



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

*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 April 2019.

Services for Older Adults and People with Disabilities

INTRODUCTION

This is a guide to various businesses and agencies, both public and private, which provide services to older adults and people with disabilities residing in San Francisco. The guide will also be helpful to the families and caregivers of older adults and people with disabilities.

This directory contains a cross section of services, but is not an exhaustive list of every agency or business that provides services to older adults or people with disabilities. 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 neighborhood businesses or agencies if they are not listed in this book to see if they will make deliveries or home visits.

Your comments and input are welcome. We are interested in your ideas and suggestions on how to assist older adults and people 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 come from the agencies listed and is subject to change. Please contact Information, Referral and Assistance at the numbers or email below with any complaints or changes related to any agency or service provider listed.

Hotline: (415) 355-6700

TTY: (415) 355-6756

E-mail: daas@sfgov.org

Information, Referral, and Assistance

DEPARTMENT OF AGING AND ADULT SERVICES: BENEFITS AND RESOURCES HUB

The San Francisco Department of Aging and Adult Services (DAAS) Information, Referral and Assistance provides information and referral for older adults, caregivers, adults with disabilities and community-based organizations serving older adults and people with disabilities. DAAS Information, Referral and Assistance services include:

- Providing referrals for services such as health care, social services, legal assistance, housing, adult day health centers, transportation and in-home support services.
- Producing and distributing senior resource lists and providing free printed material.
- Conducting orientation sessions for agencies.
- Participating in outreach activities, including presentations to older adult groups.

Fees: None

Eligibility: Older Adults and People with Disabilities

Area Served: San Francisco City & County

Application: Phone, walk-in, or email for Information and Referral Services.

Language: English, Chinese (Cantonese, Mandarin), Spanish and other languages with telephone interpretative assistance.

CONTACT BY PHONE:

Hotline: (415) 355-6700 ext. 2 (outside SF)

Toll Free: (800) 510-2020 (24-hour phone in SF)

TTY: (415) 355-6756

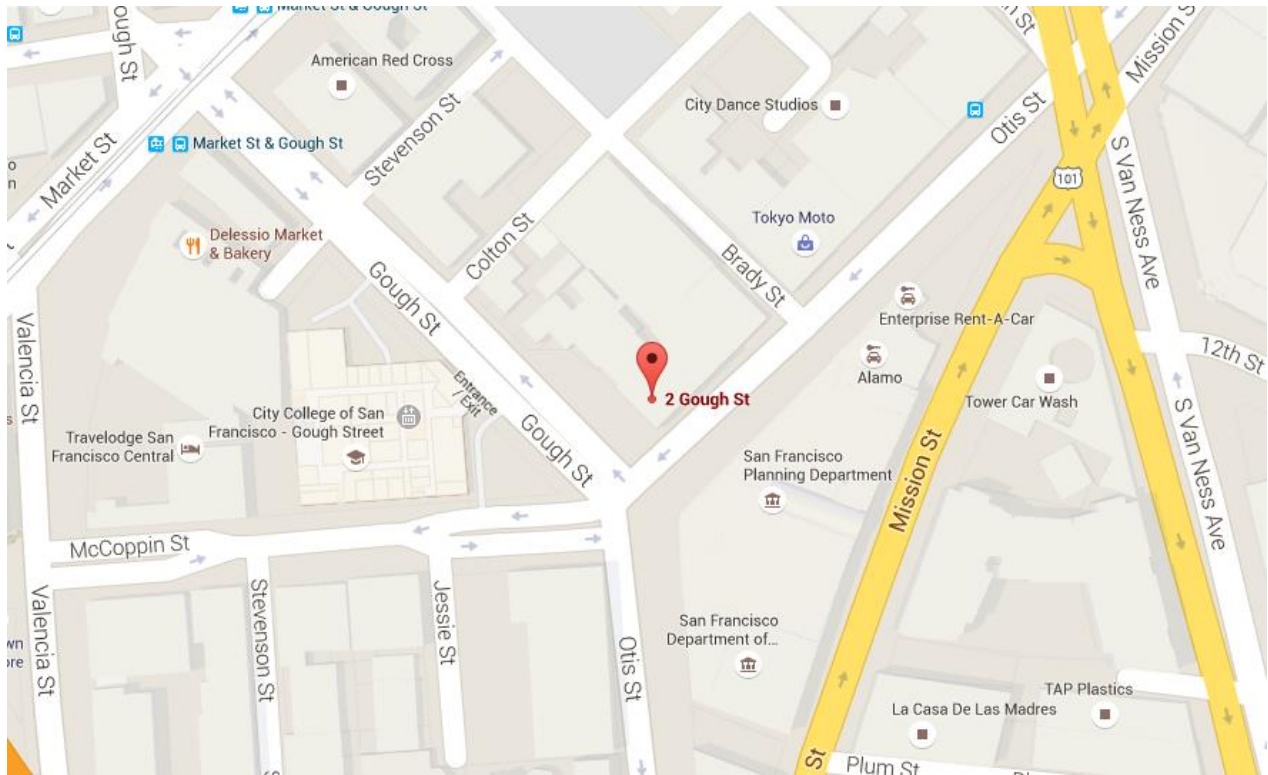
IN PERSON (DROP-IN):

2 Gough Street, San Francisco, CA 94103

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

Accessibility: Wheelchair accessible, elevator, restroom

Transportation: **MUNI** – 14 Mission, 49 Mission, 47 Van Ness, F Market
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.



ONLINE:

Email: daas@sfgov.org

Website: www.sfdaas.org

The 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. On this website you can also find useful links and information about other programs and agencies in San Francisco working with older adults and people with disabilities.

ADDITIONAL DEPARTMENT OF AGING AND ADULT SERVICES PROGRAMS:

Adult Protective Services

Assists elders (65+) and adults with disabilities/dependent adults who are experiencing abuse or neglect, or at risk of abuse, neglect, or exploitation.

(415) 355-6700

2 Gough Street, San Francisco, CA 94103

www.sfhsa.org/services/protection-safety/adult-abuse

Case Management

Facilitates connections for older adults and adults with disabilities to services that promote and maintain the optimum level of functioning in the most independent setting. This program uses a Centralized Intake and Waitlist system managed by the Department of Aging and Adult Services.

(415) 355-6700

2 Gough Street, San Francisco, CA 94103

www.sfhsa.org/services/care-support/community-case-management

Community Living Fund

Funds home and community-based services, or combination of goods and services, that helps individuals who are currently, or at risk of being, institutionalized. The program uses coordinated case management and purchase of services to assist those at-risk.

(415) 355-6700

2 Gough Street, San Francisco, CA 94103

www.sfhsa.org/services/care-support/community-living-fund

County Veterans Service Office

Provides assistance to the men and women who served in the Armed Forces of America, their dependents and survivors, to obtain benefits from the U.S. Department of Veterans Affairs, Department of Defense, California Department of Veterans Affairs and other programs for veterans and their families.

(415) 934-4200

2 Gough Street, San Francisco, CA 94103

www.sfhsa.org/services/access-empowerment/county-veterans-service-office

In-Home Supportive Services (IHSS)

IHSS is designed to help seniors and people with disabilities live safely in their own homes, serving as an alternative to institutionalization. IHSS consumers direct their workers to assist with household chores like cleaning, laundry, shopping, cooking, and washing dishes. They provide non-medical personal care, like bathing, grooming, like bathing, grooming, feeding, dressing or toilet assistance.

(415) 355-6700

2 Gough Street, San Francisco, CA 94103

www.sfhsa.org/services/care-support/home-supportive-services-ihss

Public Administrator

The Office of the Public Administrator (PA) administers the estates of deceased San Franciscans. The PA handles informal estate administrations for smaller estates as well as formal court-supervised probates.

(415) 557-6680

1650 Mission Street, 5th Floor, San Francisco, CA 94103

www.sfhsa.org/services/care-support/public-administrator

Public Conservator

The Public Conservator provides mental health conservatorship services for San Francisco residents who are gravely disabled (unable to provide for food, clothing or shelter) due to mental disease and found by the Court unable or unwilling to accept voluntary treatment. Referrals are only accepted from psychiatric hospitals.
1650 Mission Street, 5th Floor, San Francisco, CA 94103
www.sfhsa.org/services/care-support/public-conservator

(415) 557-6680

Public Guardian

The Public Guardian provides probate conservatorship services for San Francisco older adults and adults with disabilities who are substantially unable to provide for their own personal needs of food, clothing, shelter or medical care and/or are unable to resist fraud or undue influence.
1650 Mission Street, 5th Floor, San Francisco, CA 94103
www.sfhsa.org/services/protection-safety/public-guardian

(415) 557-6680

Representative Payee Program

The Representative Payee program manages money for adults (18+) and elderly individuals with physical and/or mental impairments who cannot manage their own funds. This program ensures that their daily living needs are met, and maintains their well-being and independence. This program is voluntary and each participant must have a case manager to be eligible.
1650 Mission Street, 5th Floor, San Francisco, CA 94103
www.sfhsa.org/services/care-support/representative-payee-program

(415) 557-6680

AGING AND DISABILITY RESOURCE CENTERS

Aging and Disability Resource Centers (ADRCs) offer the general public free information and assistance regarding issues affecting older people and people with disabilities, regardless of income. With locations throughout San Francisco, the ADRC Information and Assistance Specialists provide a wide range of services in multiple languages.

The ADRC can support individuals with information, referral, or assistance in the following areas:

- Benefits
- 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 Coordinator at (415) 750-4111. If you need language assistance, please call the Department of Aging and Adult Services Intake Services Hotline at (415) 355-6700. Hours and locations of the ADRC hubs vary and are subject to change. **It is recommended that you call the centers directly to confirm current hours and languages offered. All numbers listed have English capacity.**

30th Street Senior Center

On Lok Lifeways
225 30th Street, 3rd Floor, San Francisco, CA 94131
www.30thstreetseniorcenter.org
Languages: English, Spanish

(415) 550-2225
Spanish: (415) 550-2221

Aquatic Park Senior Center

San Francisco Senior Center – Sequoia Living
890 Beach Street, San Francisco, CA 94109
www.sfsenior.org
Languages: English, Chinese

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

Bayview Senior Connections

Bayview Senior Services
1753 Carroll Avenue, San Francisco, CA 94124
www.bhpmss.org/
Languages: English, Chinese, Samoan

(415) 647-5353

Downtown Senior Center

San Francisco Senior Center – Sequoia Living
481 O’Farrell Street, San Francisco, CA 94102
www.sfsenior.org
Languages: English, Chinese

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

Geen Mun Activity Center

Self-Help for the Elderly
777 Stockton Street, San Francisco, CA 94108
www.selfhelpelderly.org
Languages: English, Chinese

(415) 438-9804

Mission Neighborhood Centers .

362 Capp Street, San Francisco, CA 94110
www.mncsf.org
Languages: English, Spanish

(415) 653-5750

OMI Senior Center

Catholic Charities
65 Beverly Street, San Francisco, CA 94132
www.catholiccharitiessf.org/
Languages: English, Chinese

(415) 334-5558

Openhouse

65 Laguna Street, San Francisco, CA 94102

(415) 347-8509

www.openhouse-sf.org/

Languages: English

Richmond Senior Center

Golden Gate Senior Services

(415) 752-6444

6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121

Russian: (415) 404-2938

www.ggsenior.org/

Chinese: (415) 405-4672

Languages: English, Chinese, Russian

Self-Help for the Elderly

601 Jackson Street, Basement, San Francisco, CA 94133

(415) 677-7600

www.selfhelpelderly.org

Chinese: (415) 677-7585

Languages: English, Chinese

South Sunset Activity Center

Self-Help for the Elderly

(415) 566-2845

2601 40th Avenue, San Francisco, CA 94116

www.selfhelpelderly.org

Languages: English, Chinese

Toolworks

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

(415) 733-0990

www.toolworks.org

Languages: English, ASL

West Portal (Clubhouse)

Self-Help for the Elderly

(415) 753-7038

131 Lenox Way (at Ulloa Street), San Francisco, CA 94127

www.selfhelpelderly.org

Languages: English, Chinese

Western Addition Senior Center

Bayview Senior Services

(415) 921-7805

1390 ½ Turk Street, San Francisco, CA 94115

www.bhpmss.org/

Languages: English, Chinese

24 Hour Information and Referral Hotlines

211

2-1-1, a service of United Way Bay Area is a toll-free, confidential 24-hour multilingual service that connects people with local health and human services for everyday needs and in times of crisis. 211 is available 24 hours a day, seven days a week.

- Within San Francisco: 211 or (800) 273-6222
- Outside of San Francisco: (415) 808-4357

A directory of local services can also be found online at: www.211bayarea.org/

211 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 is available through wired, wireless and pay telephones within San Francisco boundaries. 311 offers assistance in over 145 languages.

- Within San Francisco: 311
- Outside of San Francisco: (415) 701-2311
- TTY: (415) 701-2323

Non-emergency service requests can also be submitted online at: www.sf311.org/

Emergency Preparedness

SAN FRANCISCO POLICE DEPARTMENT

Emergency 911
Non-Emergency (415) 553-0123

211

Service of the United Way Bay Area. During a disaster 211 provides critical information about evacuation routes, food and shelter, as well as job search and permanent housing support during long-term recovery. Available in more than 150 languages.
www.211bayarea.org/

211
(800) 273-6222
Available 24 hours a day.

AMERICAN RED CROSS

Northern California Coastal Region/Bay Area
1663 Market Street, San Francisco, CA 94103 (415) 427-8000
www.redcross.org/

ALERTSF – DEPARTMENT OF EMERGENCY MANAGEMENT

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.

To sign up, text your Zip Code to 888-777 to receive real time emergency alerts, or go to www.alertsf.org to register. For more information, visit www.alertsf.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

Department of Aging and Adult Services
2 Gough Street, San Francisco, CA 94103
www.sfdaas.org

(415) 355-6700
Available 24 hours a day.

Consortium For Elder Abuse Prevention

Institute On Aging
3575 Geary Boulevard, San Francisco, CA 94118
www.ioaging.org/

(415) 750-4111

San Francisco Long-Term Care Ombudsman Program Felton Institute

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
www.sfltcop.net/

(415) 751-9788

San Francisco Police Department

Emergency
Non-Emergency

911
(415) 553-0123

Refer to page 28 for additional Legal Services listings.

Adult Day Programs

ADULT DAY HEALTH CARE

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. Services provided at the centers may 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 on a sliding fee basis.

