, Merced Heights, Ocean View,  
Richmond, Sunset*

(415) 386-6600

**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**

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

(800) 272-3900

**Center for Elderly Suicide Prevention and Grief-Related Services**

Institute on Aging

(415) 750-4111

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

**Peer-Led Hoarding Support Team**

Mental Health Association of San Francisco

(415) 421-2926

*Hoarding and Cluttering Support Group*

**Senior Peer Counseling**

Felton Institute (formerly Family Service Agency)

(415) 474-7310

*Offers emotional support by senior peer counselors.*

**Senior's at Home**

Jewish Family and Children's Services

(415) 449-3777

*Counseling for seniors on a sliding scale*

# Death Related Services

## **College Chapel Mortuary**

3434 17<sup>th</sup> Street, San Francisco, CA 94110

(415) 824-1313

## **Office of the Chief Medical Examiner**

850 Bryant Street, North Terrace  
San Francisco, CA 94103

(415) 553-1694

## **Office of Vital Records**

Department of Public Health  
101 Grove Street, Room 105, San Francisco, CA 94102

(415) 554-2700

## **Public Administrator**

Department of Aging and Adult Services  
1650 Mission Street, 5<sup>th</sup> Floor, San Francisco, CA 94103

(415) 355-3555

## **GRIEF COUNSELING/SUPPORT GROUPS**

### **Center for Elderly Suicide Prevention and Grief Counseling**

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) 449-3777

## **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

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

(415) 463-8500

24/7 Helpline:  
(800) 272-3900

## **UCSF Memory and Aging Center**

1500 Owens Street, Suite 320, San Francisco, CA 94158

[memory.ucsf.edu](http://memory.ucsf.edu)

(415) 353-2057

# Dental Services

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

## **Native American Health Center**

*Sliding scale, Medi-Cal; Medicare; Healthy Families; San Francisco Health Plan, Private Insurance.* (415) 621-8056 x 2

160 Capp Street, 2<sup>nd</sup> Floor, San Francisco, CA 94110

*Language: Cantonese, Spanish, Language Line*

*Hours: Monday - Friday, 9:00 am – 5:00 pm*

*Open some Saturdays*

## **North East Medical Services**

*Age 0 and up. Registered “NEMS” member. Sliding scale, Insurance, Medi-Cal, Healthy Kids. Free initial dental screening.* (415) 391-9686 x 8180

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*

## **San Francisco Dental Society**

*Referral to private dentists.* (415) 928-7337

*Hours: Monday - Friday, 8:30 am – 5:00 pm*

**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, 2<sup>nd</sup> Floor Homeless: (415) 355-7507

San Francisco, CA 94102 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,  
1<sup>st</sup> 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 1<sup>st</sup> floor. Dental clinic is on the 2<sup>nd</sup> 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.*

(415) 476-1891 x 3

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.*

(415) 502-8914

*Appointment days vary. Medi-Cal.*

First floor, Room D1201.

*Hours: Appointment days vary.*

**Dental Emergency Services**

Drop in registration on first floor.

(415) 476-5814

*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.*

(415) 476-1316 x 1

First floor, Room D1201.

*Hours: By appointment only.*

**Orthodontic Clinic**

*Medi-Cal.*

(415) 476-2841

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.*

(415) 476-1731

Third floor.

*Hours: Monday – Friday, 9:00 am – 4:30 pm*

**Prosthodontic Clinic**

*No Medi-Cal – fee for services.*

(415) 476-1784

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 5<sup>th</sup> Street, San Francisco, CA 94103

**Adult Clinic**

*Age 14 and up. Medi-Cal (for patients of record only).* (415) 929-6520

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.* (415) 929-6505

*Hours: Monday - Friday,  
Drop in 8:00 am and 12:30 pm*

**Endodontics**

*Medi-Cal.* (415) 400-8234

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).* (415) 929-6473

Third floor.

*Hours: Monday – Friday, 8:30 am – 5:00 pm*

**Orthodontic Clinic**

*Medi-Cal.* (415) 929-6555

Third floor.

*Hours: Monday, Wednesday, Friday,  
8:30 am – 5:00 pm;  
Tuesday, Thursday, 8:30 am – 6:00 pm*

**Special Care Clinic**

*Any age. Medi-Cal. People with complex and special medical needs. Hospital dental care by appointment.* (415) 929-6675

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 5<sup>th</sup> 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.*

(415) 929-6448

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.*

(415) 929-6448

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.*

(415) 385-5773

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

**FREE OR LOW COST DENTAL/MEDICAL SERVICES**

For free or low cost dental services visit [www.freeprintshop.org](http://www.freeprintshop.org).

# Education

## **30<sup>th</sup> Street Senior Center**

On Lok Lifeways

225 30<sup>th</sup> Street, 3<sup>rd</sup> Floor, San Francisco, CA 94131

(415) 550-2210

## **Community Living Campaign**

*Connections for Healthy Aging Workshops – Peer lead workshops to help individuals build their own personal support networks, including using tools like Vial of Life, Advance Directives, plans for safe transitions home from a hospital stay and much more.*

1360 Mission Street, 4<sup>th</sup> Floor, San Francisco, CA 94103

(415) 821-1003

## **Fromm Institute for Life Long Learning**

University of San Francisco

2130 Fulton Street, San Francisco, CA 94117

(415) 422-6805

## **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](http://www.gcfLearnFree.org)

## **Horizon Studies**

*Learning for the Third Stage in Life.*

P. O. Box 2733, Petaluma, CA 94953

[info@horizonstudies.org](mailto: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](http://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.*

(415) 296-8995

65 Laguna Street, San Francisco, CA 94102

**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, 6<sup>th</sup> 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](http://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**

**(415) 677-7600**

# 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.*

(415) 355-3555

- *Emergency preparedness video library*
- *Disaster planning standards*
- *Community-Based Resources are available at:*
  - o *[www.NetworkOfSupport.org](http://www.NetworkOfSupport.org)*
  - o *[www.sfgov.org/daas](http://www.sfgov.org/daas)*

1650 Mission Street, 5<sup>th</sup> Floor, San Francisco, CA 94103

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

[daas@sfgov.org](mailto:daas@sfgov.org)

### **Independent Living Resource Center of San Francisco (ILRCFSF)**

*General and specific earthquake preparedness materials for people with disabilities.*

(415) 543-6222

TTY: (415) 543-6698

825 Howard Street, San Francisco, CA 94103

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

[info@ilrcsf.org](mailto:info@ilrcsf.org)

## RESOURCES FOR ALL AGES

### **211**

*Comprehensive Information and Referral Services available 24 hours a day in many languages*

Free: 211

- *Provides confidential referrals to Bay Area community resources including information on disaster preparedness, response and recovery services.*

[www.211BayArea.org](http://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](http://www.redcross.org/local/northern-california-coastal/local-programs-services/community-preparedness)*

(415) 427-8000

1663 Market Street, San Francisco, CA 94103  
[www.redcross.org/local/northern-california-coastal](http://www.redcross.org/local/northern-california-coastal)  
ARCBAinfo@redcross.org

### **Association of Bay Area Governments (ABAG)**

*The Association of Bay Area Governments, in cooperation with the US Geological Survey, provides public disaster information.*

(510) 464-7900

- *Earthquake maps and information demonstrating local risk areas and potential effects of earthquakes: [resilience.abag.ca.gov/earthquakes/](http://resilience.abag.ca.gov/earthquakes/)*

[www.abag.ca.gov](http://www.abag.ca.gov)

### **Division of Emergency Services and Emergency Medical Services Agency**

(415) 487-5000

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](http://www.alertsf.org)*
- *Preparedness information in English, Spanish and Chinese at [www.sf72.org](http://www.sf72.org)*

30 Van Ness Avenue, Suite 3300, San Francisco, CA 94102



### **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](http://www.dhs.gov)*
  - o *[www.fema.gov](http://www.fema.gov)*
  - o *[www.ready.gov](http://www.ready.gov)*

### **Neighborhood Emergency Response Team (NERT) program**

(415) 970-2022

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](http://www.sf-fire.org)

[SFFDNERT@sfgov.org](mailto:SFFDNERT@sfgov.org)

### **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](http://www.EmpowerSF.org)

**Pacific Gas & Electric (PG&E)**

*Preparedness information available.*

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

(800) 743-5000

**PrepGuide - Home Safety Emergency Plan**

*Program for Responsible Emergency Preparedness (PREP)*

*Guide – Home Safety Emergency Plan – a multi-hazard guide with useful information for all persons wishing to prepare for disaster.*

[prepguide@comcast.net](mailto: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](http://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.sfcad.org](http://www.sfcad.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](http://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.

