

SENIOR SERVICES (MENTAL/PHYSICAL/FINANCIAL HOUSING)

TO VIEW SERVICES FOR SENIORS IN A PARTICULAR AREA, CLICK ON THE APPROPRIATE REGION .

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Able-Disabled Advocacy

760-439-7033

Access Center

760-643-0447

Adaptive Computer Empowerment Services

619-448-5253

Aging & Independence

In-Home Support Services

Adult Protection

Project Care - RUOK

800-510-2020

Braille Institute Library Service

[free talking books for people who cannot use books due to disability]

800-828-1056

Deaf Community Services

760-414-3529

619-266-4270

Eldercare Locator

800-677-1116

Hearing Loss Association

760-745-5408

760-727-3813

hearinglossescondido.org

Home Care w/ Dr orders

760-940-5802

Home Repair

Vial of Life

760-941-0140

Jewish Community Info & Referral Center

858-637-3040

Lifeline-mobility training for visually impaired

760-726-4900

Liver Foundation

800-749-2630

	<p>Meals on Wheels North County 760-736-9900 Meals of Love -Vista, Oceanside 760-726-1225 Meals of Love - Carlsbad 760-602-4652</p> <p>North County Inland Senior Center Jewish Family Services 15905 Pomerado Rd Poway 92064 858-674-1123</p> <p>Protection & advocacy 800-776-5746</p> <p>Senior Centers Oceanside 760-435-5250 Vista - 760-639-6160</p> <p>Senior Transport Vista - 760-639-6161</p> <p>Social Security 800-722-1213</p> <p>Southern Caregiver Resource Center [caregivers of brain injured] 800-827-1008</p> <p>State Medi-CAL Ombudsman 888-452-8609</p>
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<p><u>NORTH INLAND</u></p> <p><u>RETURN TO TOP</u></p>	<p>Senior Service Counsel 728 N. Broadway Escondido, CA 760-480-0611</p>
<p><u>CENTRAL REGION</u></p>	<p>Aging & Independence Services Provides senior information & referrals. 800-510-2020</p> <p>Elderhelp of San Diego</p>

Office Locations:

North Park –Main Office

4069 30th Street San Diego, CA 92104

619-284-9281

619-284-0214 Fax

In Home Supportive Services (IHSS)

Provides in-home health care.

619-476-6200

Hill-Burton Act

Under the Hill-Burton Act, hospital receiving federal funds must provide some free or reduced - cost services to those who can't afford them.

800-638-0742

Lemon Grove Senior Center

8235 Mount Vernon Street Lemon Grove, CA 91945

619-337-1425

619-460-0430

Military One Source

For assistance with elder care and medical issues. Primarily for enlisted military and their immediate families.

800-342-9647

www.militaryonesource.com

Navajo Community Service Center

To enhance the quality of life for the seniors by providing information and services to help them live independently and with dignity.

7381 Jackson Dr. San Diego, CA 92119

619-589-8111

619-2722 Fax

Partnership for Prescriptions Assistance

888-477-2669

www.pparx.org

Pfizer's Helpful Answers

Offers medicines free or at reduced cost.

866-706-2400

www.pfizerhelpfulanswers.com

Senior Citizen Services, City of San Diego

619-236-6903

Social Security Administration

800-772-1213

800-325-0778 TDD/TTY

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Senior Citizens Legal Services Metro Office.

The Metro Office is located at 3675 Ruffin Road, Suite 315, San Diego, California 92123, Telephone (858) 565-1392.

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