Bayview Hunters Point Adult Day Health Center (415) 826-4774
Bayview Senior Services
1250 La Salle Avenue, San Francisco, CA 94124
www.bhpmss.org/
Area Served: Citywide

Jackie Chan Adult Day Services (415) 677-7556
Self-Help for the Elderly
408 22nd Avenue, San Francisco, CA 94121
www.selfhelpelderly.org
Area Served: Outer Richmond

L'Chaim Adult Day Health (415) 449-3700
Jewish Family and Children's Services
2534 Judah Street, San Francisco, CA 94122
www.jfcs.org
Area Served: Inner Sunset, Outer Richmond

Stepping Stone
www.steppingstonehealth.org/

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

Mabini Day Health

55 Mabini Street, San Francisco, CA 94107

(415) 882-7301

Area Served: Citywide

Mission Creek Day Health

930 4th Street, San Francisco, CA 94158

(415) 974-6784

Area Served: Citywide

Presentation Day Health

301 Ellis Street, San Francisco, CA 94102

(415) 923-0245

Area Served: Citywide

SENIOR CENTERS AND ACTIVITY CENTERS

BAYVIEW

Dr. George W. Davis Senior Center

Bayview Senior Services

(415) 822-1444

1753 Carroll Avenue, San Francisco, CA 94124

www.bhpmss.org/

BERNAL HEIGHTS

Bernal Heights Neighborhood Center

Bernal Heights Neighborhood Center

(415) 206-2140

515 Cortland Avenue, San Francisco, CA 94110

www.bhnc.org/

Mission YMCA – Active Older Adults Center

4080 Mission Street, San Francisco, CA 94112

(415) 586-6900

www.ymcasf.org/locations/mission-ymca

CASTRO / UPPER MARKET

Castro Senior Center

Golden Gate Senior Services
110 Diamond Street, San Francisco, CA 94127
www.ggsenior.org/

(415) 863-3507

CHINATOWN

Geen Mun Senior Center (On Low Wui Senior Center)

Self-Help for the Elderly
777 Stockton Street, San Francisco, CA 94108
www.selfhelpelderly.org/

(415) 391-3843

Lady Shaw Senior Center

Self-Help for the Elderly
1483 Mason Street, San Francisco, CA 94133
www.selfhelpelderly.org/

(415) 677-7581

FINANCIAL DISTRICT

Manilatown Senior Center

Self-Help for the Elderly
848 Kearny Street, San Francisco, CA 94108
www.selfhelpelderly.org/

(415) 398-3250

DOWNTOWN / CIVIC CENTER

Curry Senior Center

333 Turk Street, San Francisco, CA 94102
www.curryseniorcenter.org/

(415) 885-2274

Downtown Senior Center

San Francisco Senior Center – Sequoia Living
481 O'Farrell Street, San Francisco, CA 94102
www.sfsenior.org/

(415) 771-7950

Eastern Park Apartments

Sequoia Living
711 Eddy Street, San Francisco, CA 94109
www.ncphs.org

(415) 776-0114

GLIDE

330 Ellis Street, San Francisco, CA 94102
www.glide.org/

(415) 674-6041

South East Asian Senior Meal Program

Self-Help for the Elderly
315 Turk Street, San Francisco, CA 94102
www.selfhelpelderly.org/

(415) 920-1357

St. Francis Living Room

350 Golden Gate Avenue, San Francisco, CA 94102
www.sflivingroom.org

(415) 946-1413

GLEN PARK**30th Street Senior Center**

On Lok Lifeways
225 30th Street, 3rd Floor, San Francisco, CA 94131
www.30thstreetseniorcenter.org/

(415) 550-2210

INNER RICHMOND**Russian American Community Services**

300 Anza Street, San Francisco, CA 94118
www.sfracf.org/

(415) 387-5336

LAKESHORE**Stonestown YMCA – Active Older Adults Program**

3150 20th Avenue, San Francisco, CA 94132
www.ymcasf.org/locations/stonestown-family-ymca

(415) 242-7100

MISSION

Centro Latino de San Francisco

1656 15th Street, San Francisco, CA 94103
www.centrolatinodesf.org/

(415) 861-8758

Capp Street Senior Center

Mission Neighborhood Centers, Inc.
362 Capp Street, San Francisco, CA 94110
www.mncsf.org/home/

(415) 206-7750

Francis of Assisi Community

145 Guerrero Street, San Francisco, CA 94103
www.mercyhousing.org/california/francis-of-assisi-community

(415) 861-5790

NORTH BEACH

Telegraph Hill Neighborhood Center

660 Lombard Street, San Francisco, CA 94133
www.telhi.org/

(415) 421-6443

OCEAN VIEW

I.T. Bookman Community Center

Southwest Community Corporation
446 Randolph Street, San Francisco, CA 94132
www.itbookmancenter.org/

(415) 586-8020

OMI Senior Center

Catholic Charities
65 Beverly Street, San Francisco, CA 94132
www.catholiccharitiessf.org/

(415) 334-5550

OUTER MISSION

Excelsior Senior Center

Bernal Heights Neighborhood Center
4468 Mission Street, San Francisco, CA 94112
www.bhnc.org

(415) 334-9919
(415) 206-2140

OUTER RICHMOND

Jackie Chan Senior Center

Self-Help for the Elderly
5757 Geary Boulevard, San Francisco, CA 94121
www.selfhelpelderly.org/

(415) 677-7571

Richmond Senior Center

Golden Gate Senior Services
6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121
www.ggsenior.org/

(415) 752-6444

PARKSIDE

South Sunset Senior Center

Self-Help for the Elderly
2601 40th Avenue, San Francisco, CA 94116
www.selfhelpelderly.org/

(415) 566-2845

POTRERO HILL

Potrero Hill Neighborhood House

953 De Haro Street, San Francisco, CA 94107
www.phnhsf.org/

(415) 826-8080

PRESIDIO HEIGHTS

Jewish Community Center of San Francisco

3200 California Street, San Francisco, CA 94118
www.jccsf.org/

(415) 292-1262

RUSSIAN HILL

Aquatic Park Center

San Francisco Senior Center – Sequoia Living
890 Beach Street, San Francisco, CA 94109
www.sfsenior.org/

(415) 775-1866

SOUTH OF MARKET

Alexis Apartments

390 Clementina Street, San Francisco, CA 94103

(415) 495-9541

Bayanihan Equity Center

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

(415) 255-2347

Canon Kip Senior Center

Episcopal Community Services
705 Natoma Street, San Francisco, CA 94103
www.ecs-sf.org/

(415) 487-3300 x 6200

Lighthouse for the Blind & Visually Impaired

1155 Market Street, 10th Floor, San Francisco, CA 94103
www.lighthouse-sf.org/

(415) 431-1481

Mendelsohn House Senior Center

Self-Help for the Elderly
737 Folsom Street, San Francisco, CA 94107
www.selfhelpelderly.org/

(415) 243-9018

Pilipino Senior Resource Center

953 Mission Street, Suite 111, San Francisco, CA 94103
www.psrcsfca.com

(415) 341-0353

West Bay Pilipino Center

175 7th Street, San Francisco, CA 94103
www.westbaycenter.org/

(415) 431-6266

Woolf House Senior Center

Self-Help for the Elderly
801 Howard Street, San Francisco, CA 94103
www.selfhelpelderly.org/

(415) 495-0931

VISITACION VALLEY

John King Community Center

Self-Help for the Elderly
500 Raymond Avenue, San Francisco, CA 94134
www.selfhelpelderly.org/

(415) 239-9919

Samoan Community Development Center

2055 Sunnydale Avenue, San Francisco, CA 94134
www.samoancommunitysf.org

(415) 841-1086

WESTERN ADDITION

Hamilton Recreation Center

1900 Geary Boulevard, San Francisco, CA 94115
www.kimochi-inc.org

Kimochi, Inc.:
(415) 931-2287
Hamilton Rec. Center:
(415) 292-2111

Kimochi Senior Center

1840 Sutter Street, San Francisco, 94115
www.kimochi-inc.org/

(415) 931-2287

Korean Center, Inc.

1362 Post Street, San Francisco, CA 94109
www.koreancentersf.org/

(415) 441-1881

Openhouse

65 Laguna Street, San Francisco, CA 94102
www.openhouse-sf.org/

(415) 296-8995

Rosa Parks Senior Center

Bayview Senior Services
1111 Buchanan Street, San Francisco, CA 94115
www.bhpmss.org/

(415) 292-3474

(415) 822-1444

Western Addition Senior Center

Bayview Senior Services
1390 ½Turk Street, San Francisco, CA 94115
www.bhpmss.org/

(415) 921-7805

VIRTUAL SENIOR CENTER

Well Connected

Covia
*A phone and online-based activity program for adults
60+. Programs are available in English and Spanish.*
<https://covia.org/services/well-connected/>

(877) 797-7299

Advocacy and Legal Services

ABUSE PREVENTION & INTERVENTION

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

Department of Aging and Adult Services
2 Gough Street, San Francisco, CA 94103
www.sfdaas.org

(415) 355-6700
Available 24 hours a day.

Consortium for Elder Abuse Prevention

Institute On Aging
3575 Geary Boulevard, San Francisco, CA 94118
www.ioaging.org/

(415) 750-4180
(415) 750-4111

San Francisco Long-Term Care Ombudsman Program Felton Institute

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
www.sfltcop.net/

(415) 751-9788

ADVOCACY SERVICES

APA Family Support Services

(formerly Asian Perinatal Advocates)
10 Nottingham Place, San Francisco, CA 94133
www.apafss.org/

(415) 617-0061

The Arc of San Francisco
1500 Howard Street, San Francisco, CA 94103 (415) 255-7200
www.thearcsf.org/

**The Bar Association of San Francisco
Homeless Advocacy Project** (415) 575-3130
125 Hyde Street, San Francisco, CA 94115 (800) 405-4427
<http://www.sfbar.org/jdc/legal-services/hap/>

Bay Area Legal Aid
1800 Market Street, 3rd Floor, San Francisco, CA 94102 (415) 982-1300
www.baylegal.org/ Legal Advice Line:
(800) 551-5554
Health Consumer Center:
(855) 693-7285

Bayanihan Equity Center
1010 Mission Street, San Francisco, CA 94103 (415) 255-2347
www.sfbec.org

California Advocates for Nursing Home Reform
650 Harrison Street, 2nd Floor, San Francisco, CA 94107 (415) 974-5171
<http://www.canhr.org/> (800) 474-1116

Community Living Campaign
1663 Mission Street, Suite 525, San Francisco, CA 94103 (415) 821-1003
www.sfcommunityliving.org/

Consumer Action
1170 Market Street, Suite 500, San Francisco, CA 94105 (415) 777-9635
www.consumer-action.org/

**Consumer Fraud and Environmental Protection Unit
San Francisco District Attorney's Office** (415) 551-9595
732 Brannan Street, San Francisco, CA 94103
<https://sfdistrictattorney.org/home>

Deaf Counseling Advocacy and Referral Agency (DCARA)
14895 East 14th Street, #200, San Leandro, CA 94578 (510) 343-6670
<https://dcara.org/> TTY: (877) 322-7288

Department of Police Accountability

25 Van Ness Avenue, Suite 700, San Francisco, CA 94102
<https://sfgov.org/dpa/>

(415) 241-7711
TTY: (415) 241-7770

Disability Rights California

1330 Broadway, Suite 500, Oakland, CA 94612
www.disabilityrightsca.org

(510) 267-1200
(800) 776-5746

Family Caregiver Alliance

101 Montgomery Street, Suite 2150
San Francisco, CA 94104
www.caregiver.org/

(415) 434-3388
(800) 445-8106

Health Insurance Counseling Advocacy Program (HICAP)

Self-Help for the Elderly
601 Jackson Street, 2nd Floor, San Francisco, CA 94111
www.hicap.org/

(415) 677-7520

Hospitality House

290 Turk Street, San Francisco, CA 94102
www.hospitalityhouse.org/

(415) 749-2100

Housing and Economic Rights Advocates

P.O. Box 29435, Oakland, CA 94604
www.heraca.org/

(510) 271-8443

Independent Living Resource Center of San Francisco (ILRCSF)

825 Howard Street, San Francisco, CA 94103
www.ilrcsf.org/

(415) 543-6222

Mayor's Office on Disability

1155 Market Street, 1st Floor, San Francisco, CA 94103
<https://sfgov.org/mod/>

(415) 554-6789
TTY: (415) 554-6799

Mental Health Association of San Francisco

870 Market Street, #928, San Francisco, CA 94102
<http://www.mentalhealthsf.org/>

(415) 421-2926

Older Women’s League

870 Market Street, #905, San Francisco, CA 94102
www.owlsf.org/

(415) 712-1695

San Francisco County Veterans Service Office

2 Gough Street, San Francisco, CA 94103
www.sfhsa.org

(415) 934-4200

San Francisco Long-Term Care Ombudsman Program

Felton Institute
6221 Geary Boulevard, 3rd floor, San Francisco, CA 94121
www.sfltcop.net/

(415) 751-9788
After Hours Line:
(800) 231-4024

San Francisco Mental Health Clients Rights Advocates

1663 Mission Street, Suite 310, San Francisco, CA 94103

(415) 552-8100
(800) 729-7727

Senior and Disability Action

Consumer Rights for Community Living Program

1360 Mission Street, Suite 400, San Francisco, CA 94103
www.sdaction.org/

(415) 546-1333

State Council on Developmental Disabilities

Bay Area Regional Center

1515 Clay Street, Suite 300, Oakland, CA 94612
https://scdd.ca.gov/

(510) 286-0439

United Cerebral Palsy of the Golden Gate

1970 Broadway, Suite 715, Oakland, CA 94612
http://ucpgg.org/

(510) 832-7430

Victim Services Division

San Francisco District Attorney’s Office

850 Bryant Street, Room 320, San Francisco, CA 94103
https://sfdistrictattorney.org/victim-services

(415) 553-9044

IMMIGRATION AND NATURALIZATION

Asian-Americans Advancing Justice- 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
www.apilegaloutreach.org/

(415) 567-6255

Catholic Charities

990 Eddy Street, San Francisco, CA 94109
www.catholiccharitiessf.org/

(415) 972-1313

Central American Resource Center (CARECEN)

3101 Mission Street, San Francisco, CA 94110
<https://carecensf.org/>

(415) 642-4400

Centro Latino de San Francisco

1656 15th Street, San Francisco, CA 94103
www.centrolatinodesf.org

(415) 861-8761

International Institute of the Bay Area

1111 Market Street, 4th Floor, San Francisco, CA 94103
www.iibayarea.org/

(415) 538-8100

Jewish Family and Children's Services

2150 Post Street, San Francisco, CA 94115
www.jfcs.org/

(415) 449-1200

La Raza Centro Legal

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

(415) 575-3500

San Francisco Public Library

Citizenship resources, including practice materials, a guide to naturalization, and a list of local organizations that offer immigration-related assistance.