### **Bay Area Vital Link**

6529 Telegraph Avenue, Oakland, CA 94609

(800) 752-5522

(510) 338-3466

### **Lifeline**

100 South San Mateo Drive, San Mateo, CA 94401

(800) 543-3546

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

### **Medic Alert**

2323 Colorado Avenue, Turlock, CA 95382

(800) 432-5378

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

### **Philips Lifeline Medical Alert Service**

American Red Cross

(800) 959-6989

## 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.*

(888) 572-8566

# 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.*

(415) 255-7200

1500 Howard Street, San Francisco, CA 94103

## **California Department of Rehabilitation (DOR)**

301 Howard Street, #700, San Francisco, CA 94105

(415) 904-7100

## **DisabledCommunity.Org**

[www.DisabledCommunity.org](http://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.*  
1234 Indiana Street, San Francisco, CA 94107

(415) 282-9675

**Janet Pomeroy Center**

*Employment training and job placement for individuals with disabilities.*  
207 Skyline Boulevard, San Francisco, CA 94132

(415) 665-4100

**Jewish Vocational Service**

*Help job seekers to build in-demand skills and confidence, make connections and secure work within a career pathway.*  
225 Bush Street, Suite 400, San Francisco, CA 94104  
[www.jvs.org](http://www.jvs.org)

(415) 391-3600

**Job Accommodation Network (JAN)**

*JAN is a consulting service for employers, employees and job seekers looking for information on job accommodations for people with various disabilities.*  
[www.jan.wvu.edu](http://www.jan.wvu.edu)

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

**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](http://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.*  
315 Montgomery Street, San Francisco, CA 94104

(415) 982-7007

**Openhouse**

*Openhouse offers a monthly employment search workshop once a month at Castro Senior Center.*  
65 Laguna Street, San Francisco, CA 94102

(415) 296-8995

**Personal Assisted Employment Services (PAES)**

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

(415) 558-1000  
Chinese: (415) 558-1090  
Spanish: (415) 558-1156

1235 Mission Street, San Francisco, CA 94103

**RAMS Inc.**

*Vocational training and employment services.*  
3626 Balboa Street, San Francisco, CA 94121

(415) 668-5955

**San Francisco Public Library**

- *Online learning platform for business, software, technology, and creative skills.*
- *Provides live interactive online help combined with online resources to guide you through your job search.*

(415) 557-4400

100 Larkin Street, San Francisco, CA 94102  
[www.sfpl.org/index.php?pg=0000000401](http://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).*  
601 Jackson Street, San Francisco, CA 94133

(415) 677-7600

**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/](http://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

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

(415) 733-0990

# 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 every day 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:*

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

- *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.*

(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](http://www.bankonsf.org)

211

## **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](http://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](http://www.snapretailerlocator.com)*

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

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

*Information about state and federal programs designed to help you manage your utility bills.*

**(415) 703-2782**

**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, 2<sup>nd</sup> 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 (ILRCFSF)**

*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](http://www.PaydayPlusSF.org)

211

**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](http://www.sfsmartmoneynetwork.org)

211

**Supplemental Food Program**

SF—Marin Food Bank

211  
(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.*

AT&T: (800) 310-2355

**Universal Lifeline**

*Discount program for a residence telephone for low-income customers.*

AT&T: (800) 310-2355  
Lifeline: (866) 272-0357

**VA Benefits**

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

(415) 503-2000

27B Van Ness Avenue, San Francisco, CA 94102

*Hours: Monday - Thursday,  
9:00 am – 12:00 noon, 1:00 pm – 4:00 pm*

# Friendly Visiting

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

## **Bernal Heights Neighborhood 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](http://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*

<i>Delivery Charge</i>	<i>Delivery Time</i>	<i>Payment Method</i>
<i>Free</i>	<i>Depends on location.</i>	<i>All major credit cards.</i>

www.alberteve.com

### Amazon Fresh

*Area Served: Citywide*

<i>Delivery Charge</i>	<i>Delivery Time</i>	<i>Payment Method</i>
<i>\$299 Annual membership. Prime membership Required.</i>	<i>Mon – Sun 10:00 am – 10:00 pm.</i>	<i>See membership rules.</i>

fresh.amazon.com

### California Market

6001 California Street, San Francisco, CA 94121

(415) 221-7600

*Area Served: Richmond*

<i>Delivery Charge</i>	<i>Delivery Time</i>	<i>Payment Method</i>
<i>\$35 minimum</i>	<i>Mon – Fri, all day.</i>	<i>American Express, MasterCard, VISA.</i>

**Community Living Campaign**

Area Served: Bayview, Ingleside, Oceanview-Merced Heights-Ingleside, Park Merced

(415) 821-1003

<i>Delivery Charge</i>	<i>Delivery Time</i>	<i>Payment Method</i>
<i>Free</i>	<i>Depends on location.</i>	<i>N/A</i>

**Farm Fresh To You**

23808 State Highway 16, Capay, CA 95607  
www.FarmFreshToYou.com

(800) 796-6009

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

**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.*

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

730 Polk Street, San Francisco, CA 94109

www.openhand.org

**Roxie Market and Deli**

500 Kirkham Street, San Francisco, CA 94122

(415) 731-0982

Area Served: Richmond, Sunset

<i>Delivery Charge</i>	<i>Delivery Time</i>	<i>Payment Method</i>
<i>\$7.00 Home Delivery. Minimum order of \$50 if deliver out of Richmond and Sunset districts</i>	<i>7 days a week.</i>	<i>All major credit cards, checks.</i>



**Safeway***Area Served: Citywide*

<i>Delivery Charge</i>	<i>Delivery Time</i>	<i>Payment Method</i>
<i>\$12.95 for orders under \$150. \$9.95 for orders above \$150.</i>	<i>Mon – Sun, 10:00 am – 10:00 pm.</i>	<i>American Express, Discover, MasterCard, VISA.</i>

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.*

(415) 282-1900

900 Pennsylvania Avenue, San Francisco, CA 94107  
www.sfmFoodBank.org

**SPUD***Area Served: Citywide*

(415) 695-9688

<i>Delivery Charge</i>	<i>Delivery Time</i>	<i>Payment Method</i>
<i>Minimum order of \$33 for free delivery.</i>	<i>Mon – Fri, 9:00 am – 8:00pm.</i>	<i>American Express, MasterCard, VISA.</i>

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

(415) 452-6600

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

www.waitersonwheels.com

If you have access to the internet, there are a number of online grocery delivery programs on Page 126.

Visit [www.FreePrintShop.org](http://www.FreePrintShop.org) for a listing of free eats and free pantry locations.

# Health Maintenance and Physical Fitness

## **30th Street Senior Center**

On Lok Lifeways (415) 550-2265  
225 30<sup>th</sup> Street, 3<sup>rd</sup> Floor , San Francisco, CA 94131

## **Aquatic Park Center**

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

## **Bethany Center**

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

## **Bethel Center**

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

## **Castro Senior Center**

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

## **Community Learning Center at St. James Church**

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

## **Community Living Campaign**

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

## **Downtown Senior Center**

San Francisco Senior Center (415) 771-7950  
481 O'Farrell Street, San Francisco, CA 94102

## **Dr. George W. Davis Senior Center**

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

## **Manilatown Senior Center**

Self-Help for the Elderly (415) 398-3250  
848 Kearney Street, San Francisco, CA 94108

**OMI Senior Center**  
Catholic Charities (415) 334-5550  
65 Beverly Street, San Francisco, CA 94132

**Richmond Senior Center**  
Golden Gate Senior Services (415) 752-6444  
6221 Geary Boulevard, 3<sup>rd</sup> Floor, San Francisco, CA 94121 (415) 424-7982

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

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

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

## **OTHER PROGRAMS:**

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

**Dance for Parkinson's**  
City Ballet (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.*  
1 Chase Court, San Francisco, CA 94103  
*Hours: 1<sup>st</sup> Thursday of the month,  
12:30 pm - 1:45 pm*

**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](http://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/](http://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, 3<sup>rd</sup> 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/](http://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](http://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](http://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](http://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](http://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/](http://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](http://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](http://www.HearingSpeech.org)

(415) 921-7658  
TTY: (415) 921-8990

**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

Kenneth Andrews:  
(707) 291-0709

Josephine Schallehn:  
(415) 567-5377

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.

**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](http://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](http://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.*

(415) 905-1611

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

## **SF Day Labor**

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

(415) 252-5375

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

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

## **Better Business Bureau**

(866) 411-2221

## **Consumer Action**

(415) 777-9635

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

## **Contractor's State License Board**

(800) 321-2752

# 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 suggestion for risk reduction. Any senior attending a presentation will be eligible for a free home safety survey. After survey, seniors will then be entitled to free home safety-related repairs. Please call CHIPPS for details.*

[www.sfdph.org/dph/comupg/oprograms/CHPP/Injury/CHIPPS.asp](http://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  
[www.HomeSafety.net](http://www.HomeSafety.net)

Tel: (650) 571-7774  
Fax: (650) 571-7775

## **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, 2<sup>nd</sup> Floor  
San Francisco, CA 94109

(415) 626-5900

## **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  
South San Francisco, CA 94080

(650) 634-0133

## **Self-Help HomeCare & Hospice**

731 Sansome Street, #100, San Francisco, CA 94111

(415) 677-7600

## **Sutter VNA and Hospice**

2800 Leavenworth Street, #350-B  
San Francisco, CA 94133

(415) 749-4201

## **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.*

(415) 543-6222

825 Howard Street, San Francisco, CA 94103

## **Mayor's Office of Housing and Community Development**

1 South Van Ness Avenue, 5<sup>th</sup> 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](http://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.*

(415) 677-7600

601 Jackson Street, Basement, San Francisco, CA 94133

## **EVICTION DEFENSE ASSISTANCE**

### **API Legal Outreach**

*Call for tenant counseling hours. Many languages available.*

(415) 567-6255

1121 Mission Street, San Francisco, CA 94103  
[www.apiLegalOutreach.org](http://www.apiLegalOutreach.org)

**Asian Law Caucus**

*Advocates for low income tenants. Call for free legal clinic times.*

(415) 896-1701

55 Columbus Avenue, San Francisco, CA 94111  
www.AdvancingJustice-ALC.org

**Causa Justa :: Just Cause**

*Counseling for Mission or Excelsior low income Spanish speakers.*

(415) 487-9203

2301 Mission Street, Suite 201, San Francisco, CA 94110  
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

(415) 984-2728

**Eviction Defense Collaborative**

*Rental assistance/loans to prevent evictions.*

(415) 947-0797

1338 Mission Street, 4<sup>th</sup> 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

(415) 703-8644

4301 Geary Boulevard, San Francisco, CA 94118  
Hours: Monday, Wednesday, Thursday and Friday,  
9:00 am – 12:00 noon  
www.hrcsf.org

(415) 947-9085

**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

**Legal Assistance to the Elderly**

701 Sutter Street, 2<sup>nd</sup> Floor, San Francisco, CA 94109

(415) 538-3333

**Rent Arbitration and Stabilization Board**

25 Van Ness Avenue, Suite 320, San Francisco, CA 94102

(415) 252-4602

**San Francisco Tenants Union**

*Call for tenant counseling drop-in time.*

558 Capp Street, San Francisco, CA 94110  
www.sftu.org

(415) 282-6622

**Self-Help for the Elderly**

601 Jackson Street, Basement, San Francisco, CA 94133

(415) 677-7600

**RENT ASSISTANCE**

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

**AIDS Emergency Fund**

*For people with HIV.*

1540 Market Street, Suite 320, 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. (1<sup>st</sup> & 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**

