



# Senior Services

## **Aging & Independent Services**

(800) 339-4661

<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais.html>

AIS provides services to older adults, people with disabilities and their family members, to help keep clients safe in their homes.

## **ELDERHELP**

(619) 284-9281

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

Services provided help seniors live independently in their homes.

## **Serving Seniors**

1525 Fourth Avenue

San Diego, CA 92101

(619) 235-6538

<https://servingseniors.org/>

Meals, housing, social support, and wrap-around services are available.

## **Family Circle Adult Daycare**

4428 Convoy St. Ste 288

San Diego, CA 92123

(858) 244-4555

<https://sandiegofamilycircle.>

## **Neighborhood House Association**

795 S. Boundry St, San Diego, CA 92113

(619) 236-2108

<https://www.neighborhoodhouse.org/nha-programs/senior-services/senior-service-center/>

Day center for seniors and disabled offering activities, meals, health care and transportation.

## **ON the GO Ride Service**

(855) 638-2279

<https://www.jfssd.org/our-services/older-adults/on-the-go-transportation-solutions-for-older-adults/>

Monday thru Sunday 5:00 am to 9:00 pm

No cost senior transportation program

## **Southern Caregiver Resource Center**

3675 Ruffin Rd Ste 230, San Diego 92123

(858) 268-4432

<https://www.caregivercenter.org/>

Supportive services for caregivers caring for an adult with chronic or disabling condition.

**Traveler's Aid**

2615 Camino del Rio South Ste 103  
San Diego, CA 92108  
(619) 295-8393 ext. 314  
Transportation for low-income seniors

**Serving Senior's Housing**

- Potiker Downtown and City Heights 1525 Fourth Avenue San Diego, CA 92101, (619) 235-6538
- Potiker Market Square Manor 525 14th street, San Diego 92101 (619) 237-8004
- Potiker Market Square Manor 4065 43rd St. San Diego 92105 (619) 237-8004

**St. Paul's PACE**

111 Elm Street, San Diego CA 92101  
(619) 677-3800  
<https://www.stpaulspace.org/>

**Adult Protective Services**

Helps abused adults (60+) and dependent adults with disabilities (18+)  
**833-401-0832**  
<https://www.cdss.ca.gov/adult-protective-services>

**CA Department of Aging**

Contracts with & oversees local Area Agencies on Aging (AAA) that coordinate services for seniors and disabled adults  
**800-510-2020**  
[https://aging.ca.gov/Contact\\_Us](https://aging.ca.gov/Contact_Us)

**Caring Places for Seniors**

Free placement and referral service  
**858-337-0420**  
<https://www.cpforseniors.com/>

**Seniors Helping Seniors**

Offers personalized in-home services provided by seniors  
**760-388-6840**  
<https://homecarebyseniors.com/>