100 Larkin Street, San Francisco, CA 94102
www.sfpl.org/citizenship

(415) 557-4400

Self-Help for the Elderly – SF Pathways to Citizenship

601 Jackson Street, San Francisco, CA 94133
www.selfhelpelderly.org/

(415) 677-7600

LEGAL ASSISTANCE

Asian Americans Advancing Justice – Asian Law Caucus

55 Columbus Avenue, San Francisco, CA 94111
www.advancingjustice-alc.org

(415) 896-1701

Asian Pacific Islander Legal Outreach

Estate planning services.
1121 Mission Street, San Francisco, CA 94103
www.apilegaloutreach.org

(415) 567-6255

Bay Area Legal Aid

1800 Market Street 3rd Floor, San Francisco, CA 94102
www.baylegal.org

(415) 982-1300

Legal Advice Line:

(800) 551-5554

Health Consumer Center:

(855) 693-7285

GLIDE

Brief legal advice, limited legal services, and referrals.

330 Ellis Street, San Francisco, CA 94102
www.glide.org

(415) 674-6149

Housing and Economic Rights Advocates

Estate planning services.
P.O. Box 29435, Oakland, CA 94604
www.heraca.org

(510) 271-8443

Independent Living Resource Center San Francisco

Legal and advocacy services for adults with disabilities (ages 18-59).

825 Howard Street, San Francisco, CA 94103
www.ilrcsf.org/

(415) 543-6222
TTY: (415) 543-6698

International Institute of the Bay Area

1111 Market Street, 4th Floor, San Francisco, CA 94103
www.iibayarea.org

(415) 538-8110

Instituto Laboral de la Raza

2947 16th Street, San Francisco, CA 94103
www.ilaboral.org

(415) 431-7522

La Raza Centro Legal

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

(415) 575-3500

Lawyers' Committee for Civil Rights

131 Steuart Street, Suite 400, San Francisco, CA 94105
www.lccr.com

(415) 543-9444

Legal Assistance to the Elderly

Legal services for older persons 60+ and adults with disabilities.

701 Sutter Street, 2nd Floor, San Francisco, CA 94109
www.laesf.org

(415) 538-3333

National Center for Lesbian Rights

870 Market Street, Suite 370, San Francisco, CA 94102
www.nclrights.org

(415) 392-6257
(800) 528-6257

Open Door Legal

4622 3rd Street, San Francisco, CA 94124
www.opendoorlegal.org

(415) 735-4124

Swords to Plowshares

Legal services for veterans seeking VA benefits and military discharge upgrades.

(415) 252-4788

1060 Howard Street, San Francisco, CA 94103
www.swords-to-plowshares.org

Transgender Law Center

870 Market Street, San Francisco, CA 94102
<https://transgenderlawcenter.org/>

(415) 865-0176

Spanish: (415) 296-2029

If these agencies are unable to help you with your legal matter, they may refer you to:

Lawyer Referral and Information Service

Bar Association of San Francisco
Attorney Referral Services [low-income/sliding scale].
301 Battery Street, 3rd Floor, San Francisco, CA 94111
<http://www.sfbar.org/>

Main: (415) 982-1600

Referral: (415) 989-1616

NOTARY

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. For more information or questions regarding notaries public, call the California Secretary of State Notary Division Regional Office at (916) 653-3595.

Advanced Mobile Notary and Apostille

Appointment fees from \$35, depending on location.
www.advancedmobilenotary.com

(415) 239-6600

Bay Area Traveling Notary

Kathleen Solaris
Mobile notary service.

(415) 771-1850

Matt Miller Mobile Notary

Traveling notary serving the Bay Area.

www.mmmobilenotary.net

Email: matt@mmmobilenotary.net

(415) 448-7343

Care Coordination & Community-Based Supports

COALITION OF AGENCIES SERVING THE ELDERLY (CASE)

The Coalition of Agencies Serving the Elderly (CASE) has served as a 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, older adults, and professionals working with the elderly in San Francisco and throughout the Bay Area.

30th 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 30th Street, San Francisco, CA 94131

www.30thStreetSeniorCenter.org

Bayanihan Equity Center

Advocacy; Computer Skills Class; Information and Referral; Legal Clinic; Translation Services.

(415) 255-2347

1010 Mission Street, San Francisco, CA 94103

www.sfbec.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

1753 Carroll Avenue, San Francisco, CA 94124

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.

650 Harrison Street, 2nd Floor, San Francisco, CA 94107
www.canhr.org

(415) 974-5171
(800) 474-1116

Catholic Charities

Adult Social Day Care; Alzheimer’s Day Care Resource Center; Case Management; Community Services/Senior Center; Housing; Integrated Support Services; Meal Sites.

990 Eddy Street, San Francisco, CA 94109
www.catholiccharitiessf.org

(415) 972-1200

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.

1663 Mission Street, Suite 525, San Francisco, CA 94103
www.sfCommunityLiving.org

(415) 821-1003

Community Technology Network

Digital Literacy Corps; SF Connected; Tech Training Solutions.

1390 Market Street, Suite 200, San Francisco, CA 94102
www.communitytechnetwork.org

(628) 200-3118

Covia

Own and operate retirement communities known as Life Plan or Continuing Care Retirement Communities (CCRCs) – including SF Towers - as well as affordable housing complexes – including Presidio Gate Apartments and Bethany Center – and an array of community services including Well Connected, Social Call and Home Match SF.

2185 N. California Boulevard, Suite 215
Walnut Creek, CA 94596
www.covia.org/

(925) 956-7400

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.

333 Turk Street, San Francisco, CA 94102

www.CurrySeniorCenter.org

(415) 885-2274

Family Caregiver Alliance

Assessment; Caregiving; Consultation; Education/Support Groups; Information and Referral.

101 Montgomery Street, Suite 2150

San Francisco, CA 94104

www.caregiver.org

(800) 445-8106

(415) 434-3388

Felton Institute (formerly Family Service Agency)

Aging Services: Foster Grandparents; Long-Term Care Ombudsman; Senior Companions; Senior Community Service Employment Program.

Geriatric Mental Health: Community Integration Services; Geriatric Outpatient Mental Health Services; Older Adult Day Support Center; Senior Full Service Wellness Program Center; Senior Peer Drop-In Center.

1500 Franklin Street, San Francisco, CA 94109

www.felton.org

(415) 474-7310

Golden Gate Senior Services

Aging and Disability Resource Center (ADRC) Hub; Community Services; Computer Labs; Golden Gate Village; LGBT Programming; Meal Site; Project Integration; Senior Center; Social & Recreational Activities; Volunteer Opportunities.

6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121

110 Diamond Street, San Francisco, CA 94114

www.ggsenior.org

(415) 752-6444

(415) 863-3507

Homebridge, Inc. (formerly IHSS Consortium)

In-Home Services Training and Placement Referral for In-Home Support Workers.

1035 Market Street, L-1, San Francisco, CA 94103

www.homebridgeCA.org

(415) 255-2079

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.

3575 Geary Boulevard, San Francisco, CA 94118

www.IOAging.org

(415) 750-4111

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.

2150 Post Street, San Francisco, CA 94115

www.jfcs.org

(415) 449-1200

Kimochi, Inc.

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.

1715 Buchanan Street, San Francisco, CA 94115

www.kimochi-inc.org

(415) 931-2294

Legal Assistance to the Elderly

Individual Advocacy and Legal Services for older adults and adults with disabilities.

(415) 538-3333

701 Sutter Street, 2nd Floor, San Francisco, CA 94109
www.laesf.org/

Little Brothers – Friends of the Elderly

Social integration (individually or as a group); Elder isolation reduction programs; Group social activities; Medical Escort Program; In-home technology training.

(415) 771-7957

909 Hyde Street, Suite 628, San Francisco, CA 94109
www.littlebrotherssf.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

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

NEXT Village SF

Cultural and Social Activities; Health and Wellness Support; In-Home and Personal Support; Transportation Assistance.

(415) 888-2868

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

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.*

225 30th Street, San Francisco, CA 94131
www.onlok.org

(415) 319-6661
TTY: (415) 292-8898

Openhouse

*Community Programs at Senior Centers; 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

(415) 296-8995

Rebuilding Together San Francisco

*"Changing Neighborhoods | Changing Lives"
Community Reinvestment; Corporate Volunteer
Opportunities. What we do: Free Renovations for Low-
Income Homeowners; Free Repairs to Nonprofit Facilities;
Home Safety Equipment Installed for Homeowners and
Renters; Information & Referrals regarding Housing
Repairs.*

28 Pier 1, The Embarcadero, San Francisco, CA 94105
www.RebuildingTogetherSF.org

(415) 905-1611

Russian American Community Services

300 Anza Street, San Francisco, CA 94118
<http://sfrac.org/>

(415) 387-5336

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.

350 Golden Gate Avenue, San Francisco, CA 94102

www.sflivingroom.org

(415) 946-1413

San Francisco-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.

900 Pennsylvania Avenue, San Francisco, CA 94107

www.sfmfoodbank.org

(415) 282-1900

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.

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

www.SelfHelpElderly.org

(415) 677-7600

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.

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

(415) 546-1333

Sequoia Living

(San Francisco Senior Center)

Case Management; Coming of Age Program; Community Services; Information & Referral; Senior Housing; Transitional Care Program.

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

(415) 202-7800

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.

730 Polk Street, San Francisco, CA 94109
www.shanti.org

(415) 674-4700

Stepping Stone

Adult Day Health Center; Congregate Meals; Social & Recreational Programs.

350 Golden Gate Avenue, San Francisco, CA 94102
55 Mabini Street, San Francisco, CA 94107
930 4th Street, San Francisco, CA 94158
301 Ellis Street, San Francisco, CA 94102
www.SteppingStoneHealth.org

(415) 359-9210

(415) 882-7301

(415) 974-6784

(415) 923-0245

CASE MANAGEMENT SERVICES

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.

Department of Aging and Adult Services manages the centralized waiting list for Case Management services provided by the following agencies. Please call the Integrated Intake Hotline at **(415) 355-6700** to discuss your needs and eligibility for services.

30th Street Senior Center

On Lok Lifeways (415) 550-2214
225 30th Street, 3rd Floor, San Francisco, CA 94131
www.30thstreetseniorcenter.org/

Bayview Senior Connection

Bayview Senior Services (415) 647-5353
5600-A 3rd Street, San Francisco, CA 94124
www.bhpmss.org/

Canon Kip Senior Center

Episcopal Community Services (415) 487-3300 x 6200
705 Natoma Street, San Francisco, CA 94103
www.ecs-sf.org/

Catholic Charities

1111 Junipero Serra Boulevard, San Francisco, CA 94132 (415) 334-5555
www.catholiccharitiessf.org/

Curry Senior Center

315 Turk Street, San Francisco, CA 94102 (415) 885-2274
www.curryseniorcenter.org/

Felton Institute (formerly Family Service Agency)

6221 Geary Street, 3rd Floor, San Francisco, CA 94121 (415) 474-7310
www.felton.org

Homebridge

In-Home Supportive Services recipients only. (415) 255-2079
1035 Market Street, L-1, San Francisco, CA 94103
www.homebridgeca.org

Jewish Family and Children's Services

2150 Post Street, San Francisco, CA 94115 (415) 449-3777
www.jfcs.org

Kimochi, Inc.

1715 Buchanan Street, San Francisco, CA 94115
www.kimochi-inc.org/

(415) 931-2275

Linkages

Institute on Aging

For older adults without SSI and younger disabled.
3575 Geary Boulevard, San Francisco, CA 94118
www.ioaging.org/

(415) 750-4111

Openhouse

*Services for Lesbian, Gay, Bisexual, and Transgender (LGBT)
older adults.*

65 Laguna Street, San Francisco, CA 94102
www.openhouse-sf.org

(415) 296-8995

Self-Help for the Elderly

601 Jackson Street, San Francisco, CA 94109
www.selfhelpelderly.org

(415) 677-7600

ADDITIONAL CASE MANAGEMENT SERVICES:

Other community-based organizations also offer Case Management services. Contact the following agencies directly for information regarding eligibility, waitlist, and services available.

Bernal Heights Neighborhood Center

515 Cortland Avenue, San Francisco, CA 94110
www.bhnc.org/

(415) 206-2140

Community Behavioral Health Services

1380 Howard Street, San Francisco, CA 94103
www.sfdph.org

(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 helps 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

www.sfhsa.org/services/care-support/community-living-fund

Golden Gate Regional Center

For individuals with developmental disabilities.

(415) 546-9222

1355 Market Street, Suite 220, San Francisco, CA 94103

www.ggrc.org/home

Italian Community Services

Serves older individuals of Italian descent.

(415) 362-6423

678 Green Street, San Francisco, CA 94133

www.italiancs.com/

Meals on Wheels of San Francisco

Must be a Meals on Wheels Client.

(415) 920-1111

1375 Fairfax Avenue, San Francisco, CA 94124

www.mowsf.org/

Multipurpose Senior Services Program (MSSP)**Institute on Aging**

(415) 750-4111

For older adults 65+, with Medicaid.

3575 Geary Boulevard, San Francisco, CA 94118

www.ioaging.org/

RAMS, Inc.

3626 Balboa Street, San Francisco, CA 94121

(415) 668-5955

www.ramsinc.org/

San Francisco Homeless Outreach Team (HOT Team)

Short-term case management for high-risk homeless individuals.

50 Ivy Street, San Francisco, CA 94102
<http://hsh.sfgov.org/street-homelessness/homeless-outreach-team/>

311
(415) 355-7555
(415) 355-7401

St. Anthony Foundation

121 Golden Gate Avenue, San Francisco, CA 94102
www.stanthonysf.org

(415) 592-2855
(415) 241-2600

Veteran’s Administration - Transition and Care Management

For eligible veterans and families.
4150 Clement Street, San Francisco, CA 94121
www.sanfrancisco.va.gov/services/integratedcare.asp

(415) 221-4810

PRIVATE CASE MANAGERS / FIDUCIARIES

Some case managers practice privately. Professional fiduciaries may manage matters for clients including daily care, housing and medical needs, and also offer financial management services ranging from basic bill paying to estate and investment management. For a list of private practitioners, please visit **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”.

FRIENDLY VISITING

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

Covia - Social Call

881 Turk Street, San Francisco, CA 94102
<https://covia.org/services/social-call/>
Area Served: Citywide

(877) 797-7299

Felton Institute (formerly Family Service Agency)
Senior Companion Program (415) 751-9786

6221 Geary Street, 2nd Floor, San Francisco, CA 94109

<http://felton.org/social-services/seniors/senior-companion-program/>

Area Served: Richmond, Sunset

Jewish Family and Children's Services

For existing clients of the agency.

(415) 449-3777

2150 Post Street, San Francisco, CA 94115

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

Area Served: Citywide

Little Brothers- Friends of the Elderly

909 Hyde Street, Suite 628, San Francisco, CA 94109

(415) 771-7957

www.littlebrotherssf.org

Area Served: Citywide

Meals on Wheels SF

Friendly Visitor Program

(415) 920-1111

For Meals on Wheels clients.