[www.sfmohcd.org/sites/default/files/Documents/MOH/ECS%20Listings.pdf](http://www.sfmohcd.org/sites/default/files/Documents/MOH/ECS%20Listings.pdf)

### **Mercy Housing**

[www.MercyHousing.org/california-properties#San%20Fran%20Properties](http://www.MercyHousing.org/california-properties#San%20Fran%20Properties)

### **One Home Listings**

[www.OneHomeBayArea.org/properties](http://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 be 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

(415) 869-7960

*Showers, laundry, morning snacks, LGBTQQ 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

(415) 597-7960

*Showers, 24-hour access, some snacks.*

525 5<sup>th</sup> 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.*

(415) 671-1100

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.*

(415) 861-8688

164 6<sup>th</sup> 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 13<sup>th</sup> 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.*

311

(415) 293-7360

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.*

(415) 642-0234

Monday – Friday  
9:00 am – 5:00 pm

916 Laguna Street, San Francisco, CA 94115

(415) 563-9398

On site, daily  
5:00 pm – 7:00 am

## **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.*

(415) 751-0880

(877) 751-0880

*Language: Arabic, Cantonese, English, Hindi, Hmong, Indonesian, Japanese, Javanese, Korean, Laotian, Mandarin, Mien, Punjabi, Russian, Spanish, Taiwanese, Thai & Vietnamese; other languages by phone interpreter.*

### **La Casa de las Madres**

*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.*

Crisis: (877) 503-1850

Teen: (877) 923-0700

1663 Mission Street, Suite 225, San Francisco, CA 94103

*Language: English, Spanish. Other languages available by phone interpreter.*

### **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.*

(415) 255-0165

Monday – Friday

Non-residential services:

(415) 552-2943 x 204

1175 Howard Street, San Francisco, CA 94103

*Language: English, Spanish*

## **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.*

(855) 234-2667

995 Market Street, 5<sup>th</sup> 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*

### **First Friendship Family Shelter**

*1- Or 2- parent families, with kids under 18; pregnant women in 7<sup>th</sup> month (or 5<sup>th</sup> 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.*

(415) 642-0234

501 Steiner Street, San Francisco, CA 94117

*Hours: Monday – Friday, 9:00 am – 5:00 pm*

**Hamilton Family Emergency Center**

*Shelter for 1- or 2-parent families, expectant couples (with proof) & pregnant women in 7<sup>th</sup> month (or 5<sup>th</sup> 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

*Also a human trafficking hotline.*

(415) 567-1020

**Drop-in Engagement Center**

Diamond Youth Shelter

(415) 673-0911 x 200

*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*

**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.*

(415) 621-2929

24 hours

1292 Page Street, San Francisco, CA 94117

*Language: English, Spanish*

**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.*

(415) 749-2968

(800) 447-8223

*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*

**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.*

(650) 488-0831

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

# Identity Theft

This sheet contains important information for you if:

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

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

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

**Experian**

P.O. Box 9532, Allen, TX 75013  
www.experian.com

To report fraud:  
(888) 397-3742

For a credit report:  
(888) 397-3742

**Trans Union**

P.O. Box 6790, Fullerton, CA 92834  
www.tuc.com

To report fraud:  
(800) 680-7289

For a credit report:  
(800) 888-4213

**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](http://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**

<b>Certigy</b>	(800) 437-5120
<b>Chexsystems</b>	(800) 513-7125
<b>CrossCheck Inc.</b>	(707) 665-2100 (800) 654-2365
<b>Global Payments Inc</b>	(877) 215-8117
<b>SCAN</b>	(866) 707-9884 (800) 262-7771
<b>TeleCheck</b>	(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](mailto:dlfraud@dmv.ca.gov), or go to [www.dmv.ca.gov](http://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](http://postalinspectors.uspis.gov)

## **SOCIAL SECURITY NUMBER MISUSE**

Call the Social Security Administration to report fraudulent use of your Social Security number. Be aware the SSA will only issue you a new number if you fit their fraud victim criteria. You should order a copy of your Earnings and Benefits Statement and check it for accuracy. Social Security Administration: To report fraud, please call (800) 269-0271 or visit [oig.ssa.gov/report](http://oig.ssa.gov/report)

To order your Earnings and Benefits Statement, please call (800) 772-1213. For more information, go to [www.SocialSecurity.gov](http://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](http://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](http://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](http://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  
www.apiLegalOutreach.org

(415) 567-6255

## **Asian Law Caucus**

55 Columbus Avenue, San Francisco, CA 94111  
www.AdvancingJustice-ALC.org

(415) 896-1701

## **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 15<sup>th</sup> 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.*

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

(415) 575-3500

## **San Francisco Public Library**

- *Detailed practice materials.*
- *Guide to naturalization.*
- *List of location organizations that can help.*

100 Larkin Street, San Francisco, CA 94102  
www.sfpl.org/index.php?pg=0000000401

(415) 557-4400

**Self-Help for the Elderly**

601 Jackson Street, San Francisco, CA 94133

(415) 677-7600



# 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*

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>No</i>	<i>San Francisco.</i>	<i>Eligibility based on assets, income and functional need.</i>  <i>Private provider rate: \$12.25/hour.</i>

**Homebridge (formerly IHSS Consortium)**

*Homemaker, Home care provider, Case Management.*

(415) 225-2079

*Bonded & Insured: Yes.*

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

**IHSS Public Authority**

*Homemaker Home Care Provider*

(415) 243-4477

*Bonded & Insured: No.*

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

**HEMOCARE 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.

(800) 834-3059

Bonded & Insured: Yes.

<i>Live-In</i>	<i>Area Served</i>	<i>Payment &amp; Rates</i>
<i>San Francisco, \$410 - \$440/day</i>	<i>East Bay, San Francisco, San Mateo. \$280 - \$320, depends on location.</i>	<i>Please call.</i>

**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.*

(415) 324-5088

(877) 301-9702

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

**American Carequest**

Assist patients with simple daily activities such as bathing, dressing and kitchen needs.

(415) 885-9100

Bonded & Insured: Yes.

<i>Live-In</i>	<i>Area Served</i>	<i>Payment &amp; Rates</i>
<i>\$375/day  \$27/hour (4 hour minimum)</i>	<i>San Francisco Bay Area, San Mateo County, Santa Clara County.</i>	<i>Please call.</i>

**Alegre Home Care**

*RN, CHHA, CNA, OT, PT, ST, Homemaker, Respite care, Bathing, Dressing, Meal preparation, Light housekeeping.*

(415) 255-2880

*Bonded & Insured: Yes.*

<i>Live-In</i>	<i>Area Served</i>	<i>Payment &amp; Rates</i>
<i>\$365 - \$420/day</i>	<i>San Francisco Bay Area, Alameda County, Contra</i>	<i>Medicare, Medi-Cal, Private Insurance.</i>
<i>\$27.75/hour (4 hour minimum)</i>	<i>Costa County, Marin County, San Mateo</i>	<i>Please call for special rates.</i>
<i>Home visit: \$61 for 1.5 hour</i>	<i>County, Sonoma County.</i>	

**Amedisys**

*RN, CHHA, LVN, MSW, OT, PT, ST.*

(650) 652-9128

*Bonded & Insured: Yes.*

<i>Live-In</i>	<i>Area Served</i>	<i>Payment &amp; Rates</i>
<i>No</i>	<i>San Francisco Bay Area, Marin, San Mateo.</i>	<i>Medi-Cal with Medicare, Private Insurance, Private Pay</i>
<i>\$275 visit support 1.5 hour</i>		

**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](http://www.ArcadiaCare.com)

**Asian American Home Care**

*RN, CHHA, LVN, MSW, OT, PT, ST, IV therapist.*

(415) 434-0138

**Bonded & Insured:** Yes.

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

**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.*

(415) 974-3530

(650) 757-2000

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

**CareGiver Staffing**

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

(415) 397-2727

**Bonded & Insured:** Yes.

<i>Live-In</i>	<i>Area Served</i>	<i>Payment &amp; Rates</i>
<i>\$270 per 12 hours</i>	<i>Marin County, San Francisco County, San Mateo County</i>	<i>Private Pay</i>
<i>\$26.00/hr</i>		

**Care For Seniors**

*Companion-ship Personal care, Meal Preparation, Light housekeeping*

(415) 664-9991

**Bonded & Insured:** Yes.

<i>Live-In</i>	<i>Area Served</i>	<i>Payment &amp; Rates</i>
<i>\$30/hour (4 hour minimum)</i>	<i>San Francisco, San Mateo County, Santa Clara County</i>	<i>Private Pay, Long Term Care Insurance</i>
<i>After 4hours \$26 - \$28</i>		

**Caring Hands / Manos Carinosas***Homemaker, House cleaning, Home health Care.*

(415) 626-2128

*Bonded & Insured: No.*

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

**Choice Care Home Referral Services***Personal care, Medication reminders, Care Management, Meal preparations, Errands, Light shopping, housekeeping.*

(415) 665-2010

*Bonded & Insured: Yes.*

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>\$285/day</i>	<i>Alameda County, San Francisco County, San Mateo County, Marin County</i>	<i>Private pay \$24/hour (4 hour minimum)  Call for detailed rates.</i>



**Compassionate Community Care**

*Bathing, dressing, homemaker, housekeeping, laundry, meal preparation, medication reminder, care management, companionship Call for other services.*

(415) 921-5038

*Bonded & Insured: Insured. Employee covered by Workers Comp.*

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>24 hour Live-in rate: \$395/day \$28/hour (4 hour minimum)</i>	<i>Daly City, Part of East Bay, San Francisco, San Mateo, South San Francisco.</i>	<i>Private pay, please call for special rates.</i>

