

Senior and Older Adult Resources in San Diego
 Updated: May 6, 2019

Topic	Link	Contact
INTENSIVE OUTPATIENT PROGRAMS		
<p>Sharp Mesa Vista's Senior Intensive Outpatient Program is designed for older adults who are experiencing depression, anxiety, addiction or other mental health disorders.</p>	<p>https://www.sharp.com/hospitals/mesa-vista/programs/senior-intensive-outpatient.cfm</p>	<p>858-836-8434</p>
<p>UCSD SENIOR IOP Our Senior Behavioral Health Program offers a highly respected intensive outpatient program (IOP) for older adults. The program, which meets at our Hillcrest location for several hours a day, is an alternative to hospitalization.</p>	<p>https://health.ucsd.edu/specialties/psych/senior/Pages/outpatient.aspx</p>	<p>619-471-3877.</p>
MEMORY RELATED SERVICES		
<p>MARC UCSD: MEMORY UC San Diego Health's Memory, Aging and Resilience Clinic (MARC) offers comprehensive assessment and consultative services for individuals with suspected cognitive impairments or memory complaints. The clinic is specifically designed to target early diagnosis and intervention, and to go beyond testing and evaluations, offering treatment recommendations and referrals to specialists and specialty services. Our goal is to help patients, families and caregivers</p>	<p>https://health.ucsd.edu/specialties/psych/senior/general/memory-aging-resilience/Pages/default.aspx</p>	<p>858-534-7792 (PSYC)</p>

<p>develop a plan for managing a chronic, long-term neurodegenerative illness. Early intervention and diagnosis may help improve understanding of the impacts of neurocognitive disease on patients and families, improving quality of life for all.</p>		
<p>Az Support Group Finder: MEMORY</p> <p>Listing of resources with general information about reasons for connecting with a support group</p>	<p>https://safeseniorfoundation.org/finding-san-diego-alzheimers-support-group/</p>	<p>(858) 487-1065</p>
<p>Az Services: MEMORY</p>	<p>https://www.alzsd.org/services/</p>	<p>858.492.4400</p>
<p>HEALTH FITNESS SERVICES</p>		
<p>Feeling Fit: FITNESS</p> <p>The goals of the Feeling Fit Clubs are to offer a safe, comfortable environment for older adults to engage in physical activity as well as to help older people develop and maintain their level of physical fitness. These programs also encourage social interaction, fun, and help to build self-esteem. In addition, this program helps to educate participants about the benefits of exercise, health, and fitness components.</p> <p>The expected outcome for each participant is improvement in his/her ability to maintain independence and activities of daily living as</p>	<p>https://www.sandiegocounty.gov/hhsa/programs/ais/health_promotions/feeling_fit_club.html</p>	<p>858-495-5500</p>

<p>well as:</p> <ul style="list-style-type: none"> ● Better balance ● Less falls ● Increased strength ● Better sleep ● Improved mood ● Better digestion ● And more resistance to chronic illnesses 		
LGBT		
<p>Senior Resources at the Center include social support, fitness, housing and additional resources</p>	<p>http://www.thecentersd.org/programs/senior-services/</p>	<p>seniors@thecentersd.org 619.692.2077 x205</p>
SOCIAL SUPPORT		
<p>The Friendship Line: Phone: (800) 971-0016 Is a 24-hour toll-free hotline/warmline for older and disabled adults. The Friendship Line at <u>Institute on Aging</u> provides older and disabled adults reassurance, crisis intervention, information and referrals. Call to speak with a trained volunteer who specializes in offering caring conversation with older adults.</p>	<p>https://www.ioaging.org/</p>	<p>Phone: (800) 971-0016</p>
GENERAL PROGRAMS with multiple resources		
<p>SAFE - Senior Assistance Foundation for the Elderly</p>	<p>https://safeseniorfoundation.org/</p>	<p>(760) 532-7512</p>
<p>COUNTY - Aging and Independence Services AIS provides services to older adults, people with disabilities and their family members, to help keep clients safely in their homes, promote healthy</p>	<p>https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais.html</p>	<p>For more information call 800-510-2020 Outside San Diego County, call toll-free 800-339-4661</p>

<p>and vital living, and publicize positive contributions made by older adults and persons with disabilities.</p>		
<ul style="list-style-type: none"> ● County of San Diego Aging and Independence Services ● Elder Multicultural Access and Support Services ● Positive Solutions Program ● Geriatric Mental Health Foundation ● Center for Healthy Aging ● Caregiver Action Network ● San Diego Eldercare ● Aging Well Training ● Southern Caregiver Resource Center ● The George G. Glenner Alzheimer's Family Centers, Inc. 	<p>https://up2sd.org/resources/older-adults/</p>	<p>Contact information for each service found on website</p>
<p>Health and Human Services: Listing and contact information for various senior service locations throughout san diego that Seniors can attend for a variety of resources and activities (housing included).</p>	<p>http://sandiego.networkofcare.org/aging/services/subcategory.aspx?tax=TC-5500.8000</p>	<p>Contact information for each service found on website</p>