1375 Fairfax Avenue, San Francisco, CA 94124

www.mowsf.org

Area Served: Citywide

Openhouse

Caring Connections

(415) 296-8995

65 Laguna Street, San Francisco, CA 94102

www.openhouse-sf.org/caring-connections/

Area Served: Citywide for LGBT older adults 60+

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
<http://www.ecs-sf.org/>
Area Served: Citywide

Institute on Aging
Center for Elderly Suicide Prevention - Friendship Line (800) 971-0016
<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line> (415) 750-4111
Area Served: Citywide

Italian Community Services
Italian Speakers only. (415) 362-6423
<http://www.italiancs.com/>
Area Served: Citywide

Jewish Family and Children's Services
www.jfcs.org/ (415) 449-3777
Area Served: Citywide

Openhouse
Serving LGBT older adults. (415) 296-8995 x 303
www.openhouse-sf.org
Area Served: Citywide

We Check On You
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

Caregiver Support

If you have a caregiver, it is possible that they may need support themselves at times. The following groups and services may assist caregivers in obtaining the resources and support they need.

COUNSELING, SUPPORT GROUPS & RESOURCES FOR CAREGIVERS

Alzheimer’s Association – San Francisco Chapter

Online community and in-person support group listings. (415) 463-8500
100 Pine Street, Suite 2150, San Francisco, CA 94111 (800) 272-3900
www.alz.org/help-support/community/support-groups 24 hours/day

American Cancer Society

www.cancer.org (800) 227-2345

Alameda Office

1001 Marina Village Parkway, Suite 300 (510) 893-7900
Alameda, CA 94501

Campbell Office & California Chinese Unit

747 Camden Avenue, Suite B, Campbell, CA 95008 (408) 871-1062
(888) 566-6222

Walnut Creek Office

2185 North California Boulevard, Suite 290 (925) 934-7640
Walnut Creek, CA 94596

Aquatic Park Senior Center

San Francisco Senior Center – Sequoia Living (415) 775-1866
890 Beach Street, San Francisco, CA 94109
www.sfsenior.org/

Catholic Charities

Caregiver support group, classes, information and referral. (415) 452-3500
50 Broad Street, San Francisco, CA 94112
www.catholiccharitiessf.org/

Family Caregiver Alliance

Support groups, workshops, and classes for caregivers.

101 Montgomery Street, Suite 2150

San Francisco, CA 94104

www.caregiver.org

(415) 434-3388

(800) 445-8106

Institute on Aging

Alzheimer’s support.

3575 Geary Boulevard, San Francisco, CA 94118

www.ioaging.org

(415) 750-4111

Jewish Family and Children’s Services

Seminars, respite, counseling and support groups.

2150 Post Street, San Francisco, CA 94115

www.jfcs.org/

(415) 449-3777

Kimochi, Inc.

Training, counseling and support groups.

1715 Buchanan Street, San Francisco, CA 94115

www.kimochi-inc.org

(415) 931-2275

Self-Help for the Elderly

Caregiver Support Services Program and support groups.

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

www.selfhelpelderly.org/our-services/social-services/caregiver-support-services

(415) 677-7600

English Voice/TDD/TTY:

(800) 855-7100

Spanish Voice/TDD/TTY:

(800) 855-7200

RESPIRE: ALZHEIMER’S DAY SERVICES

Catholic Charities

Adult Day Services and Alzheimer’s Day Care Resource Center

50 Broad Street, San Francisco, CA 94112

www.catholiccharitiessf.org/

(415) 452-3500

**Irene Swindells Center for Adult Day Services
Institute on Aging/CPMC**

(415) 600-2690

Program for persons with mild to moderate memory loss.

3698 California Street, San Francisco, CA 94118

www.ioaging.org/services/all-inclusive-health-care/social-day-programs

Self-Help for the Elderly

Alzheimer’s Day Care Resource Center

(415) 677-7556

408 22nd Avenue, San Francisco, CA 94121

(415) 677-7600

www.selfhelpelderly.org/our-services/health-and-home-care/senior-care/alzheimers-care

Additional Adult Day Services listed under Adult Day Health Care on Page 14, and Senior/Activity Centers on Page 15.

RESPITE: IN HOSPITAL RESPITE PROGRAMS

The following programs offer 24-hour care so the caregiver can have a break. Contact individual programs for information regarding cost and insurance acceptance.

Laguna Honda Hospital

Respite Services 8 weeks per year. Medi-Cal – Medicare – Private Pay; No HMO.

(415) 759-2300

(415) 682-5694

375 Laguna Honda Boulevard, San Francisco, CA 94116

www.lagunahonda.org

RESPITE: VA PROGRAMS (VETERANS ONLY)

Martinez

(925) 372-2000

Menlo Park

(650) 493-5000

San Francisco.

(415) 221-4810

Disaster Readiness

EMERGENCY PREPAREDNESS: RESOURCES FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

Department of Aging and Adult Services, Office on Aging

Provides resources for agencies working with older adults and people with disabilities.

(415) 355-3555

- *Emergency preparedness video library*
- *Disaster planning standards*
- *Community-Based Resources are available at:*
 - *www.sfdaas.org*

1650 Mission Street, 5th Floor, San Francisco, CA 94103
www.sfdaas.org

Independent Living Resource Center of San Francisco

General and specific emergency preparedness materials for people with disabilities.

(415) 543-6222

TTY: (415) 543-6698

825 Howard Street, San Francisco, CA 94103
www.ilrcsf.org

EMERGENCY PREPAREDNESS: RESOURCES FOR ALL AGES

211

During a disaster 211 provides critical information about evacuation routes, food and shelter, as well as job search and permanent housing support during long-term recovery. Available 24 hours/day, in more than 150 languages.

211

(800) 273-6222

www.211BayArea.org

American Red Cross**Northern California Coastal Region Bay Area Office**

(415) 427-8000

Workshops, individual training, disaster preparedness materials in multiple languages.

1663 Market Street, San Francisco, CA 94103

www.redcross.org

Division of Emergency Services and Emergency Medical Services Agency

San Francisco Department of Emergency Management

(415) 487-5000

Community Preparedness programs and information; Emergency Alert System (EAS).

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

www.sfdem.org/

- Emergency Text Message System: www.alertsf.org
- Emergency Preparedness Resources:
www.sf72.org (*multi-lingual site*)

Emergency Alert System (EAS)

The city participates 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, KNBR 680 AM, or KGO 810*

Federal Emergency Management Agency (FEMA)

Department of Homeland Security

(800) 621-3362

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:

- www.dhs.gov
- www.fema.gov
- www.ready.gov

**Neighborhood Emergency Response Team (NERT)
Program**

(415) 970-2022

San Francisco Fire Department

Training program for neighborhood emergency & disaster preparedness.

2310 Folsom Street, San Francisco, CA 94110

www.sf-fire.org

Pacific Gas & Electric (PG&E)

Preparedness information available.

(800) 743-5000

www.pge.com

Safety Awareness for Everyone (SAFE)

Safety information and presentations, home security assessments.

(415) 673-7233

(415) 553-1984

850 Bryant Street, Room 135, San Francisco, CA 94103

www.sfsafe.org

**San Francisco Community Agencies Responding to
Disasters (SF CARD)**

(415) 439-0881

- *Provides training for community-based organizations.*
- *Assists community-based organizations to develop agency emergency plans.*

1270 Sanchez Street, San Francisco, CA 94114

www.sfcardservices.com

**The Volunteer Center Serving San Francisco and San
Mateo County**

(415) 982-8999

- *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

PERSONAL EMERGENCY SERVICES

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 to call for help. Cost and insurance acceptance may vary, contact individual businesses for current rates.

Bay Area Vital Link

6529 Telegraph Avenue, Oakland, CA 94609
www.vital-linkinc.com

(800) 752-5522
(510) 338-3466

Medic Alert

5226 Pirrone Court, Salida, CA 95368
www.medicalert.org

(800) 432-5378

Philips Lifeline Medical Alert Service

www.lifeline.philips.com

(800) 959-6989

OTHER:

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.*
www.medicalert.org/safereturn

(888) 572-8566

Education, Employment, and Job Training

EDUCATION

30th Street Senior Center

On Lok Lifeways

(415) 550-2210

225 30th Street, 3rd Floor, San Francisco, CA 94131

www.30thstreetseniorcenter.org/

City College of San Francisco – Older Adult Program

50 Phelan Avenue, San Francisco, CA 94112

(415) 239-3000

www.ccsf.edu

(415) 452-7403

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.

(415) 821-1003

1663 Mission Street, Suite 525, San Francisco, CA 94103

www.sfcommunityliving.org

The Fromm Institute for Lifelong Learning

University of San Francisco

(415) 422-6805

2130 Fulton Street, San Francisco, CA 94117

<http://fromm.usfca.edu/>

GCFLearnFree.org

A program of the Goodwill Community Foundation® and Goodwill Industries of Eastern NC, Inc.® (GIENC®). Free online tutorials, videos, and more to learn and build technological and other skills.

www.gcflearnfree.org

Khan Academy

Offers free online tutorials in math, science, computer programming, history, art history, economics, and more.

www.KhanAcademy.org

Openhouse

Openhouse offers language classes, health education, civic engagement opportunities, and more for LGBT older adults in a safe and supportive space.

65 Laguna Street, San Francisco, CA 94102

www.openhouse-sf.org

(415) 296-8995

Osher Lifelong Learning Program

San Francisco State Downtown Campus

835 Market Street, 6th Floor, San Francisco, CA 94103

<http://olli.sfsu.edu/>

(415) 817-4243

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.

100 Larkin Street, San Francisco, CA 94102

www.sfpl.org

(415) 557-4400

EMPLOYMENT & JOB TRAINING**The Arc of San Francisco**

Services for adults with developmental disabilities.

1500 Howard Street, San Francisco, CA 94103

www.thearcsf.org

(415) 255-7200

California Department of Rehabilitation (DOR)

455 Golden Gate Avenue, Suite 7727

San Francisco, CA 94102

www.dor.ca.gov

(415) 802-2330

(800) 952-5544

TTY: (844) 729-2800

Community Living Campaign: SF ReServe Employment

Matches older adults and people with disabilities with part-time work at nonprofits and public agencies.

1663 Mission Street, Suite 525, San Francisco, CA 94103
www.sfcommunityliving.org/opportunities/sf-reserve/

(415) 821-1003

Employment Development Department (EDD)

Job and training referrals, job search assistance and workshops.

www.edd.ca.gov

(866) 333-4606

TTY: (916) 654-9820

EDD Workforce Service- San Francisco Civic Center
801 Turk Street, San Francisco, CA 94102

(415) 749-7503

State Disability Insurance Office
745 Franklin Street, Suite 300
San Francisco, CA 94102

(800) 480-3287

HSA Workforce Development Center
3120 Mission Street, San Francisco, CA 94110

(415) 401-4800

Felton Institute

Senior Community Service Employment Program

Employment services for low income seniors, job training & job search programs.

601 Van Ness Avenue, Suite Q, San Francisco, CA 94102
www.felton.org

(415) 982-7007

Hire-Ability Employment Services

RAMS, Inc.

1234 Indiana Street, San Francisco, CA 94107
www.hire-ability.org

(415) 282-9675

Jewish Vocational Service

225 Bush Street, Suite 400, San Francisco, CA 94104
www.jvs.org

(415) 391-3600

**Job Accommodation Network (JAN)
Office of Disability Employment Policy, U.S. Department
of Labor**

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

*Consulting service for employers, employees and job
seekers looking for information on job accommodations
for people with various disabilities.*

www.askjan.org

Mission Hiring Hall

Mission: 3080 16th Street, San Francisco, CA 94103
SOMA: 1048 Folsom Street, San Francisco, CA 94103
www.missionhiringhall.org

(415) 626-1919
(415) 865-2105

National Center on Workforce and Disability for Adults

Resources on employment for adults with disabilities.

www.onestops.info

Openhouse

65 Laguna Street, San Francisco, CA 94102
www.openhouse-sf.org

(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.*

1235 Mission Street, San Francisco, CA 94103
[www.sfhsa.org/services/jobs-money/county-adult-
assistance-programs-caap](http://www.sfhsa.org/services/jobs-money/county-adult-
assistance-programs-caap)

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

Pomeroy Recreation & Rehabilitation Center

Employment training and job placement for individuals with disabilities.

(415) 665-4100

207 Skyline Boulevard, San Francisco, CA 94132
www.prrcsf.org

PRC (formerly Positive Resource Center)

Career counseling, computer training, and job search assistance for people with HIV/AIDS or mental health disabilities.

(415) 777-0333

785 Market Street, 10th Floor, San Francisco, CA 94103
<https://prcsf.org/>

San Francisco Public Library

Online resources to assist with job search.

(415) 557-4400

100 Larkin Street, San Francisco, CA 94102
www.sfpl.org/jobresources

Self-Help for the Elderly

Employment training programs, job placement, and on-the-job training in the Senior Community Service Employment Program (SCSEP).

(415) 677-7600

601 Jackson Street, San Francisco, CA 94133
www.selfhelpelderly.org

Swords to Plowshares

Services for Veterans.

(415) 252-4788

1060 Howard Street, San Francisco, CA 94103
www.swords-to-plowshares.org

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.

(866) 968-7842

TTY: (866) 833-2967

<https://choosework.ssa.gov/>

Toolworks

Job training, placement and support services for people with disabilities.

25 Kearny Street, Suite 400, San Francisco, CA 94108
www.toolworks.org

(415) 733-0990

Videophone:

(415) 255-5857

Financial Services and Supports

BANKING AND MONEY MANAGEMENT

Balance

1655 Grant Street, Suite 1300, Concord, CA 94520
www.balancepro.org

(800) 777-7526

Bank on San Francisco

Bank on San Francisco helps find safe, affordable bank accounts without minimum balance, California ID, or social security number requirements. Use the online bank locator tool to find an account near you.

<https://sfgov.org/ofe/ofe-bank-san-francisco>

311

Homeowners HOPE Hotline

A counseling service provided by the Homeownership Preservation Foundation that offers help to homeowners at risk of foreclosure.

www.995hope.org

(888) 995-4673

Independent Living Resource Center of San Francisco (ILRCSF)

Provides a variety of services for individuals who experience disability related barriers or discrimination.

825 Howard Street, San Francisco, CA 94103
www.ilrcsf.org/

(415) 543-6222
TTY: (415) 543-6698

Office of Financial Empowerment City and County of San Francisco

Designs, pilots, and expands programs and policies that help low-income families build economic security and mobility.

www.sfgov.org/ofe/

San Francisco County Veterans Service Office

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 Veterans Service Office for further information.

2 Gough Street, San Francisco, 94103

www.sfhsa.org/services/access-empowerment/county-veterans-service-office

(415) 934-4200

(800) 807-5799

San Francisco Smart Money Coaching

Office of Financial Empowerment & Balance

Free, confidential one-on-one financial coaching.

www.sfgov.org/ofe/san-francisco-smart-money-coaching

(877) 256-0073

MONEY MANAGEMENT SERVICES:

Representative Payee Program

Department of Aging and Adult Services

Provides voluntary financial management services to older adults and adults with disabilities who cannot manage their own funds.

www.sfhsa.org/services/care-support/representative-payee-program

(415) 557-5580

(415) 355-3555

Seniors At Home – Jewish Family and Children’s Services

Provides money management services for seniors age 60 and above.