**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.*

Tel: (650) 357-8834

Fax: (650) 357-8811

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

**Emergency In- Home Support Service**

Self-Help for the Elderly

(415) 677-7595

*CHHA, Homemaker, Cooking, Shopping, Age 60+, low income clients only \$9,200 P/Mo*

*Bonded & Insured: No.*

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>No No IHSS</i>	<i>San Francisco</i>	<i>Free 4 times per year for 3 hours or 1 free deep cleaning per year (eviction prevention)</i>

**Home Care Assistance**

*Bathing, dressing, grooming, homemaker, housekeeping, laundry, meal preparation, medication Reminder, companionship.*

(415) 904-1085  
(866) 454-8346

*Bonded & Insured: Yes.*

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>\$340/day</i>	<i>San Francisco.</i>	<i>Private Pay</i>
<i>\$27-\$29/hour (4 hour minimum)</i>		

**Home Instead Senior Care**

*Homemaker, Companion, Errands, Transportation, Light housekeeping, Preparing meals, Personal care*

(415) 441-6490

*Bonded & Insured: Please Call.*

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

**Honor**

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

(877) 777-5116

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

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

(650) 480-5703  
24 hour On Call Service

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

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

(415) 833-2770

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>No</i>	<i>San Francisco</i>	<i>Kaiser Plan members and Medicare  Must be referred by Kaiser MD</i>

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

(415) 931-2275

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>No</i>	<i>San Francisco</i>	<i>Private pay \$15-\$17/hour</i>

**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.*

(415) 750-4111

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>Yes, please call for rates</i>	<i>San Francisco, San Mateo, Santa Clara</i>	<i>Please call</i>

**Network for Elders**

*Homemaker.*

*Bonded & Insured: No.*

(415) 647-5353

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>No</i>	<i>San Francisco</i>	<i>\$15.00/hour</i>

**NEXT Village San Francisco**

*Transportation, Grocery Shopping, Support for Seniors living at home.*

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

*Bonded & Insured: No.*

(415) 888-2868

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>No</i>	<i>Northeast San Francisco neighborhoods</i>	<i>Annual membership fee. Can be subsidized by grant.</i>

**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*

Tel: (415) 292-8888

Fax: (415) 292-8745

1333 Bush Street, San Francisco, CA 94109

www.onlok.org

**Providence Care**

*Coordinate Medical Appointments, Transportation, Escorting, Complex and Hospice Care, Alzheimer's Care.*

(415) 359-9700

*Bonded & Insured: Yes.*

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

**Reliable Caregivers Inc.**

*In home care, Meal Prep, Light Housekeeping, Grocery Shopping*

(415) 436-0100

(650) 286-0111

*Bonded & Insured: Yes.*

(510) 845-0100

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>\$375/day</i>	<i>San Francisco, Bay Area</i>	<i>\$26-\$30/hour.  Please contact Care Manager.</i>

**Rest Care Home Care**

*Bathing, Meal Prep, Light Housekeeping, Grocery Shopping, Transport for personal use.*

(510) 357-4222

(510) 357-1002

*Bonded & Insured: Yes.*

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>\$295/day</i>	<i>San Francisco County, Alameda County.</i>	<i>Private Pay \$35.00/hour.</i>  <i>Long Term Care</i>

**Sage Eldercare Solutions**

*Offers a boutique home care experience.*

(415) 775-5642

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

**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.*

(415) 387-1375

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

*Bonded & Insured: Insured. Not Bonded.*

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>No</i>	<i>San Francisco</i>	<i>Sliding scale membership fee.</i>

**Seniors At Home**

Jewish Family and Children's Services

(415) 449-3777

*Homemaker, Personal attendant, Bill paying, Eldercare, Companion, Conservator-ship, Skilled Nursing services.*

*Bonded & Insured: Yes.*

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>Direct Pay \$360/day</i>	<i>San Francisco, Bay Area, Marin County, North &amp; South Peninsula</i>	<i>\$23 - \$26/hour</i>
<i>Nurse Visit \$150/visit</i>		<i>Long Term Insurance</i>
<i>Sliding Scale</i>		<i>Two hour shift available for \$60</i>

**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.*

(415) 775-4508

(650) 365-1884

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

**Sutter Care at Home**

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

(415) 749-4200

*Bonded & Insured: Yes.*

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>No</i>	<i>San Francisco</i>	<i>Medicare, Medi-Cal, Private Insurance, Private Pay (MD referral only)</i>

**THRIVE Support Services Inc.**

*Homemaker health care, light housekeeping and meal preparation.*

(510) 292-5056

*Bonded & Insured: Insured. Not Bonded.*

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>\$19 - \$22 (no minimum required)</i>	<i>San Francisco, San Mateo County</i>	<i>Private Pay</i>

**UCSF Home Healthcare**

*RN, CHHA, MSW, OT, PT, ST, Nutrition*

(415) 353-3155

*Bonded & Insured: Insured. Not Bonded.*

(415) 353-3100

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>No.</i>	<i>San Francisco, Marin County, San Mateo County</i>	<i>Medi-Cal, Medicare</i>

**VA Homemaker / Home Health Aide**

*CH / HHA Services, Home Respite Services*

(415) 221-4810 x 2822  
(for last's names A-L)

*Bonded & Insured: Yes.*

(415) 221-4810 x 4345  
(for last's names M-Z)

<i>Live-In</i>	<i>Area Served</i>	<i>Payment and Rates</i>
<i>No.</i>	<i>San Francisco, San Mateo</i>	<i>Both Programs may require a \$15 per visit co. payment.</i>  <i>Veterans must receive their medical care at the SFVA</i>



# 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

<b>VA RESPITE PROGRAMS (VETERANS ONLY)</b>
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**Martinez**

(925) 372-2000

**Menlo Park**

(650) 493-5000

**San Francisco.**

(415) 221-4810

# Internet Resources

## ASSISTIVE TECHNOLOGY

<b>Ability Tools</b>	<a href="http://www.ATnet.org">www.ATnet.org</a>
<b>AbleData</b>	<a href="http://www.AbleData.com">www.AbleData.com</a>
<b>ActiveForever</b>	<a href="http://www.ActiveForever.com">www.ActiveForever.com</a>
<b>Buck &amp; Buck</b>	<a href="http://www.BuckAndBuck.com">www.BuckAndBuck.com</a>
<b>Dr. Leonard's Healthcare Corp.</b>	<a href="http://www.DrLeonards.com">www.DrLeonards.com</a>
<b>Hearing and Speech Center</b>	<a href="http://www.HearingSpeech.org">www.HearingSpeech.org</a>
<b>Independent living aids, LLC</b>	<a href="http://www.IndependentLiving.com">www.IndependentLiving.com</a>
<b>Job Accommodation Network</b>	<a href="http://www.AskJan.org">www.AskJan.org</a>
<b>Smarthome</b>	<a href="http://www.smarthome.com">www.smarthome.com</a>

## ATTENDANT REFERRAL

<b>San Francisco In-Home Supportive Services Public Authority</b>	<a href="http://www.sfhsspa.org">www.sfhsspa.org</a>
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## CAREGIVERS

<b>Caregiver Stress</b>	<a href="http://www.CaregiverStress.com">www.CaregiverStress.com</a>
<b>Caregiverlist</b>	<a href="http://www.CaregiverList.com">www.CaregiverList.com</a>

**CareLinx**

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

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

**National Alliance for Caregiving**

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

**COMPUTER TECHNOLOGY NETWORK AND SOCIAL MEDIA****City College of San Francisco**

[www.ccsf.edu](http://www.ccsf.edu)

**Community Living Campaign**

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

**Community Technology Network**

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

**Conard House**

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

**Department of Aging and Adult Services – SF  
Connected Program**

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

**GCFLearnFree.org**

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

**Self-Help for the Elderly**

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

**Senior Surf**

[www.senior-surf.org](http://www.senior-surf.org)

**DISABILITY RIGHTS****Disability Rights California**

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

**EMAIL****Gmail**

[mail.google.com](mailto:mail.google.com)

**Outlook**

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

**Yahoo Mail**

[www.mail.yahoo.com](http://www.mail.yahoo.com)

## FEDERAL AND STATE DEPARTMENTS AND PROGRAMS

**Department of Aging and Adult Services**

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

**Senior Gateway**

*Site serves seniors, family members and caregivers with information about preventing and reporting fraud, abuse and neglect.*

[www.seniors.ca.gov](http://www.seniors.ca.gov)

## GENERAL INFORMATION

**Gilbert Guide**

*A comprehensive senior housing guide and homecare directory for the aging.*

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

## GROCERIES

**delivery.com**

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

**Safeway**

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

## HOMELESS

**Free Print Shop**

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

**San Francisco Homeless Resource**

[www.sfhomeless.net](http://www.sfhomeless.net)

## JOB SEARCH

**Craigslist**

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

**Monster**

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

**Yahoo**

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

## **LGBT**

<b>Gay Civil Unions</b>	<a href="http://www.gay-civil-unions.com">www.gay-civil-unions.com</a>
<b>Gay Parent Magazine</b>	<a href="http://www.GayParentMag.com">www.GayParentMag.com</a>
<b>LGBT Community Partnership</b>	<a href="http://www.sfhsa.org/6399.htm">www.sfhsa.org/6399.htm</a>
<b>LGBT Community Resource Center</b>	<a href="http://LGBT.stanford.edu">LGBT.stanford.edu</a>
<b>Queer Resources Directory</b>	<a href="http://www.GRD.org">www.GRD.org</a>

## **LIFT REPAIRS & VEHICLE MODIFICATIONS**

<b>Ability Center</b>	<a href="http://www.AbilityCenter.com">www.AbilityCenter.com</a>
<b>Mobility Systems</b>	<a href="http://www.MobilitySystems.com">www.MobilitySystems.com</a>

## **LOW COST INTERNET ACCESS**

<b>Access from AT&amp;T</b>	<a href="http://www.att.com/shop/internet/access/">www.att.com/shop/internet/access/</a>
<b>Comcast Internet Essentials Senior Pilot</b>	<a href="http://www.InternetEssentials.com/Seniors">www.InternetEssentials.com/Seniors</a>

## **MAPS**

<b>Google</b>	<a href="http://www.google.com/maps">www.google.com/maps</a>
<b>MapQuest</b>	<a href="http://www.mapquest.com">www.mapquest.com</a>

## **MEDICAL INFORMATION**

<b>KidsHealth</b>	<a href="http://www.kidshealth.org">www.kidshealth.org</a>
<b>MedlinePlus</b>	<a href="http://www.nlm.nih.gov/medlineplus">www.nlm.nih.gov/medlineplus</a>

**WebMD**

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

## **MOVING ASSISTANCE**

**Donna Robbins**

(510) 703-7476

**Ultimate Moves**

[www.UltimateMoves.net](http://www.UltimateMoves.net)

## **NEWS**

**Google News**

[news.google.com](http://news.google.com)

**MSNBC**

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

**SFGATE**

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

## **ONLINE COMMUNITIES**

**AARP**

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

**Community Living Campaign**

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

**Facebook**

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

**LinkedIn**

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

## **PHYSICAL FITNESS**

**AARP**

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

**American Senior Fitness Association**

[www.SeniorFitness.net](http://www.SeniorFitness.net)

## PRESCRIPTION ONLINE ORDERS

<b>CVS</b>	<a href="http://www.cvs.com">www.cvs.com</a>
<b>Safeway</b>	<a href="http://www.safeway.com">www.safeway.com</a>
<b>Walgreens</b>	<a href="http://www.walgreens.com">www.walgreens.com</a>

## RESIDENTIAL CARE FACILITIES

<b>Residential Care Guide</b>	<a href="http://www.ResidentialCareGuide.org">www.ResidentialCareGuide.org</a>
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## SAN FRANCISCO FREE HELP CHARTS

<b>Free Print Shop</b>	<a href="http://www.FreePrintShop.org">www.FreePrintShop.org</a>
<i>Current listing of Free Eats, Medical Offices, Mental Health Services, Neighborhood Fix It, Pantries, and Shelters in San Francisco.</i>	

## SEARCH ENGINES

<b>Ask</b>	<a href="http://www.ask.com">www.ask.com</a>
<b>Bing</b>	<a href="http://www.bing.com">www.bing.com</a>
<b>Google</b>	<a href="http://www.google.com">www.google.com</a>
<b>Yahoo</b>	<a href="http://www.yahoo.com">www.yahoo.com</a>

## SENIORS & PERSONS WITH DISABILITIES

<b>Department of Aging and Adult Services</b>	<a href="http://www.sfdaas.org">www.sfdaas.org</a>
<b>Healthy Aging San Francisco</b>	<a href="http://www.sfHealthyAging.org">www.sfHealthyAging.org</a>

**Independent Living Resource Center of San Francisco (ILRCSF)**

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

**Lighthouse for the Blind & Visually Impaired**

[www.lighthouse-sf.org](http://www.lighthouse-sf.org)

## **SIGN LANGUAGE INTERPRETERS**

**Bay Area Communication Access**

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

**Beyond the Words, Inc.**

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

**Hired Hands LLC**

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

## **SPIRITUALITY AND AGING**

**American Society on Aging**

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

**Institute on Aging**

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

**National Council on Aging**

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

## **SUPPORT GROUPS**

**Family Caregiver Alliance**

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

## **TRANSPORTATION**

**Lyft**

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

**Uber**

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

## **VETERINARY SERVICES**

**Animal Farm Pet Hospital**

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



**Bay Area Bird Hospital**

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

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

## **VOLUNTEER OPPORTUNITIES**

**Bay Area Association of Disabled Sailors**

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

**VolunteerMatch**

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

## **WHEELCHAIR REPAIR & RENTAL**

**Scootaround**

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

# 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 6<sup>th</sup> 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, 2<sup>nd</sup> 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, 4<sup>th</sup> 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 (415) 252-2500  
25 Van Ness Avenue, 3<sup>rd</sup> Floor , San Francisco, CA 94102

**Independent Living Resource Center San Francisco**

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

**International Institute of the Bay Area**

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

**Instituto Laboral de la Raza**

2947 16<sup>th</sup> 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.* (415) 575-3500  
474 Valencia Street, Suite 295, San Francisco, CA 94103  
[www.lrccl.org](http://www.lrccl.org)

**Lawyers' Committee for Civil Rights**

131 Steuart Street, 4<sup>th</sup> Floor, Suite 400, San Francisco, CA 94105 (415) 543-9444

**Legal Assistance to the Elderly**

- *Individual Advocacy* (415) 538-3333  
- *Legal Services*  
701 Sutter Street, San Francisco, CA 94109

**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](http://www.sfdistrictattorney.org) (415) 553-1751

**Public Guardian**

Department of Aging and Adult Services (415) 355-3555  
1650 Mission Street, 5<sup>th</sup> Floor, San Francisco, CA 94103

**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, 3<sup>rd</sup> Floor, San Francisco, CA 94111

# Lesbian Gay Bisexual Transgender (LGBT)

## **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

## **Alliance Health Project**

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

## **Castro Senior Center**

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

## **Canon Kip Senior Center**

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

## **Catholic Charities**

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

## **COLAGE**

3543 18<sup>th</sup> 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 (800) 445-8106  
San Francisco, CA 94104

## **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 (415) 746-1950  
1735 Mission Street, San Francisco, CA 94103 (415) 746-1940

<b>Institute on Aging</b> 3575 Geary Boulevard, San Francisco, CA 94118	(415) 750-4111
<b>Jewish Family and Children's Services</b> 2150 Post Street, San Francisco, CA 94115	(415) 449-1200
<b>Lavender Seniors</b> 1395 Bancroft Avenue, San Leandro, CA 94577	(510) 667-9655
<b>LGBT Community Center</b> 1800 Market Street, San Francisco, CA 94102	(415) 865-5555
<b>Lyon-Martin Health Services</b> 1748 Market Street, Suite 201, San Francisco, CA 94102	(415) 565-7667
<b>LYRIC</b> 127 Collingwood Street, San Francisco, CA 94114	(415) 703-6150
<b>National Center for Lesbian Rights</b> 870 Market Street, Suite 370, San Francisco, CA 94102	(415) 392-6257
<b>Newcomers Health Program</b> Refugee Medical Clinic 995 Potrero Avenue, Building 80, Ward 85 San Francisco, CA 94110	(415) 206-8608
<b>Openhouse</b> <i>Housing, services and community for Lesbian, Gay, Bisexual and Transgender (LGBT) Seniors.</i> 65 Laguna Street, San Francisco, CA 94102	(415) 296-8995
<b>Parents, Family and Friends of Lesbian and Gays (PFLAG)</b> P.O. Box 640223, San Francisco, CA 94164	(415) 921-8850
<b>San Francisco AIDS Foundation</b> 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 23<sup>rd</sup> 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, 4<sup>th</sup> 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 2<sup>nd</sup> 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](mailto: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

### 30<sup>th</sup> Street Senior Center

*Delivery 6 days a week, including holidays. Modified diets available.*

Tel: (415) 550-2210

Fax: (415) 648-3957

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

*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](http://www.CentroLatinoDeSF.org)

*Area Served: Seniors in the Excelsior, Ingleside, Merced, Mission, Ocean, Visitation Valley*

### Home on the Range

*Serves the Bay Area, delivery 5 days a week. Call for monthly menu.*

(415) 333-1787

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

**Jewish Family and Children's Services**

*Provides kosher meals, delivery 5 days a week.*

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

*Area Served: Seniors in Forest Hill, Park Merced,  
Richmond, Sunset*

Tel: (415) 449-3777

Fax: (415) 449-3839

**Kimochi, Inc.**

*Provides Japanese meals, delivery 5 days a week.*

[www.kimochi-inc.org](http://www.kimochi-inc.org)

*Area Served: Serves Seniors in the Marina, Richmond,  
Sunset, Western Addition*

Tel: (415) 931-2287

(415) 931-2294

Fax: (415) 931-2299

**Meals on Wheels of San Francisco**

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

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

*Area Served: Seniors Citywide*

Tel: (415) 920-1111

Fax: (415) 920-1110

**Meals That Heal**

The Salvation Army

*Provides American/Western style meals Monday thru  
Friday.*

*Area Served: Homebound Seniors and Adults with  
Disabilities in the Tenderloin*

(415) 440-4325

**Project Open Hand**

*Provides up to three medically tailored meals per day,  
health checks and nutrition counseling for persons living  
with critical illness.*

730 Polk Street, San Francisco, CA 94109

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

*Area Served: Citywide*

Tel: (415) 447-2300

Tel: (800) 551-6325

Fax: (415) 447-2492

**Russian American Community Services**

*Provides Russian Meals, delivery 5 days a week.*

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

*Area Served: Seniors and adults with disabilities in the  
Parkside, Sunset, Richmond*

Tel: (415) 387-5336

Fax: (415) 387-5357

**Self-Help for the Elderly**

*Provides Chinese meals, delivery 5 days a week.*

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

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

Tel: (415) 677-7600

Fax: (415) 296-0313

**OTHER FOOD OPTIONS****Blue Apron**

*Provides all the ingredients to make a delicious meal in  
exactly the right proportions.*

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

(888) 278-4349

**Eat24**

*Online and mobile food delivery and takeout.*

[www.Eat24Hours.com](http://www.Eat24Hours.com)

(877) 850-4024

**GrubHub**

*Online and mobile food ordering company connecting  
diners with local takeout restaurants.*

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

(877) 585-1085

**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.*

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

Tel: (415) 282-1900

Fax: (415) 282-1909

**UberEATS**

*Online and mobile food ordering and delivery platform.*

[www.UberEats.com/San\\_Francisco/](http://www.UberEats.com/San_Francisco/)

(877) 585-1085

### **Waiters on Wheels**

*Delivers meals from over 100 restaurants, as well as light grocery shopping at corner stores. Call for a Restaurant Guide, and for delivery charge information. Accepts Cash, VISA, MasterCard, American Express.*

www.WaitersOnWheels.com

Tel: (415) 452-6600

Fax: (415) 452-6640

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](http://www.GrubHub.com).