2150 Post Street, San Francisco, CA 94115

www.seniorsathome.jfcs.org/fiduciary-services/

(415) 449-3777

Swords to Plowshares

Provides payee and money management services for Veterans only.

1060 Howard Street, San Francisco, CA 94103

www.swords-to-plowshares.org/income-support/

(415) 252-4788

CALFRESH (FOOD STAMPS)

Human Services Agency

City and County of San Francisco

<https://www.sfhsa.org/services/health-food/calfresh>

(415) 558-4700

Am I qualified for the CalFresh Program?

Your eligibility is determined by your income and other non-financial eligibility rules. If you have any questions, please contact the Service Center at (415) 558-4700.

How do I apply for CalFresh benefits?

*Online:
www.MybenefitsCalWIN.org*

*In Person:
1235 Mission Street
Monday – Friday, 8am–5pm*

*1440 Harrison Street
Monday – Friday, 8am-5pm*

*2 Gough Street
Monday – Friday, 8am-5pm*

*By Fax:
(415) 558-1184*

Where else can I get help to apply?

*San Francisco-Marin Food Bank
CalFresh Outreach:
(415) 549-7021
calfresh@sfmfoodbank.org
www.sfmfoodbank.org/programs/food-stamp-outreach/*

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

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. For a list of participating restaurants, visit: www.sfhsa.org

COUNTY ADULT ASSISTANCE PROGRAM (CAAP)

**Human Services Agency
City and County of San Francisco**
www.sfhsa.org/services/jobs-money/county-adult-assistance-programs-caap

(415) 558-2227

Am I eligible for CAAP?

CAAP provides cash assistance to low-income adults without dependent children, adults that cannot work, and refugees.

How do I apply for CAAP?

*In Person:
1235 Mission Street
Monday – Friday, 8am–5pm
Complete a CAAP Screening Form and
staff will provide an application packet
and schedule an initial appointment
with an Eligibility Worker.*

Where can I get more information?

*In Person:
CAAP Service Center
1235 Mission Street
San Francisco, CA 94103
Monday - Friday, 8am-5pm*

*By Phone:
(415) 558-2227*

*Online:
www.sfhhsa.org/services/jobs-money/county-adult-assistance-programs-caap*

OTHER FINANCIAL SUPPORTS/SUBSIDIES

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. 2-1-1 offers access to services which include basic human needs such as food, clothing, shelter, rent assistance, and utility assistance.
www.211bayarea.org*

**211
(800) 273-6222**

AT&T

Discount programs, specialized support and services, such as the Directory Assistance Exemption Program, are available to eligible customers.

<https://www.att.com/>

(800) 310-2355

Disability and Aging Center

For customers with wireline phone service. The Center can help you get your bill in a format like braille or large print, and help you find out if you are eligible for a discount on directory assistance or local toll calls.

(800) 772-3140

TTY: (800) 651-5111

Lifeline

Discount program for phone or internet service for qualifying low-income households.

www.att.com/lifeline

AT&T: (800) 310-2355

Lifeline: (800) 288-2020

National Center for Customers with Disabilities

For customers with wireless service. Assistance may include braille billing, Directory Assistance Exemption Program, text and data plans for people who are deaf, hard of hearing, or have a speech disability, and more.

(866) 241-6568

TTY: (866) 241-6567

California Alternate Rates for Energy (CARE)**PG&E**

The CARE Program provides a monthly discount on gas and electricity for income-qualified. Qualifications are based on the number of persons living in your home and your total annual household income.

www.pge.com

(866) 743-2273

California Public Utilities Commission

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

<http://cpuc.ca.gov/>

(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.

www.sfhsa.org/services/care-support/community-living-fund

Family Electric Rate Assistance (FERA)

PG&E

(866) 743-2273

The FERA Program provides a monthly discount on electricity for income-qualified households of three or more people.

www.pge.com

Independent Living Resource Center of San Francisco (ILRCSF)

(415) 543-6222

TTY: (415) 543-6698

Provides a variety of services for individuals who experience disability related barriers or discrimination.

825 Howard Street, San Francisco, CA 94103

www.ilrcsf.org

SafeLink Wireless

Free wireless phone and service program for eligible customers. Contact program for eligibility criteria.

(800) 723-3546

www.safelinkwireless.com

San Francisco County Veterans Service Office

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 Veterans Service Office for further information.

2 Gough Street, San Francisco, CA 94103

www.sfhsa.org/services/access-empowerment/county-veterans-service-office

(415) 934-4200

(800) 807-5799

Supplemental Food Program

San Francisco–Marin Food Bank

900 Pennsylvania Avenue, San Francisco, CA 94107
www.sfmfoodbank.org/find-food/supplemental-food-for-seniors/

211

(800) 273-6222

San Francisco Peninsula Energy Services

Administers the low-income home energy assistance program (LIHEAP).

1426 Fillmore Street, Suite #318, San Francisco, CA 94115

www.sfpes.org

www.csd.ca.gov/Services/HelpPayingUtilityBills

(415) 416-6660

IDENTITY THEFT

This section 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. For additional information, visit: **www.identitytheft.gov**

LAW ENFORCEMENT:

Report identity theft crimes immediately to your local police department and to the Federal Trade Commission (FTC) at (877) 438-4338 or www.ftc.gov. Penal Code 530.6 requires your local police department to take your report, regardless of 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 and 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 are 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 them to close or freeze the accounts. Ask that a free, one-year fraud alert be placed on your account. This will make it harder for someone to open new accounts in your name. 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 confirm 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.

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) 909-8872

For a credit report:
(800) 888-4213

Federal law requires each of the three nationwide consumer credit reporting companies – Equifax, Experian and TransUnion – to give you a free credit report every 12 months if you ask for it. You may request this report by calling (877) 322-8228.

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. 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 at (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 to 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:

Certigy	(800) 437-5120
Chexsystems	(800) 513-7125
CrossCheck Inc.	(707) 665-2100
Global Payments Inc	(877) 215-8117
SCAN	(866) 707-9884 (800) 262-7771
TeleCheck	(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 do not 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. Contact the California Department of Motor Vehicles (DMV) fraud unit at (866) 658-5758, or email dlfraud@dmv.ca.gov, or go to 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. Contact the U.S. Postal Inspection Service in San Francisco at (877) 876-2455, or go to 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 TTY: (866) 501-2101, or visit oig.ssa.gov/report

To order your Earnings and Benefits Statement, please call (800) 772-1213 or TTY: (800) 325-0778. For more information, go to <https://www.ssa.gov/>

PASSPORTS:

If your passport has been stolen, notify the passport agency immediately. You may report this online, by calling the toll free number below, or mailing a form available online at the U.S. Department of State- Bureau of Consular Affairs website. For more information, please use the toll free number listed below.

San Francisco Passport Agency

450 Golden Gate Avenue, 3rd Floor, Suite 3-2501
San Francisco, CA 94102
travel.state.gov

(877) 487-2778
TTY: (888) 874-7793

UTILITIES & PHONE SERVICE:

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.

California Public Utilities Commission
505 Van Ness Avenue, San Francisco, CA 94102
<http://consumers.cpuc.ca.gov/default.aspx>

(415) 703-2782

INTERNET FRAUD:

Report suspected criminal or civil fraud committed over the Internet to the FBI at 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 do not 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 from the Identity Theft Resource Center, please go to <https://www.idtheftcenter.org/> or call (888) 400-5530.

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 in case they are 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 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.
- Do not give identifying information over the phone or internet to anyone you did not call or do not know personally.
- Never leave your checkbook, purse or wallet in a vehicle, an office desk drawer, on a chair, or in a shopping cart.
- Beware of pickpockets when in crowds or taking public transportation, and carry your wallet or purse in front of your body.

- Do not use your mother’s maiden name as a password. Family names are available over the Internet.

REPORTING FINANCIAL ABUSE:

Financial abuse (or financial exploitation) is when someone misuses, mishandles, or exploits an older (age 65 and up) or dependent adult’s property, possessions or financial assets. This includes using those assets without the individual’s consent or manipulating the older or dependent adult for the financial benefit or material gain of another.

Suspected financial abuse of an older or dependent adult should be immediately reported to **Adult Protective Services (APS) at (415) 355-6700**, available 24 hours a day. Anyone can make a confidential or anonymous report if they suspect that an older adult or person with a disability who lives in San Francisco is experiencing abuse. The 24-hour hotline is staffed by social workers who respond to calls and utilize assessment tools to determine an appropriate response. If necessary, APS will conduct a home visit on an emergency basis to determine what services may be needed.

More information regarding Adult Protective Services and Financial Abuse can be found at: www.sfhsa.org/services/protection-safety/adult-abuse

SOCIAL SECURITY & SUPPLEMENTAL SECURITY INCOME (SSI)

Social Security Administration

www.ssa.gov

(800) 772-1213

TTY: (800) 325-0778

Social Security Administration Offices

Chinatown Branch

(877) 319-3070

560 Kearny Street, San Francisco, CA 94108

Downtown Branch

(866) 964-5051

90 7th Street, 1st Floor, San Francisco, CA 94103

Mission Branch

(866) 755-6323

1098 Valencia Street, San Francisco, CA 94110

If you would like to set up direct deposit for your Social Security checks, please call (800) 772-1213 or TTY: (800) 325-0778, or visit: fiscal.treasury.gov/GoDirect/ or www.ssa.gov.

TAX ASSISTANCE

Tax assistance is provided free of charge to seniors and disabled individuals during the regular tax season. Call the Department of Aging and Adult Services **Information and Referral Hotline** at **(415) 355-6700** for more information.

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) 777-2732 or visit www.csea.org/csea.

Chinese Newcomers Service Center

777 Stockton Street, Suite 104, San Francisco, CA 94108 (415) 421-2111
www.chinesenewcomers.org

Internal Revenue Service

To locate a tax assistance site for eligible adults, visit:
www.irs.gov

State of California – Franchise Tax Board

www.ftb.ca.gov (800) 868-4171
(800) 852-5711

State of California – State Controller’s Office

www.sco.ca.gov (800) 952-5661

United Way Bay Area

Information on the Volunteer Income Tax Assistance Program (VITA) for low-income eligible adults and free online filing. 211
(415) 808-4300

550 Kearny Street, Suite 1000, San Francisco, CA 94108
www.earnitkeepitsaveit.org

Food and Nutrition

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, dietitian-approved meal and beverage any time on weekdays during the following restaurant's service hours listed below.

Green Bamboo

1240 Noriega Street, San Francisco, CA 94122

(415) 564-8818

*Meal Hours: Monday-Wednesday, Friday-Sunday,
10:00am-10:00pm; Closed Thursday.*

Henry's Hunan

4753 Mission Street, San Francisco, CA 94112

(415) 585-8838

*Meal Hours: Monday, Wednesday-Saturday, 11:00am-
6:00pm; Closed Tuesday.*

S & E Café

2406 19th Avenue, San Francisco, CA 94116

(415) 665-7868

*Meal Hours: Monday, Wednesday-Friday, 11:00am-
10:00pm; Saturday, 11:00am-6:00pm.*

For more information or to register for CHAMPSS, contact Self-Help for the Elderly at (415) 677-7600 or visit www.sfchampss.org.

**CONGREGATE MEALS PROGRAM:
COMMUNITY DINING SITES BY NEIGHBORHOOD**

Older Adults (age 60+) are eligible to participate in meal sites regardless of income.

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 Avenue, San Francisco, CA 94124

American-Southern style lunch

Hours: Monday–Friday, 12:00pm-1:30pm

Saturday, 12:00pm-1:00pm

BERNAL HEIGHTS

Bernal Heights Neighborhood Center

515 Cortland Avenue, San Francisco, CA 94110

(415) 206-2142

American lunch.

Hours: Monday–Friday, 12:00pm-1:00pm

Mission YMCA **

Project Open Hand

(415) 452-7565

4080 Mission Street, San Francisco, CA 94112

American lunch.

Hours: Monday–Friday, 11:40am-12:20pm

CASTRO / UPPER MARKET

Castro Senior Center **

Golden Gate Senior Services/Project Open
Hand

110 Diamond Street, San Francisco, CA 94114
American lunch.

Hours: Monday–Friday, 11:45am–12:30pm

(415) 863-3507

CHINATOWN

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

Self-Help for the Elderly

777 Stockton Street, San Francisco, CA 94108
Chinese lunch and dinner (not offered

Saturdays)

Hours: Monday–Friday, Lunch 12:00pm-1:00pm and Dinner 4:15pm-5:15pm; Saturday, Lunch Only 12:00pm-1:00pm

(415) 391-3843

Lady Shaw Senior Center **

Self-Help for the Elderly

1483 Mason Street, San Francisco, CA 94133
Chinese lunch.

Hours: Monday–Friday, 12:00pm–1:00pm

Ⓡ

(415) 677-7581

DOWNTOWN / CIVIC CENTER

Curry Senior Center

333 Turk Street, San Francisco, CA 94102
American breakfast and lunch.

Hours: Monday–Sunday, Breakfast 8:00am-9:00am; Lunch 10:30am–12:30pm

Ⓡ

(415) 292-1086

Downtown Senior Center **

San Francisco Senior Center – Sequoia Living
481 O’Farrell Street, San Francisco, CA 94102

(415) 535-4763

American breakfast and lunch.

Hours: Monday–Sunday, Breakfast 8:30am-9:30am; Lunch 11:45am–12:30pm

GLIDE Daily Free Meals Program **

330 Ellis Street, San Francisco, CA 94102



(415) 674-6000

American breakfast, lunch, and dinner.

Hours: Monday–Sunday, Breakfast 8:00am-9:00am; Lunch 12:00pm-1:00pm, Dinner 4:00pm-5:00pm

GLIDE Senior Nutrition Program

330 Ellis Street, San Francisco, CA 94102



(415) 674-6000

American breakfast.

Hours: Monday-Sunday, 7:30am-8:00am

Project Open Hand Central Site

Adults with disabilities-focused site.

(415) 447-2482

730 Polk Street, San Francisco, CA 94109

American lunch.

Hours: Monday–Sunday, 10:30am–11:30am

South East Asian Senior Meal Program **

315 Turk Street, San Francisco, CA 94102

(415) 885-2274

Chinese lunch.

Hours: Tuesday & Thursday, 12:00pm-1:00 pm

FINANCIAL DISTRICT

Manilatown Senior Center

Self-Help for the Elderly
848 Kearny Street, 3rd Floor
San Francisco, CA 94108

(415) 398-3250

Chinese lunch.