## **SENIOR CONGREGATE MEAL SITES BY NEIGHBORHOOD**

Seniors are age 60+.

Vegetarian option available; please call for details.

Reservation recommended.

\*\* Also serve adults with disability (age 18-59).

### **BAYVIEW**

#### **Dr. George W. Davis Senior Center \*\***

Bayview Senior Services

(415) 822-1444

1753 Carroll Street, San Francisco, CA 94124

*Hours: Monday – Saturday*

*12:00 noon – 1:00 pm*

#### **Hunters View \*\***

Bayview Senior Services

(415) 368-7416

1101 Fairfax Avenue, San Francisco, CA 94124

*Hours: Tuesday – Thursday*

*12:00 noon – 1:00 pm*

## **BERNAL HEIGHTS**

### **Bernal Heights Neighborhood Center**

Bernal Heights Neighborhood Centers  
515 Cortland Avenue, San Francisco, CA 94110

(415) 206-2142

*Hours: Monday – Friday  
12:00 noon – 1:00 pm*

### **Mission YMCA \*\***

4080 Mission Street, San Francisco, CA 94112

℞

(415) 452-7565

*Hours: Monday – Friday  
11:40 am – 12:20 pm*

## **CASTRO / UPPER MARKET**

### **Castro Senior Center \*\***

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

(415) 863-3507

*Hours: Monday – Friday  
11:45 am – 12:30 pm*

## **CHINATOWN**

### **Geen Mun Senior Center (On Low Wui Senior Center) \*\***

(415) 391-3843

Self-Help for the Elderly  
777 Stockton Street, San Francisco, CA 94108

*Hours: Monday – Saturday  
Lunch 12:00 noon – 1:30 pm  
Dinner 4:15 pm – 5:15pm*

### **Lady Shaw Senior Center \*\***

Self-Help for the Elderly  
1483 Mason Street, San Francisco, CA 94133

℞

(415) 677-7581

*Hours: Monday – Friday  
12:00 noon – 1:00 pm*

**DOWNTOWN / CIVIC CENTER**

**Curry Senior Center**

333 Turk Street, San Francisco, CA 94102



(415) 292-1086

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

**Downtown Senior Center \*\***

San Francisco Senior Center

(415) 535-4763

481 O’Farrell Street, San Francisco, CA 94102

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

**GLIDE Foundation/United Methodist Church**

330 Ellis Street, San Francisco, CA 94102



(415) 674-6000

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

**Project Open Hand Central Site**

*Adults with disabilities focused site.*

(415) 447-2482

730 Polk Street, San Francisco, CA 94109

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

**South East Asian Senior Meal Program \*\***

315 Turk Street, San Francisco, CA 94102

(415) 885-2274

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

**FINANCIAL DISTRICT**

**Manilatown Senior Center**

Self-Help for the Elderly

(415) 398-3250

848 Kearny Street, 3<sup>rd</sup> Floor

San Francisco, CA 94108

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



**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**

**30<sup>th</sup> Street Senior Center**

On Lok Lifeways



(415) 550-2210

225 30<sup>th</sup> 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 5<sup>th</sup> Avenue, San Francisco, CA 94122

(415) 759-9507

Hours: *Monday – Friday*

*11:45 am – 12:30 pm*

**LAKESHORE**

**Stonestown YMCA**

3150 20<sup>th</sup> 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 (415) 206-7750  
362 Capp Street, San Francisco, CA 94110  
Hours: Monday – Friday  
12:00 noon – 1:00 pm

**Centro Latino de San Francisco \*\***

1656 15<sup>th</sup> Street, San Francisco, CA 94103 (415) 861-8758  
Hours: Monday – Friday  
12:00 noon – 1:00 pm

**Francis of Assisi Community \*\***

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

**NORTH BEACH**

**Telegraph Hill Neighborhood Center \*\***

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

**OCEANVIEW**

**OMI Senior Center**

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

**San Francisco Adult Day Support**

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

## **OUTER MISSION**

### **Excelsior Senior Center**

Bernal Heights Neighborhood Centers  
4468 Mission Street, San Francisco, CA 94112

(415) 334-9919

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

## **OUTER RICHMOND**

### **Jackie Chan Senior Center \*\***

Self-Help for the Elderly  
5757 Geary Boulevard  
San Francisco, CA 94121



(415) 677-7571

*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  
6221 Geary Boulevard, 3<sup>rd</sup> Floor  
San Francisco, CA 94121

(415) 752-6444

*Hours: Monday – Friday  
11:45 am – 12:30 pm*

## **PARKSIDE**

### **South Sunset Senior Center**

Self-Help for the Elderly  
2601 40<sup>th</sup> Avenue, San Francisco, CA 94116

(415) 566-2845

*Hours: Monday – Friday  
11:45 am – 12:45 pm*

## **POTRERO HILL**

### **Potrero Hill Neighborhood House \*\***

953 DeHaro Street, San Francisco, CA 94107



(415) 826-8080

*Hours: Monday – Friday*

*11:45 am – 12:30 pm*

## **PRESIDIO HEIGHTS**

### **Jewish Community Center of San Francisco**

3200 California Street, San Francisco, CA 94118

(415) 292-1260

*Hours: Sunday – Friday*

*12:00 noon – 1:00 pm*

## **RUSSIAN HILL**

### **Aquatic Park Senior Center \*\***

San Francisco Senior Center



(415) 775-1866

890 Beach Street, San Francisco, CA 94109

*Hours: Sunday – Friday*

*12:00 noon – 12:45 pm*

## **SOUTH OF MARKET**

### **Alexis Apartments**

390 Clementina Street

(415) 495-9541

San Francisco, CA 94103

*Hours: Monday – Friday*

*11:00 am – 11:45 am*

### **Canon Kip Senior Center \*\***

Episcopal Community Services



(415) 487-3300 x 6211

705 Natoma Street, San Francisco, CA 94103

*Hours: Monday – Friday*

*3<sup>rd</sup> Saturday of each month*

*11:15 am – 12:30 pm*

**Mendelsohn House \*\***

Self-Help for the Elderly (415) 243-9018  
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 (415) 252-4787  
Hours: Monday – Friday  
11:00 am – 12:30 pm

**Woolf House**

Self-Help for the Elderly [R] (415) 495-0931  
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 [R] (415) 239-9919  
Hours: Monday – Sunday  
11:30 am – 12:15 pm

**Samoan Community Development Center**

2055 Sunnydale Avenue, #100 (415) 841-1086  
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 (415) 561-2610  
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

(415) 921-7805

*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

(415) 753-7038

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

Visit [FreePrintShop.org](http://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 19<sup>th</sup> Avenue, San Francisco, CA 94116

(415) 665-7868

*Hours: Monday, Wednesday – Saturday  
10:30 am – 1:00 am*

**Prince Cooking**

1310 Noriega Street, San Francisco, CA 94122

(415) 666-8128

*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](http://www.sfchampss.org).



# Medi-Cal

MyBenefits CalWIN ([www.MyBenefitsCalWIN.org](http://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.*

(415) 677-7520

(800) 434-0222

[www.cahealthadvocates.org/hicap/san-francisco/](http://www.cahealthadvocates.org/hicap/san-francisco/)

## **SAN FRANCISCO COUNTY**

### **Medi-Cal Application Processing**

1440 Harrison Street, San Francisco, CA 94103

(855) 355-5757

2 Gough Street, San Francisco, CA 94103

(415) 557-6555

### **Medi-Cal Replacement Card**

(415) 558-1836

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

### **Northern Region**

271 92<sup>nd</sup> 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

(415) 750-2045

### **UCSF Housecalls**

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

(415) 514-3577

## 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](http://www.MabuhayHealthCenter.org)

(415) 633-6421

For other free or low cost medical services visit [www.freeprintshop.org](http://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

(415) 831-2228

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

*Area Served: Citywide*

## **Allure Mobility & Medical Supply**

1600 Mission Street, San Francisco, CA 94103

(415) 447-0000

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

## **APRIA Healthcare**

*Provides 24 hour emergency service.*

(650) 588-9744

480 Carlton Court, South San Francisco, CA 94080

(800) 788-5007

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

*Area Served: Citywide*

## **APRIA Healthcare**

*Provides 24 hour emergency service.*

(650) 330-2420

3905 Bohannon Drive, #CG, Menlo Park, CA 94025

[www.apria.com](http://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.*

(415) 487-5405

63-65 Dorland Street, San Francisco, CA 94110

*Hours:           Thursdays 10:00 am – 3:00 pm*

**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+.*

(415) 970-4000

**National Alliance on Mental Illness (NAMI)**

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

(415) 905-6264

**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.*

(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

(415) 355-3555

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

**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.*

(415) 272-4172

## **PAWS (Pets Are Wonderful Support)**

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

(415) 979-9550

## **Rover**

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

(888) 453-7889

## **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*

(415) 554-3000

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

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

## **Julio Bolivar-Dillon, DVM**

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

(415) 333-4673

2212 Derry Way, South San Francisco, CA 94080

*Area Served: San Francisco Bay Area*

## **Valencia Veterinary Clinic**

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

(415) 648-1222

855 Valencia Street, San Francisco, CA 94110

# 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*

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

## **Golden Gate Pharmacy**

1844 Noriega Street, San Francisco, CA 94122

(415) 661-0790

*Area Served: Citywide*

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

## **Rexall-day Drug**

801 Irving Street, San Francisco, CA 94122

(415) 421-1895

*Area Served: Citywide*

<i>Delivery Charge</i>	<i>Delivery Time</i>	<i>Payment Method</i>
\$7.00	4 times/day Mon – Fri 10:00 am – 4:00 pm	Cash Only.