Hours: Monday–Friday, 11:30am–12:30pm

Swords to Plowshares – Stanford Hotel **
250 Kearny Street, San Francisco, CA 94108
American lunch.
Hours: Monday–Sunday, 12:00pm–1:00pm

(415) 391-2901

GLEN PARK

30th Street Senior Center
On Lok Lifeways
225 30th Street, San Francisco, CA 94131
American lunch.
Hours: Monday–Saturday, 12:00pm–1:30pm



(415) 550-2210

INNER RICHMOND

Russian American Community Services **
300 Anza Street, San Francisco, CA 94118
Russian lunch.
Hours: Monday–Friday, 11:00am–1:00pm

(415) 387-5336

INNER SUNSET

Sunset Senior Center **
1290 5th Avenue, San Francisco, CA 94122
American lunch.
Hours: Monday–Friday, 11:45am–12:30pm



(415) 759-9507

LAKESHORE

Stonestown YMCA
3150 20th Avenue, San Francisco, CA 94132
American lunch.
Hours: Monday–Friday, 11:30am–12:30pm

(415) 242-7118

MISSION

Capp Street Senior Center **

Mission Neighborhood Centers (415) 206-7750
362 Capp Street, San Francisco, CA 94110
American-Latino lunch.
Hours: Monday–Friday, 12:00pm-1:00pm

Centro Latino de San Francisco **

1656 15th Street, San Francisco, CA 94103 (415) 861-8758
American-Latino lunch.
Hours: Monday–Friday, 11:30am–1:00pm

Francis of Assisi Community **

145 Guerrero Street, San Francisco, CA 94103 [R] (415) 861-5790
American lunch.
Hours: Monday-Sunday, 12:00pm-1:00pm

Star Hotel **

Centro Latino de San Francisco (415) 776-3474 x 101
2176 Mission Street, San Francisco, CA 94110
American-Latino lunch.
Hours: Monday-Friday, 12:00pm-1:00pm

NORTH BEACH

Telegraph Hill Neighborhood Center **

660 Lombard Street, San Francisco, CA 94133 [R] (415) 421-6443
American lunch.
Hours: Monday–Friday, 12:00pm–12:45pm

OCEANVIEW

I.T. Bookman Community Center**

Southwest Community Corporation (415) 586-8020
446 Randolph Street, San Francisco, CA 94132
American-Latino lunch.
Hours: Monday-Friday, 11:30am-1:00pm

OMI Senior Center

Catholic Charities
65 Beverly Street, San Francisco, CA 94132
American lunch.
Hours: Monday–Friday, 12:00pm–1:00pm

(415) 334-5550

OUTER MISSION

Excelsior Senior Center

Bernal Heights Neighborhood Center
4468 Mission Street, San Francisco, CA 94112
American lunch.
Hours: Monday–Friday, 11:30am-12:30pm

(415) 334-9919

OUTER RICHMOND

Jackie Chan Senior Center **

Self-Help for the Elderly
5757 Geary Boulevard
San Francisco, CA 94121
Chinese brunch, lunch, dinner.
*Hours: Monday–Friday, Lunch 11:30am–
12:30pm & Dinner 4:15pm-5:15pm;
Saturday Brunch 11:30am-12:30pm*



(415) 677-7571

Richmond Senior Center **

Golden Gate Senior Services
6221 Geary Boulevard, 3rd Floor
San Francisco, CA 94121
American lunch.
Hours: Monday–Friday;11:45am–12:30pm

(415) 752-6444

PARKSIDE

South Sunset Senior Center

Self-Help for the Elderly (415) 566-2845
2601 40th Avenue, San Francisco, CA 94116
Chinese lunch.
Hours: Monday–Friday, 11:45 am–12:45 pm

POTRERO HILL

Potrero Hill Neighborhood House **

953 DeHaro Street, San Francisco, CA 94107 [R] (415) 826-8080
American lunch.
Hours: Monday–Friday, 11:45am–12:30pm

RUSSIAN HILL

Aquatic Park Senior Center **

San Francisco Senior Center – Sequoia Living [R] (415) 775-1866
890 Beach Street, San Francisco, CA 94109
American lunch.
Hours: Sunday–Friday, 12:00pm–12:45pm

SOUTH OF MARKET

Alexis Apartments

390 Clementina Street (415) 495-9541
San Francisco, CA 94103
American lunch.
Hours: Monday–Friday, 11:00am–11:45am

Canon Kip Senior Center **

Episcopal Community Services [V] (415) 487-3300 x 6211
705 Natoma Street, San Francisco, CA 94103
American lunch.
Hours: Monday–Friday & 3rd Saturday of each month, 11:15am–12:30pm

Mendelsohn House **

Self-Help for the Elderly (415) 243-9018
737 Folsom Street, San Francisco, CA 94107
Chinese lunch.
Hours: Monday–Friday, 11:30am–12:30pm

Veterans Commons **

Swords to Plowshares (415) 252-4787
150 Otis Street, San Francisco, CA 94103
American-Latino lunch.
Hours: Monday-Friday, 11:00am–12:30pm

Woolf House

Self-Help for the Elderly (415) 495-0931
801 Howard Street, San Francisco, CA 94103
Chinese lunch.
Hours: Monday–Friday, 11:30am–12:30pm

VISITACION VALLEY

John King at Visitacion Valley **

500 Raymond Avenue, San Francisco, CA 94134 (415) 239-9919
American lunch.
Hours: Monday–Sunday, 11:30am–12:15pm

Samoan Community Development Center **

Bayview Senior Services (415) 841-1086
2055 Sunnydale Avenue, #100, San Francisco,
CA 94134
American-Hawaiian lunch.
Hours: Tuesday, Wednesday, Thursday,
12:00pm–1:00pm

Swords to Plowshares – Veterans Academy **

1030 Girard Road, San Francisco, CA 94129 (415) 561-2610
American dinner.
Hours: Monday–Sunday, 5:00pm–6:00pm

Visitacion Valley Community Center **

Self-Help for the Elderly
66 Raymond Avenue, San Francisco, CA 94134
Chinese & American lunch.
Hours: Monday–Friday, 11:30am–12:30pm

☒

(415) 990-9534

WESTERN ADDITION

Hamilton Senior Center

1900 Geary Boulevard, San Francisco, CA
94115
Japanese lunch.
Hours: Wednesday, 11:30am–12:30pm

☒

(415) 292-2008

Kimochi Senior Center

1840 Sutter Street, #101
San Francisco, CA 94115
Japanese lunch.
Hours: Monday–Friday, 11:45am–12:30pm

(415) 931-2287

Rosa Parks Senior Center **

Bayview Senior Services
1111 Buchanan Street
San Francisco, CA 94115
American-Southern style lunch.
Hours: Monday–Friday, 12:00pm–1:00pm

(415) 292-3474

Senior and Disability Action

1187 Franklin Street, San Francisco, CA 94109
American-Latino lunch.
*Hours: 2nd Thursday of each month, 12:00pm–
1:00pm*

(415) 546-2096

Western Addition Senior Center **

Bayview Senior Services
1390 ½ Turk Street, San Francisco, CA 94115
American-Southern style lunch.
*Hours: Monday–Saturday, 12:00pm–1:30pm;
Sunday, 12:00pm–2:00pm*

(415) 921-7805

WEST OF TWIN PEAKS

West Portal Club House

Self-Help for the Elderly

(415) 753-7038

131 Lenox Way, San Francisco, CA 94127

Chinese lunch.

Hours: Monday–Friday, 11:30am–12:30pm

Visit www.freeprintshop.org for a listing of free meal and pantry locations.

EMERGENCY FOOD RESOURCES

211

Information on free food pantry sites, immediate food assistance, and supplemental food for older adults age 60 and up.

211

(800) 273-6222

www.211bayarea.org

San Francisco-Marin Food Bank

Emergency Food Program: 3-day supply of shelf-stable food for people in crisis.

(415) 282-1900

Weekly Food Pantries: Programs that distribute fresh produce, protein, and shelf-stable items once per week.

To locate sites serving your zip code, go to:

<https://foodlocator.sfmfoodbank.org/>

Free Print Shop

Free Eats Chart: list of free meals throughout San Francisco; updated quarterly, in Spanish & English.

Free Pantry Chart: list of pantries that give away free groceries and/or produce; updated quarterly, in Spanish & English.

www.freeprintshop.org

GROCERY DELIVERY

Grocery stores and markets that deliver may allow you to shop over the phone or online, and have groceries and other items brought to you. Many grocery stores deliver for free

with a minimum purchase and usually make deliveries more than once a day. Check with your neighborhood stores and markets to see if they deliver.

Community Living Campaign

Delivery of food pantry groceries to those who cannot stand in line or carry their groceries home.

(415) 821-1003

1663 Mission Street, Suite 525, San Francisco, CA 94103
www.sfcommunityliving.org/build-community/food-delivery-networks/

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

San Francisco-Marin Food Bank

Grocery delivery for eligible low-income seniors (60+) and adults with disabilities.

(415) 282-1900

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

HOME DELIVERED MEALS

If you are unable to shop for or prepare meals for yourself, and are homebound and unable to attend a congregate meal site, you may be eligible to have meals delivered to your home. Call Department of Aging and Adult Services Information, Referral and Assistance unit at (415) 355-6700 or call the following programs and inquire. There may be a waiting list.

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

30th Street Senior Center

Provides older adults (60+). Delivery 6 days a week, including holidays. Modified diets available.

(415) 550-2210

www.OnLok.org

www.30thstreetseniorcenter.org/

Area Served: Bernal Heights, Diamond Heights, Excelsior, Eureka Valley, Forest Hill, Glen Park, Ingleside, Inner Mission, Mission, Mission Terrace, Noe Valley, Oceanside, Twin Peaks, Visitacion Valley.

Centro Latino de San Francisco

Provides older adults (60+) with Latino meals, delivery 5 days a week.

(415) 861-8758

www.centrolatinodesf.org

Area Served: Bernal Heights, Excelsior, Inner Mission, Outer Mission, Excelsior, Ingleside, Merced, Mission, Ocean, Visitation Valley

Jewish Family and Children's Services

Provides older adults (60+) kosher meals, delivery 5 days a week.

(415) 449-3777

www.jfcs.org

Area Served: Diamond Heights, Downtown, Glen Park, Inner Sunset, Mission, Panhandle, Forest Hill, Park Merced, Richmond, Russian Hill, SOMA, Sunset, Twin Peaks, Western Addition, Sunset

Kimochi, Inc.

Provides older adults (60+) Japanese meals, delivery 5 days a week.

(415) 931-2287

(415) 931-2294

www.kimochi-inc.org

Area Served: Japantown, Marina, Pacific Heights, Richmond, Sunset, Western Addition

Meals on Wheels of San Francisco

Provides older adults (60+) and adults with disabilities up to two meals per day with modified diet options, delivery daily, weekdays or two times per week.

www.mowsf.org

Area Served: Citywide

(415) 920-1111

Project Open Hand

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

730 Polk Street, San Francisco, CA 94109

www.openhand.org

Area Served: Citywide

(415) 447-2300

(800) 551-6325

Russian American Community Services Association of SF, Inc.

Provides older adults (60+) and adults with disabilities Russian meals, delivery 5 days a week.

www.racssf.org

Area Served: Parkside, Sunset, Richmond, Western Addition.

(415) 387-5336

Self-Help for the Elderly

Provides older adults (60+) Chinese meals, delivery 5 days a week, adults with disabilities two days a week.

www.selfhelpelderly.org

*Area Served: Older adults: Chinatown, North Beach, Outer Sunset, Sunset, Richmond, North & South of Market/Tenderloin.
Adults with disabilities: Chinatown, North Beach, North & South of Market/Tenderloin.*

(415) 677-7600

Health and Wellness

DEMENTIA RELATED SERVICES

Alzheimer's Association- San Francisco Office

100 Pine Street, Suite 2150, San Francisco, CA 94111
www.alz.org

(415) 463-8500
24 Hour Helpline:
(800) 272-3900

Catholic Charities Alzheimer's Day Care Resource Center

50 Broad Street, San Francisco, CA 94112
www.catholiccharitiessf.org

(415) 452-3500

Irene Swindells Center for Adult Day Services

Institute on Aging/California Pacific Medical Center
Social-model adult day program for individuals with mild to moderate memory loss without additional significant health care needs.

(415) 600-2690

3698 California Street, 2nd Floor, San Francisco, CA 94118
www.ioaging.org

Self-Help for the Elderly Alzheimer's Day Care Resource Center

408 22nd Avenue, San Francisco, CA 94121
<https://www.selfhelpelderly.org/our-services/health-and-home-care/senior-care/alzheimers-care>

(415) 677-7600

UCSF Memory and Aging Center

1500 Owens Street, Suite 320, San Francisco, CA 94158
<https://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. Daily hours may vary, contact individual clinics to confirm hours and language capacity, inquire about insurance acceptance, and

make an appointment if needed. Clinics open during evening and/or weekend hours are noted below.

Dental Service of the SF VA Medical Center

Services for veterans who meet eligibility requirements.

(415) 221-4810

Drop in emergency services available.

4150 Clement Street, Building #200, First Floor

San Francisco, CA 94121

<https://www.sanfrancisco.va.gov/services/dental.asp>

Native American Health Center

Sliding scale, Medi-Cal; Medicare; Healthy Families.

(415) 417-3502

160 Capp Street, 2nd Floor, San Francisco, CA 94110

<http://nativehealth.org/>

Special Hours: Open some Saturdays

North East Medical Services

Age 0 and up. Registered "NEMS" member.

(415) 391-9686

1520 Stockton Street, San Francisco, CA 94133

<http://nems.org/>

Language: Burmese, Cantonese, Mandarin, Vietnamese

Special Hours: Open Saturdays

San Francisco Dental Society

Referral to private dentists.

(415) 928-7337

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

**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.*

[https://www.sfdph.org/dph/comupg/oservices/medSvs/
dentalSvcs/dentalSvcs.asp](https://www.sfdph.org/dph/comupg/oservices/medSvs/dentalSvcs/dentalSvcs.asp)

Chinatown Public Health Center

1490 Mason Street, San Francisco, CA 94133

(415) 364-7600

(415) 364-7636

Potrero Hill Health Center

1050 Wisconsin Street, San Francisco, CA 94107

(415) 648-3022

New Patients:

(415) 682-1740

Silver Avenue Family Health Center

1525 Silver Avenue, San Francisco, CA 94134

Language: Cantonese, Spanish, Tagalog

(415) 657-1730

Southeast Health Center

2401 Keith Street, San Francisco, CA 94124

(415) 671-7000

Tom Waddell Urgent Care Clinic

50 Dr. Tom Waddell Place, 2nd Floor
San Francisco, CA 94102

New Patients:

(415) 682-1740

Homeless Clinic: Drop-In M/T/Th/F 8am-5pm

Ryan White Clinic: Appointment Only T/W/F 8am-
5pm

Homeless: (415) 355-7507

HIV: (415) 355-7527

San Francisco Women & Children Health Referral Line

Referral to dentists.

(800) 300-9950

[https://www.sfdph.org/dph/comupg/oprograms/MCH/d
efault.asp](https://www.sfdph.org/dph/comupg/oprograms/MCH/default.asp)

Language: Cantonese, Spanish, English

South of Market Health Center

Medi-Cal or private insurance.

229 7th Street, San Francisco, CA 94103

www.smhcsf.org

(415) 503-6033

University of California, San Francisco

School of Dentistry – Buchanan Clinic

100 Buchanan Street, San Francisco, CA 94102

www.ucsf dentalcenter.org

(415) 475-5608

General Dentistry Clinic - Buchanan

Treatment by faculty and students. Age 14 and up.

Denti-Cal and private insurance.

(415) 476-5608

Oral Surgery Clinic – Buchanan

Treatment by faculty. Private insurance and Denti-

Cal.

(415) 476-5608

University of California, San Francisco

School of Dentistry - Parnassus Clinic

Treatment by students, faculty and residents. Languages vary. Payment at time of service.

707 Parnassus Avenue, San Francisco, CA 94143

www.ucsf dentalcenter.org

(415) 502-5800

General Dentistry Resident Clinic

Private insurance and Medi-Cal.

Suite D-4000

(415) 476-9656

General Dentistry Student Clinic

Age 17 and up. Medi-Cal.

Go to first floor for registration. Suite D-4000

(415) 476-1891

Hospital Dentistry

Age 18 and up. For people with special needs.

Appointment days vary. Medi-Cal.

Suite D-1201.

(415) 502-5800

<p>Oral Surgery Faculty Clinic</p> <p><i>Private insurance and fee-for-service. Denti-Cal not accepted. Medi-Cal consultation – may refer to SFGH or UCSF Buchanan for treatment.</i></p> <p>Suite D-1201</p>	(415) 476-1316
<p>Oral Surgery Student Clinic</p> <p><i>Private insurance and Denti-Cal accepted.</i></p> <p>Suite D-1050</p>	(415) 502-3568
<p>Orthodontics Faculty & Resident Clinic</p> <p><i>Private insurance and Denti-Cal accepted.</i></p> <p>Suite D-3000</p>	(415) 476-2841
<p>Periodontics Student & Resident Clinic</p> <p><i>Private insurance and Denti-Cal accepted.</i></p> <p>Suite D-3000</p>	(415) 476-1731
<p>Prosthodontics Faculty & Resident Clinic</p> <p><i>Fee for Service. No Denti-Cal.</i></p> <p>Suite D-4000</p>	(415) 476-1784
<p>University of the Pacific</p> <p>Arthur A. Dugoni School of Dentistry</p> <p><i>Treatment by students, faculty and residents. Languages vary. Payment plans may be available.</i></p> <p>155 Fifth Street, San Francisco, CA 94103</p> <p>https://dental.pacific.edu/dental-services</p>	(415) 929-6501
<p>Adult Clinic – San Francisco Main Clinic</p> <p><i>Age 14 and up. Denti-Cal (for patients of record only).</i></p> <p><i>Special Hours: Monday & Thursday, open until 8:30pm</i></p> <p>2nd and 3rd Floors.</p>	(415) 929-6520

CARE (Ryan White) Clinic (415) 929-6448

Some services provided at no charge to eligible patients. Eligible patients include SF residents with HIV and documented financial need. Verification of eligibility required.

2nd Floor, Specialty Clinic

Endodontic Specialty Clinic (415) 400-8234

Denti-Cal and private insurance.

2nd Floor, Section 2F

Oral and Maxillofacial Surgery (415) 929-6473

Denti-Cal and private insurance.

3rd Floor Oral Surgery Clinic

Orthodontics (415) 929-6555

Denti-Cal, private insurance, and payment plans available.

3rd Floor

Special Care and Hospital Dentistry (415) 929-6675

Private insurance and Denti-Cal.

2nd Floor Specialty Clinic

Zuckerberg San Francisco General Hospital

Oral and Maxillofacial Surgery Clinic

1001 Potrero Avenue, Main Building 5, 1st Floor, Suite 1N,
San Francisco, CA 94110

<https://zuckerbergsanfranciscogeneral.org/location/oral-maxillofacial-surgery/>

415) 206-8104

Please leave a message,
calls returned in 24 hours.

MOBILE DENTISTS:

San Francisco Dental Society

Please call for referral to a dentist who makes home visits.

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

(415) 928-7337

HOME VISIT DENTAL SERVICES:

Dental Hygiene Committee of California

Visit their website to search for a roster of Registered Dental Hygienists in Alternative Practice (RDHAPs) for in-home dental hygienists.

<https://www.dhcc.ca.gov/>

FREE OR LOW COST DENTAL/MEDICAL SERVICES:

For free or low cost dental services visit www.freeprintshop.org

END OF LIFE SERVICES

DEATH-RELATED SERVICES:

College Chapel Mortuary

3434 17th Street, San Francisco, CA 94110

(415) 800-2226

www.collegechapelmortuarysf.com

Office of the Chief Medical Examiner

1 Newhall Street, San Francisco, CA 94124

(415) 553-1694

www.sfgov.org/medexaminer

Office of Vital Records

Department of Public Health

311

Call 311 with questions regarding birth and death records.

Outside of San Francisco:

(415) 701-2311

101 Grove Street, Room 105, San Francisco, CA 94102

www.sfdph.org

Public Administrator

Department of Aging and Adult Services

(415) 557-6680

1650 Mission Street, 5th Floor, San Francisco, CA 94103

www.sfhhsa.org/services/care-support/public-administrator

GRIEF COUNSELING/SUPPORT GROUPS:

Center for Elderly Suicide Prevention and Grief Counseling

(415) 750-4111

Institute on Aging
3575 Geary Boulevard, San Francisco, CA 94118
www.ioaging.org

Jewish Family and Children's Services

2150 Post Street, San Francisco, CA 94115
www.jfcs.org

(415) 449-3777

(415) 449-3879

HOSPICE:

Coming Home Hospice

Sutter Health - CPMC
115 Diamond Street, San Francisco, CA 94114
www.sutterhealth.org

(415) 861-1110

Crossroads Home Care and Hospice

1109 Vicente Street, # 101, San Francisco, CA 94116
www.crossroadshh.com

(415) 682-2111

Hospice by the Bay

180 Redwood Street, Suite 350, San Francisco, CA 94102
www.hospicebythebay.org

(415) 626-5900

Jewish Family and Children Services – Palliative Care

2150 Post Street, San Francisco, CA 94115
www.jfcs.org

(415) 449-3777

(844) 222-3212

Maitri Compassionate Care

401 Duboce Avenue, San Francisco, CA 94117
www.maitrisf.org/

(415) 558-3000

Pathways Home Health & Hospice

395 Oyster Point Boulevard
South San Francisco, CA 94080
www.pathwayshealth.org/

(650) 634-0133

Self-Help Home Care & Hospice

Self-Help for the Elderly (415) 677-7600
731 Sansome Street, #100, San Francisco, CA 94111
www.selfhelpelderly.org

Sutter VNA and Hospice

Sutter Health's Sutter Care at Home (415) 749-4201
2800 Leavenworth Street, #350-B
San Francisco, CA 94133
www.sutterhealth.org

Zen Hospice Project

1161 Mission Street, 1st Floor, San Francisco, CA 94102 (415) 913-7682
www.zenhospice.org

OTHER SERVICES:

Department of Veteran Affairs (800) 827-1000

Social Security Administration (800) 772-1213

HEARING SERVICES

211

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. 211
(800) 273-6222
www.211bayarea.org

311

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

Within San Francisco: 311

(415) 701-2311

TTY: (415) 701-2323

Ability Tools (formerly AT Network)**California Foundation for Independent Living Centers**

Information and advocacy, assistive technology services directory, and more.

www.abilitytools.org

(800) 390-2699

TTY: (800) 900-0706

AT&T

Offers some free services to those with hearing impairment.

www.att.com

(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.

www.AudientAlliance.org

(866) 956-5400 x 5004

California Telephone Access Program

*Offers free specialized telephone equipment to eligible California residents who may have difficulty using a standard telephone. CTAP Service Center is located inside the **Hearing and Speech Center of Northern California**; contact information below.*

www.californiaphones.org

(800) 806-1191

TTY: (800) 806-4474

Spanish: (800) 949-5650

Cantonese: (866) 324-8754

Mandarin: (866) 324-8747

Deaf Community Counseling Services (DCCS)

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/

(415) 474-7310

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

VP & Toll Free Voice:
(510) 343-6670

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

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

**Hearing Loss Association of America
San Francisco Chapter**

Offers information about 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 for summer break (June to August) and winter break (December and January).

1400 Geary Boulevard, San Francisco, CA 94109

www.hearinglossca.org/chapters/northern-chapters/san-francisco-chapter

Wendy Lee:
(415) 993-0686
wendysfhlaa@gmail.com

iCanConnect

Lighthouse For The Blind and Visually Impaired
Federal program providing free communications technology designed for people with combined vision and hearing loss. Contact program for eligibility criteria.

1155 Market Street, 10th Floor, San Francisco, CA 94103

www.lighthouse-sf.org

Video: (415) 255-5906
schoi@lighthouse-sf.org

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.

1520 Stockton St., San Francisco, CA 94133
www.nems.org

(415) 391-9686

San Francisco Audiology

Multiple offices throughout San Francisco.

1 Shrader Street, Suite 578, San Francisco, CA 94117
540 Sutter Street, Suite 1400, San Francisco, CA 94108
2100 Webster Street, Suite 202, San Francisco, CA 94115
45 Castro Street, Suite 325, San Francisco, CA 94114
www.sfaudiology.com

(415) 362-2901

San Francisco Public Library Deaf Services Center

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.

100 Larkin Street, San Francisco, CA 94102
www.sfpl.org

(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.

1801 Octavia St., San Francisco, CA 94109
www.sfdeafcatholics.org

Tel/TTY: (415) 567-9855
Video Phone:
(415) 255-5837

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.

25 Kearny Street, Suite 400, San Francisco, CA 94108
www.toolworks.org

(415) 733-0990
Video Phone:
(415) 255-5857

SIGN LANGUAGE INTERPRETERS:

Bay Area Communication Access

443 Tehama Street, San Francisco, CA 94103
www.bacainterp.com

(415) 356-0405
TTY: (415) 356-0376

Beyond the Words, Inc.

1550 Parkside Drive, Suite 110
Walnut Creek, CA 94956
www.beyondthewordsinc.com

(925) 979-1968

Hired Hands LLC

P.O. Box 2722
Fremont, CA 94536
www.hiredhandsasl.com

(510) 659-1882

MEDICAL SERVICES

HOME VISIT MD INFORMATION:

Home Based Primary Care

Department of Veterans Affairs
4150 Clement Street, San Francisco, CA 94121
www.sanfrancisco.va.gov

(415) 221-4810

University of California San Francisco (UCSF)

Housecalls Program for Seniors

*Home-based primary care services for homebound patients
65 years and older.*

www.ucsfhealth.org

(415) 514-3577

FREE OR LOW COST MEDICAL SERVICES:

Cancer Detection Program: Every Woman Counts

Please call to see if you qualify for free tests. Service is for screening only, not treatment for a diagnosed condition.

(800) 511-2300

To find a provider in your area, visit:

www.dhcs.ca.gov

Healthy San Francisco

Department of Public Health

(415) 615-4555

Healthy San Francisco is a program designed to make health care services available and affordable to uninsured San Francisco residents.

TDD/TTY:

(415) 547-7830

<https://healthysanfrancisco.org/>

Mabuhay Health Center

A volunteer-run organization that provides free health care resources to the people of San Francisco.

(415) 633-6421

1010 Mission Street, San Francisco, CA 94103

www.MabuhayHealthCenter.org

Women's Community Clinic

1735 Mission Street, San Francisco, CA 94103

(415) 379-7800

www.womenscommunityclinic.org

For other free or low cost medical services visit www.freeprintshop.org

MEDICAL SUPPLIES AND EQUIPMENT

ReCARES (formerly Home CARES)

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

www.homecares.org

Hours: Thursdays 10:00am – 3:00pm

MEDICATION DISPOSAL

San Francisco Department of the Environment

Safe Medicine Disposal for Residents

(415) 355-3700

<https://sfenvironment.org/safe-medicine-disposal>

Disposal Options:

Drop-Off Kiosks:

To view a list and map of drop off locations, visit:

<https://sfenvironment.org/safe-medicine-disposal-locations>

Or call: (415) 355-3700 for more information.

Pick Up a Mail-Back Envelope:

For a list of locations where you can pick up a free, prepaid envelope to mail in your medicine for proper disposal, visit:

<https://sfenvironment.org/safe-medicine-disposal>

Request a Mail-Back Envelope:

To request a free envelope be sent to your home, visit:

<https://med-project.org/locations/san-francisco/mail-back/>

Or call: (844) 633-7765

PHARMACY DELIVERY

Call your neighborhood pharmacy to see if they will deliver your medications. Below is a list of pharmacies that deliver. Please contact individual businesses for information about current delivery charges, times, and payment methods accepted.

Daniel's Pharmacy

943 Geneva Avenue, San Francisco, CA 94112

(415) 584-2210

www.mygnp.com

Area Served: Citywide

Golden Gate Pharmacy

1836 Noriega Street, San Francisco, CA 94122

(415) 661-0790

Area Served: Citywide

Reliable Rexall Sunset Pharmacy

801 Irving Street, San Francisco, CA 94122

(415) 664-8800

www.reliablerexall.com

Area Served: Citywide

Safeway Pharmacy

Locations citywide. To find your closest pharmacy, visit:

(877) 723-3929

www.safeway.com

PRESCRIPTION ONLINE ORDERING AND DELIVERY:

Visit individual websites for more information on costs and insurance acceptance.

CVS

www.cvs.com

Safeway

www.safeway.com

Walgreens

www.walgreens.com

PHYSICAL FITNESS/WELLNESS

The Always Active program offers older adults group exercise classes throughout San Francisco. Contact individual agencies for information on their current schedule, class locations, and any applicable participation or membership fees.