**Safeway Pharmacy**

1335 Webster Street, San Francisco, CA 94115

(415) 921-5502

*Area Served: Citywide*

<i>Delivery Charge</i>	<i>Delivery Time</i>	<i>Payment Method</i>
\$6.00	4 times/day Mon – Fri 10:30 am – 4:30 pm  Saturday 10:30am – 12:30pm	Cash, Checks, Credit Cards, Insurance, Medi-Cal.

**Safeway Pharmacy**

850 La Playa Street, San Francisco, CA 94121

(415) 387-0481

*Area Served: Citywide*

<i>Delivery Charge</i>	<i>Delivery Time</i>	<i>Payment Method</i>
\$6.00	4 times/day Mon – Fri 10:00 am – 4:30 pm	Cash, Checks, Credit Cards, Insurance, Medi-Cal.

**Safeway Pharmacy**

2350 Noriega Street, San Francisco, CA 94122

(415) 665-8456

*Area Served: Citywide*

<i>Delivery Charge</i>	<i>Delivery Time</i>	<i>Payment Method</i>
\$6.00	4 times/day Mon – Fri 2:00 pm – 6:00 pm	Cash, Checks, Credit Cards, Insurance, Medi-Cal.

**Safeway Pharmacy**

730 Taraval Street, San Francisco, CA 94118

(415) 665-0119

*Area Served: Citywide*

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

**450 Sutter Pharmacy**450 Sutter Street, 7<sup>th</sup> Floor, San Francisco, CA 94102

(415) 392-4137

*Area Served: Citywide*

<i>Delivery Charge</i>	<i>Delivery Time</i>	<i>Payment Method</i>
\$7.50 No charge with a minimum order of 2 prescriptions.	Mon – Fri 9:00 am, 1:00 pm, 3:00 pm	Cash, Credit Cards, insurance, Medi-Cal (No checks on first delivery).

# 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.*

1580 Valencia Street, Room 804, San Francisco, CA 94110

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

*Area Served: Citywide*

Tel: (415) 392-5626

Fax: (415) 392-5632

## **Maureen Lee, DPM**

*Cash, Checks, Medicare.*

1480 Sutter Street, Ground Floor, San Francisco, CA  
94109

*Area Served: Please call*

Tel: (415) 567-3136

Fax: (415) 309-3693

## **Sharon Hosaka, DPM**

*Checks, Medi-Cal, Medicare, Mastercard, Visa.*

369 Pine Street, Suite 103, San Francisco, CA 94104

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

*Area Served: Citywide*

(650) 488-3556



# 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](http://www.ioaging.org)

(415) 750-4111

*Area Served: San Francisco County*

## **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/](https://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

## OMBUDSMAN

### San Francisco Long-Term Care Ombudsman Program (SFLTCOP)

6221 Geary Boulevard, 3<sup>rd</sup> 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

Dementia

Hospice

Non-Ambulatory

**Angela's Rest Home**

- *Behavioral Health*

748 Washington Street

Daly City, CA 94015

\$2,000+/mo

(650) 755-3212

**Autumn Glow**

Self-Help for the Elderly

654 Grove Street, San Francisco, CA 94102

www.SelfHelpElderly.org

\$2,750+/mo

(415) 934-1622

**Buena Vista Manor House**

399 Buena Vista East

San Francisco, CA 94117

www.BuenaVistaManorHouse.com

\$3,100 -

\$4,500/mo

(415) 863-1721

**Coventry Place**

1550 Sutter Street

San Francisco, CA 94109

www.srgSeniorLiving.com

\$2,700+/mo

(415) 921-1552

**Damenik's Home**

331 30<sup>th</sup> Avenue, San Francisco, CA 94121

\$2,600+/mo

Tel: (415) 379-9051

Fax: (415) 379-9673

**Eden Villa**

2750 Geary Boulevard  
San Francisco, CA 94118

\$3,850+/mo  
D H N

Tel: (415) 346-0246  
Fax: (415) 346-0658

**Family Circle Board and Care Home**

194 Canterbury Avenue  
Daly City, CA 94015

\$1,400 -  
\$2,500/mo

(650) 878-8881

**Golden Care Senior Residence**

59 Winding Way, San Francisco, CA 94112  
www.GoldenCareSeniorResidence.com

(415) 568-0581

**Julie's Care Home**

• *Behavioral Health*  
1363 5<sup>th</sup> Avenue, San Francisco, CA 94122

\$2,000+/mo  
N

Tel: (415) 566-4527  
Fax: (415) 566-0604

**Kimochi Home**

1531 Sutter Street  
San Francisco, CA 94109  
www.kimochi-inc.org

\$2,730+/mo  
N

Tel: (415) 922-9972  
Fax: (415) 922-6821

**Kokoro Assisted Living Inc.**

1881 Bush Street, San Francisco, CA 94109  
www.KokoroAssistedLiving.org

\$2,000+/mo  
D H N

Tel: (415) 776-8066  
Fax: (415) 776-8022

**Merced Residential Care Facility**

1420 Hampshire Street  
San Francisco, CA 94110  
www.MercedCare.com

\$2,500+/mo  
D H N

Tel: (415) 285-7660  
(415) 285-7661  
Fax: (415) 285-7057

**Minerva's Place**

2972 Palo Verde Way, Antioch, CA 94509

\$1,500+/mo  
D N

(925) 516-0536

**Parkside Care Home**

• *SSI Plus Supplement*  
2360 33<sup>rd</sup> Avenue, San Francisco, CA 94116

\$2,200+/mo  
A

Tel: (415) 681-5321  
Fax: (415) 681-3103

**Providence Place**

2456 Geary Boulevard  
 San Francisco, CA 94115  
 www.ProvidenceCare.com

Call for rates

Tel: (415) 359-9700  
 Fax: (415) 775-4117

**San Bruno Care Home**

1382 Williams Avenue  
 San Bruno, CA 94066  
 www.SanBrunoCareHome.com

\$3,000+/mo

Tel: (650) 827-1382  
 Fax: (650) 827-5377

**Sunset Gardens**

1338 27<sup>th</sup> Avenue, San Francisco, CA 94122

\$2,500+/mo

(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

(415) 252-1128

<b>SSI RESIDENTIAL CARE FACILITIES</b>
--

- Behavioral Health
- Dementia
- Non-Ambulatory

- Mental Health
- Developmental Disabilities

**Araville Residential Care Home**

1506 Florida Street  
 San Francisco, CA 94110

(415) 285-6497

**Autumn Glow**

Self-Help for the Elderly  
 654 Grove Street, San Francisco, CA 94102  
 www.SelfHelpElderly.org

Tel: (415) 934-1622  
 Fax: (415) 934-1068

**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 32<sup>nd</sup> Avenue  
San Francisco, CA 94122  
www.GoldenSunsetCareHome.com

(415) 731-0965  
(650) 743-3495

**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 26<sup>th</sup> Avenue, San Francisco, CA 94122         Tel: (415) 681-1550  
Fax: (415) 564-9241

**Palarce- JJ Oceanside Residential Care Home**

1278 La Playa Street        (415) 665-6484  
San Francisco, CA 94122

**Rhoda Goldman Plaza**

• *Hospice*         (415) 345-5060  
2180 Post Street, San Francisco, CA 94115

**RJ Starlight Home Corp**

2680 Bryant Street         (415) 648-2280  
San Francisco, CA 94110

**Santiago Board and Care**

152 Harold Avenue         (415) 333-8964  
San Francisco, CA 94112

**St. Catherine Home**

389 Guttenberg Street         (415) 586-7250  
San Francisco, CA 94112

**Taraval Residential Care Home**

• *Ambulatory*    (415) 681-0294  
3721 Taraval Street  
San Francisco, CA 94116

**Tiffany Residential Care Home**

50 Tiffany Avenue         (415) 285-2112  
San Francisco, CA 94110

**Village at Hayes Valley**

601 Laguna Street          Tel: (415) 252-1128  
San Francisco, CA 94102

**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.*

(415) 285-7814

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

## **Recology**

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

- *Recology Sunset Scavenger*
- *Recology Golden Gate*

(415) 330-1300

(415) 626-4000

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

## **San Francisco Recycling Hotline**

[www.CalRecycle.ca.gov](http://www.CalRecycle.ca.gov)

(415) 554-3409

# Senior Centers

## SENIOR CENTERS BY NEIGHBORHOOD

### BAYVIEW

#### **Dr. George W. Davis Senior Center**

Bayview Senior Services

(415) 822-1444

1706 Yosemite Avenue, San Francisco, CA 94124

### BERNAL HEIGHTS

#### **Bernal Heights Neighborhood Center**

Bernal Heights Neighborhood Centers

(415) 206-2140

515 Cortland Avenue, San Francisco, CA 94110

#### **Mission YMCA**

4080 Mission Street, San Francisco, CA 94112

(415) 586-6900

### CASTRO / UPPER MARKET

#### **Castro Senior Center**

Golden Gate Senior Services

(415) 863-3507

110 Diamond Street, San Francisco, CA 94127

### CHINATOWN

#### **Fun & Fit Total Wellness**

Self-Help for the Elderly

(415) 773-1869

779 Kearney Street (Portsmouth Square)

San Francisco, CA 94108

**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

225 30<sup>th</sup> Street, 3<sup>rd</sup> Floor, San Francisco, CA 94131

(415) 550-2210

**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

362 Capp Street, San Francisco, CA 94110

(415) 206-7750

**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, 3<sup>rd</sup> Floor, San Francisco, CA 94121

(415) 752-6444

(415) 424-7982

## **PARKSIDE**

### **South Sunset Senior Center**

Self-Help for the Elderly  
2601 40<sup>th</sup> 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, 10<sup>th</sup> 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 6<sup>th</sup> Street, San Francisco, CA 94103

**Veterans Equity Center**  
1010 Mission Street, San Francisco, CA 94103 (415) 255-2347

**West Bay Pilipino Center**  
175 7<sup>th</sup> 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

1111 Buchanan Street, San Francisco, CA 94115

(415) 822-1444

**Western Addition Senior Center**

Bayview Senior Center

1390 ½ Turk Street, San Francisco, CA 94115

(415) 921-7805



# 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](http://www.sfconnected.org) for more information.

## SF CONNECTED TECHNOLOGY CENTERS BY NEIGHBORHOOD

### **BAYVIEW**

#### **Dr. George W. Davis Senior Center**

Bayview Senior Services

1753 Carroll 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 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**

### **30<sup>th</sup> Street Senior Center**

On Lok Lifeways

225 30<sup>th</sup> Street, San Francisco, CA 94131

(415) 550-2210

## **LAKESHORE**

### **Stonestown YMCA**

3150 20<sup>th</sup> 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 15<sup>th</sup> 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, 3<sup>rd</sup> 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, 10<sup>th</sup> 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

1111 Buchanan Street, San Francisco, CA 94115

(415) 921-7805

**Western Addition Senior Center**

Bayview Senior Services

1390 ½ Turk Street, San Francisco, CA 94115

(415) 921-7805

# 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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=0200002301](http://www.sfpl.org/index.php?pg=0200002301)

(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, 10<sup>th</sup> Floor, San Francisco, CA 94103

[www.lighthouse-sf.org](http://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](http://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.*

(415) 567-7600

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](http://www.ssa.gov)

(800) 772-1213

## Social Security Administration

### Chinatown Branch

560 Kearny Street, San Francisco, CA 94108

(877) 319-3070

### Downtown Branch

90 7<sup>th</sup> Street, 1<sup>st</sup> Floor

San Francisco, CA 94103

(866) 964-5051

### Mission Branch

1098 Valencia Street, San Francisco, CA 94110

(866) 755-6323

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/](http://fiscal.treasury.gov/GoDirect/).

# Support Groups

<b>Alcoholics Anonymous</b>	<a href="http://www.aa.org">www.aa.org</a>
<b>Alzheimer's Association</b>	<a href="http://www.alz.org">www.alz.org</a>
<b>American Cancer Society</b>	<a href="http://www.cancer.org">www.cancer.org</a>
<b>American Diabetes Association</b>	<a href="http://www.diabetes.org">www.diabetes.org</a>
<b>American Heart Association</b>	<a href="http://www.heart.org">www.heart.org</a>
<b>American Lung Association</b>	<a href="http://www.lung.org">www.lung.org</a>
<b>APA Family Support Services</b>	<a href="http://www.apafss.org">www.apafss.org</a>
<b>Arthritis Foundation</b>	<a href="http://www.arthritis.org">www.arthritis.org</a>
<b>Asthma and Allergy Foundation of America</b>	<a href="http://www.aafa.org">www.aafa.org</a>
<b>Family Caregiver Alliance</b>	<a href="http://www.CareGiver.org">www.CareGiver.org</a>
<b>Gam-Anon</b>	<a href="http://www.gam-anon.org">www.gam-anon.org</a>
<b>Gamblers Anonymous</b>	<a href="http://www.GamblersAnonymous.org">www.GamblersAnonymous.org</a>
<b>Hearing and Speech Center</b>	<a href="http://www.HearingSpeech.org">www.HearingSpeech.org</a>
<b>Mental Health America</b>	<a href="http://www.mha-sf.org">www.mha-sf.org</a>
<b>National Alliance on Mental Illness</b>	<a href="http://www.namica.org">www.namica.org</a>
<b>National Parkinson Foundation</b>	<a href="http://www.parkinson.org">www.parkinson.org</a>
<b>Openhouse</b>	<a href="http://www.openhouse-sf.org">www.openhouse-sf.org</a>
<b>San Francisco AIDS Foundation</b>	<a href="http://www.sfaf.org">www.sfaf.org</a>
<b>San Francisco Depression and Bipolar Support Alliance</b>	<a href="http://www.dbsasf.org">www.dbsasf.org</a>

**San Francisco Intergroup of Overeaters  
Anonymous**

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

**San Francisco Narcotics Anonymous**

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

**Support for Families of Children with  
Disabilities**

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

**Veterans' Art Guild Support Group**

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

# Tax Assistance

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

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

## **Chinese Newcomers Service Center**

*Helps provide electronic filing of your income tax returns.  
Free tax help for taxpayers who qualify on appointment basis.*

(415) 421-2111

777 Stockton Street, Suite 104, San Francisco, CA 94108  
[www.ChineseNewcomers.org](http://www.ChineseNewcomers.org)

## **State of California – Franchise Tax Board**

[www.ftb.ca.gov](http://www.ftb.ca.gov)

(800) 868-4171

(800) 852-5711

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

[www.sco.ca.gov](http://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

(415) 487-3300 x 6200

*Area Served: Citywide*

## **Center for Elderly Suicide Prevention / Friendship Line**

*Area Served: Citywide*

(415) 752-3778

(800) 971-0016

## **Italian-American Community Services**

*Italian Speakers Only.*

(415) 362-6423

*Area Served: Citywide*

## **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.*

(415) 575-4848

*Area Served: Citywide*

## **Seniors Center Without Walls**

*Activities for seniors using telephone conferencing. Free to register.*

(877) 797-7299

*Area Served: Northern California*

## **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.*

(888) 932-5668

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

# Transportation Services

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

## **American Cancer Society**

*Cancer patients only.*

(888) 227-6333

## **Centro Latino**

(415) 861-8758

## **Free MUNI for People with Disabilities**

### **Free MUNI for Seniors**

311

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](http://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.*

**Shop-A-Round**

SF Paratransit

(415) 351-7052

*Shop-a-Round is a convenient, low-cost shuttle that makes it easier to go grocery shopping. The service offers registered seniors and people with disabilities personalized assistance that is not available on MUNI bus and rail lines. The shuttle takes groups of customers to grocery stores or supermarkets in San Francisco where they want to shop.*

**Silver Ride**

*Transportation, accompaniment and courier services.*

(415) 861-7433

*Arrival guaranteed within 15 minutes of scheduled departure. Call for rates.*

(866) 435-1927

**Van Gogh Shuttle**

SF Paratransit

(415) 351-7052

*A van shuttle service provided by SF Paratransit for groups of seniors and/or people with disabilities to attend social and cultural events in San Francisco.*

**CLIPPER CARD**

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

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

Website: [www.mtc.ca.gov](http://www.mtc.ca.gov)

Email: [custserv@clippercard.com](mailto:custserv@clippercard.com)



# Volunteering

## **30<sup>th</sup> Street Senior Center**

On Lok Lifeways

(415) 550-2210

225 30<sup>th</sup> Street, #301, San Francisco, CA 94131

## **Aquatic Park Senior Center**

San Francisco Senior Center

(415) 775-1866

890 Beach Street, San Francisco, CA 94111

## **Bayview Hunters Point Adult Day Health Center**

Bayview Senior Services

(415) 826-4774

1250 La Salle Avenue, San Francisco, CA 94124

## **Bernal Heights Neighborhood Center**

Bernal Heights Neighborhood Centers

(415) 206-2140

515 Cortland Avenue, San Francisco, CA 94110

## **Canon Kip Senior Center**

Episcopal Community Services

(415) 487-3300

705 Natoma Street, San Francisco, CA 94103

## **Castro Senior Center**

Golden Gate Senior Services

(415) 863-3507

110 Diamond Street, San Francisco, CA 94114

## **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](http://www.DisabledCommunity.org)

(415) 508-6130

<b>Downtown Senior Center</b> San Francisco Senior Center 481 O'Farrell Street, San Francisco, CA 94104	(415) 771-7950
<b>Dr. George W. Davis Senior Center</b> Bayview Senior Services 1706 Yosemite Avenue, San Francisco, CA 94124	(415) 822-1444
<b>Golden Gate Village</b> Golden Gate Senior Services 6221 Geary Boulevard, 3 <sup>rd</sup> Floor, San Francisco, CA 94121	(415) 876-3333
<b>Institute On Aging</b> 3575 Geary Boulevard, San Francisco, CA 94118	(415) 750-4111
<b>Italian American Community Services</b> 678 Green Street, San Francisco, CA 94133	(415) 362-6423
<b>Meals On Wheels of San Francisco</b> 1375 Fairfax Avenue, San Francisco, CA 94124	(415) 920-1111
<b>Openhouse</b> 65 Laguna Street, San Francisco, CA 94102	(415) 296-8995
<b>Project Open Hand</b> 730 Polk Street, San Francisco, CA 94109 <a href="http://www.openhand.org">www.openhand.org</a>	(415) 447-2300 (800) 551-6325
<b>Raphael House</b> 1065 Sutter Street, San Francisco, CA 94109	(415) 474-4621
<b>Rebuilding Together</b> Pier 28, The Embarcadero, San Francisco, CA 94105	(415) 905-1611
<b>Richmond Senior Center</b> Golden Gate Senior Services 6221 Geary Boulevard, 3 <sup>rd</sup> Floor, San Francisco, CA 94121	(415) 752-6444 (415) 424-7982

<b>Rosa Parks Senior Center</b> Bayview Senior Services 1111 Buchanan Street, San Francisco, CA 94115	(415) 292-3474
<b>San Francisco Ombudsman Volunteer Program</b> 77 Geary Boulevard, 5 <sup>th</sup> Floor, San Francisco, CA 94108	(415) 751-9788
<b>Saint Anthony Foundation</b> 150 Golden Gate Avenue, San Francisco, CA 94102	(415) 392-2726
<b>Senior and Disability Action</b> 1360 Mission Street, San Francisco, CA 94103	(415) 546-1333
<b>Seniors At Home</b> 2150 Post Street, San Francisco, CA 94115	(415) 449-3777
<b>The Volunteer Center</b> 1675 California Street, San Francisco, CA 94109	(415) 982-8999
<b>Western Addition Senior Center</b> 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**

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