30th Street Senior Center

On Lok Lifeways (415) 550-2265
225 30th Street, 3rd Floor, San Francisco, CA 94131 (415) 550-6003
www.30thstreetseniorcenter.org

Aquatic Park Center

San Francisco Senior Center – Sequoia Living (415) 923-4482
890 Beach Street, San Francisco, CA 94109
<https://www.sfsenior.org/>

Bethany Center

580 Capp Street, San Francisco, CA 94110 (415) 821-4515
<http://www.bethanycenter.org/>

Bethel Center

2557 Alemany Boulevard, San Francisco, CA 94112 (415) 550-6003
(415) 586-4977

Castro Senior Center

Golden Gate Senior Services (415) 863-3507
110 Diamond Street, San Francisco, CA 94114
<http://ggsenior.org/>

Downtown Senior Center

San Francisco Senior Center – Sequoia Living (415) 771-7950
481 O'Farrell Street, San Francisco, CA 94102
<https://www.sfsenior.org/>

Dr. George W. Davis Senior Center

Bayview Senior Services (415) 822-1444
1753 Carroll Avenue, San Francisco, CA 94124
<https://bhpmss.org/>

<p>I.T. Bookman Community Center 446 Randolph Street, San Francisco, CA 94132 www.itbookmancenter.org</p>	(415) 586-8020
<p>Manilatown Senior Center Self-Help for the Elderly 848 Kearney Street, San Francisco, CA 94108 www.selfhelpelderly.org</p>	(415) 398-3250
<p>OMI Senior Center Catholic Charities 65 Beverly Street, San Francisco, CA 94132 https://www.catholiccharitiessf.org/what-we-do/aging-support/</p>	(415) 334-5550
<p>Richmond Senior Center Golden Gate Senior Services 6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121 www.ggsenior.org/</p>	(415) 752-6444
<p>South Sunset Senior Center Self-Help for the Elderly 2601 40th Avenue, San Francisco, CA 94116 www.selfhelpelderly.org</p>	(415) 566-2845
<p>Western Addition Senior Center Bayview Senior Services 1390 ½ Turk Street, San Francisco, CA 94115 https://bhpmss.org/</p>	(415) 921-7805
<p>West Portal Club House 131 Lenox Way, San Francisco, CA 94127 www.selfhelpelderly.org</p>	(415) 239-9919

OTHER PROGRAMS:

Dance for Parkinson's – City Ballet

(Sponsored by Kaiser Permanente)

(415) 865-6583

Free, Advance registration required

455 Franklin St., San Francisco, CA 94102

Hours: Saturday
1:00 pm - 2:15 pm

Dance for Parkinson's – Parkinson's Disease San Francisco Network (PDSF Network)

(Sponsored by PDSF Network & Joe Goode Performance Group)

\$15 suggested donation but no one will be turned away for lack of funds. Please call to check that classes are being offered at the site specified. Times and dates can change.

The Sequoias (Sponsored by PDSF Network)

1400 Geary Blvd., San Francisco, CA 94109

Hours: Every Tuesday
1:00 pm - 2:15 pm

Joe Goode Annex (Sponsored by PDSF Network)

401 Alabama Street, San Francisco, CA 94110

(415) 285-7377

Hours: Every Other Sunday
12:00 pm - 1:15 pm

Dive Pirates Foundation– Northern California Chapter

(877) 393-3483

Scuba Diving for individuals who are paraplegic, quadriplegic, have neurological disorders, amputations, or are blind.

divepirates@divepirates.org

P.O. Box 1564, Wellington, Col 80549

www.DivePirates.org

California 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 2 ½ hour workshops presented once a week over a 6-week period.

www.CaHealthierLiving.org/cstcounty/san-francisco-2/

(818) 408-5219

(415) 550-6002

Ozanam Wellness Center

St. Vincent De Paul Society

1175 Howard Street, San Francisco, CA 94103 Boulevard,

(415) 552-5561

Pomeroy Recreation & Rehabilitation Center

207 Skyline Boulevard, San Francisco, CA 94132

www.prrcsf.org/

(415) 665-4100

Richmond Senior Center

Golden Gate Senior Services

6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121

www.ggsenior.org/

(415) 752-6444

(415) 424-7982

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 could 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

Area Served: Citywide

Tel: (415) 392-5626

Maureen Lee, DPM

Cash, Checks, Medicare.

1480 Sutter Street, Ground Floor

San Francisco, CA 94109

Area Served: Please call

Tel: (415) 567-3136

Sharon Hosaka, DPM

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

100 Bush Street, Suite 210, San Francisco, CA, 94104

www.FootDocSF.com

Area Served: Citywide

(415) 421-3630

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

(415) 392-4849

California Vision Foundation

2415 K Street, Sacramento, CA 95816

www.coavision.org

(800) 877-5738

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

(877) 887-6327

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

North East Medical Services

1520 Stockton Street, San Francisco, CA 94133

(415) 391-9686

www.nems.org

Health Insurance

MEDI-CAL

MyBenefits CalWIN (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.

Medi-Cal Application Processing

1440 Harrison Street, San Francisco, CA 94103

(855) 355-5757

2 Gough Street, San Francisco, CA 94103

(415) 863-9892

www.sfhsa.org/services/health-food/medi-cal

Medi-Cal Replacement Card

(415) 558-1836

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.

1440 Harrison Street, San Francisco, CA 94103

(415) 558-4700

HICAP

Health Insurance Counseling Advocacy Program (HICAP)

Self-Help for the Elderly

(415) 677-7520

Provides free unbiased assistance on health insurance issues for people with Medi-care.

601 Jackson Street, 2nd Floor, San Francisco, CA 94133

www.hicap.org

Home-Related Services

HOME MAINTENANCE AND REPAIR SERVICES

Better Business Bureau

For a list of 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

Rebuilding Together San Francisco

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

28 Pier 1, The Embarcadero, San Francisco, CA 94105
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.

3358 Cesar Chavez St., San Francisco, CA 94110
www.sfdaylabor.org

(415) 252-5375

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

The Community & Home Injury Prevention Program for Seniors (CHIPPS)

CHIPPS provides home safety assessments and fall prevention tips for seniors in their homes; minor home safety modifications; and home safety education presentations to community groups of seniors and caregivers, and agency staff.

www.sfdph.org/chep

(628) 206-7695
CHIPPS@sfdph.org

Home Safety Services (Home Modification Services)

890 Cowan Road, Suite G, Burlingame, CA 94010

www.HomeSafety.net

(650) 571-7774
(888) 388-3811

Rebuilding Together San Francisco

Free renovations for low-income home owners; home safety equipment installation, information and referral regarding housing repairs.

28 Pier 1, The Embarcadero, San Francisco, CA 94105

www.rebuildingtogethersf.org

(415) 905-1611

San Francisco Safe

Free home visits to make recommendations on improving home safety.

850 Bryant Street, Room 135, San Francisco, CA 94103

www.sfsafe.org

(415) 553-1984

Senior Home Safety Program/Fire Safety Education Outreach

San Francisco Fire Department

Free home safety assessment.

(415) 598-3344

RECYCLING SERVICES

Building Resources

Will pick up building materials but not appliances.

(415) 285-7814

701 Amador Street, San Francisco, CA 94124

www.buildingresources.org

CalRecycle Hotline

<https://www.calrecycle.ca.gov/>

(800) 732-9253

Recology

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

- *Recology Sunset Scavenger*

(415) 330-1300

- *Recology Golden Gate*

(415) 626-4000

www.RecycleMyJunk.com

Housing Search & Resources

HOUSING ADVOCACY AND EVICTION DEFENSE ASSISTANCE

API Legal Outreach

Tenant counseling in many languages.

(415) 567-6255

1121 Mission Street, San Francisco, CA 94103

www.apiLegalOutreach.org

Asian Americans Advancing Justice - Asian Law Caucus

Legal clinics and advocacy services for low-income tenants.

(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

www.cjjc.org

Chinatown Community Development Center

Services in Cantonese, Mandarin and English.

(415) 984-1450

663 Clay Street, San Francisco, CA 94111

www.ChinatownCDC.org

Housing Counseling Line:

(415) 984-2728

Eviction Defense Collaborative

Rental assistance/loans to prevent evictions.

(415) 947-0797

1338 Mission Street, 4th Floor, San Francisco, CA 94103

www.EvictionDefense.org

Felton Institute (formerly Family Service Agency)

Early crisis intervention and eviction assistance (EAP).

(415) 474-7310 x 318

1500 Franklin Street, San Francisco, CA 94109

www.felton.org

Housing Rights Committee of San Francisco

Mission Office:

1663 Mission Street, Suite 504, San Francisco, CA 94103

(415) 703-8644

Richmond Office:

4301 Geary Boulevard, San Francisco, CA 94118

(415) 947-9085

www.hrcsf.org

La Raza Centro Legal

Bilingual/bicultural English/Spanish information and referral services.

(415) 575-3500

474 Valencia Street, Suite 295, San Francisco, CA 94103

www.lrccl.org

Legal Assistance to the Elderly

701 Sutter Street, 2nd Floor, San Francisco, CA 94109

(415) 538-3333

www.laesf.org

Q Foundation

Homeless prevention and rapid rehousing programs for the QGLBT and HIV/AIDS community.

(415) 552-3242

350 Golden Gate Avenue, San Francisco, CA 94102

www.theqfoundation.org

Rent Arbitration and Stabilization Board

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

(415) 252-4602

www.sfrb.org

San Francisco Tenants Union

558 Capp Street, San Francisco, CA 94110

(415) 282-6622

www.sftu.org

Self-Help for the Elderly

721 Sansome Street, Suite 100, San Francisco, CA 94111

(415) 677-7600

www.selfhelpelderly.org

English TDD/TTY:

(800) 855-7100

Spanish TDD/TTY:

(800) 855-7200

HOUSING SEARCH RESOURCES

Bayanihan Equity Center

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

(415) 255-2347

Bill Sorro Housing Program

Housing case management, application assistance, tenant counseling. New clients attend Tuesday drop-in clinic 10am-12pm, 1:30pm-4pm at 1009 Howard Street, San Francisco, CA 94103. Main office address:
1360 Mission Street, #400, San Francisco, CA 94103
<http://bishopsf.org/>

(415) 513-5177

DAHLIA San Francisco Housing Portal

Mayor's Office of Housing and Community Development
<https://housing.sfgov.org/>

(415) 701-5500

Department of Aging and Adult Services

Please call for a current monthly list of housing information or housing opportunities.

(415) 355-6700

Department of Homelessness and Supportive Housing

City and County of San Francisco
P.O. Box 7988, San Francisco, CA 94120
<http://hsh.sfgov.org/>

(415) 252-3232
For Services: 311

Access Points for Adult Coordinated Entry:

2111 Jennings Street, San Francisco, CA 94124
Monday-Friday: 7:00am-11:00am

123 10th Street, San Francisco, CA 94103
*Mon/Tues/Thurs/Fri: 9:00am-4:30pm;
Wed: 9:00am-12:00pm*

Onsite Assessments by Mobile Assessment Team:

(415) 487-3300 ext. 7000

HealthRIGHT 360

1563 Mission Street, San Francisco, CA 94103
www.healthright360.org/

(415) 762-3700

Home Match SF**Covia**

(415) 351-1000

Helps people with extra room in their homes earn income while connecting with pre-screened people seeking an affordable place to live.

881 Turk Street, San Francisco, CA 94102

<https://homematchsf.org/>**Hospitality House**

290 Turk Street, San Francisco, CA 94102

(415) 749-2100

www.hospitalityhouse.org/**Independent Living Resource Center of San Francisco (ILRCSF)**

(415) 543-6222

Housing workshops, application assistance, and advocacy support for accommodations.

825 Howard Street, San Francisco, CA 94103

www.ilrcsf.org**Mayor's Office of Housing and Community Development**1 South Van Ness Avenue, 5th Floor

(415) 701-5500

San Francisco, CA 94103

<https://sfmohcd.org/><https://housing.sfgov.org/>**Mercy Housing**

Affordable housing rental opportunities.

(415) 355-7100

1256 Market Street, San Francisco, CA 94102

TTY: (800) 877-8973

<https://www.mercyhousing.org/california/>**Mission Economic Development Agency**

2301 Mission Street, Suite 301, San Francisco, CA 94110

(415) 282-3334

<https://medasf.org/>**One Home Bay Area**

Affordable housing listings.

www.OneHomeBayArea.org/

Openhouse

Housing workshops and monthly updated housing lists.

65 Laguna Street, San Francisco, CA 94102

www.openhouse-sf.org

(415) 296-8995

Project Homeless Connect

25 Van Ness Avenue, Suite 340, San Francisco, CA 94102

www.projecthomelessconnect.org

(855) 588-7968

San Francisco Housing Authority

1815 Egbert Avenue, San Francisco, CA 94124

www.sfha.org

(415) 715-5200

Self-Help for the Elderly

Housing Information Program.

601 Jackson Street, Basement, San Francisco, CA 94133

www.selfhelpelderly.org

(415) 677-7585

St. Anthony Foundation

150 Golden Gate Avenue, San Francisco, CA 94102

www.stanthonysf.org/

(415) 241-2600

Tenderloin Self Help Center**Hospitality House**

146 Leavenworth Street, San Francisco, CA 94102

www.hospitalityhouse.org

(415) 749-2143

RENT ASSISTANCE PROGRAMS

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. Contact individual programs for details.

Catholic Charities

Offers back rent assistance to families with children under the age of 18.

990 Eddy Street, San Francisco, CA 94109

www.catholiccharitiessf.org

(415) 972-1200

Chronicle Season of Sharing Fund

The Chronicle Season of Sharing Fund provides one-time, temporary assistance to help individuals and families.

Grants are paid directly to the supplier of services.

P.O. Box 44740, San Francisco, CA 94144

www.seasonofsharing.org

(415) 777-7120
To request funds:
(415) 557-6484

Compass Family Services

San Francisco Housing Opportunities Made Equal (HOME)

Provides subsidy, assistance and case management program for families with minor children.

37 Grove Street, San Francisco, CA 94102

www.compass-sf.org

(415) 644-0504

Eviction Defense Collaborative

Rental Assistance Disbursement Component (RADCo) provides interest-free loans and grants to qualifying tenants.

1338 Mission Street, 4th Floor, San Francisco, CA 94103

www.evictiondefense.org

(415) 947-0797

GLIDE

Access to financial help for individuals and families with back rent, rent, and security deposits.

330 Ellis Street, San Francisco, CA 94102

www.glide.org

(415) 674-6000

Hamilton Families - Housing Solutions

Homelessness prevention and rapid re-housing for families with minor children.

255 Hyde Street, San Francisco, CA 94102

www.hamiltonfamilies.org

(415) 614-9060

Homeless Prenatal Program

Deposit assistance for families with minor children only.

2500 18th Street, San Francisco, CA 94110

www.homelessprenatal.org

(415) 546-6756

Independent Living Resource Center of San Francisco (ILRCFSF)

Housing information, advocacy and emergency rental application assistance for people with disabilities.

825 Howard Street, San Francisco, CA 94103

www.ilrcsf.org

(415) 543-6222
TTY: (415) 543-6698

Lutheran Support for Seniors

Provide move in and/or back rental assistance.

1031 Franklin Street, San Francisco, CA 94109

(415) 441-7777

PRC (formerly Positive Resource Center)

Formerly AIDS Emergency Fund

Financial assistance for low income San Francisco residents living with HIV/AIDS.

12 Grace Street, Suite 300, San Francisco, CA 94103

<https://prcsf.org/>

(415) 558-6999

Self-Help for the Elderly

Housing Subsidies for Seniors and Adults with Disabilities pilot program.

601 Jackson Street, Basement, San Francisco, CA 94133

www.selfhelpelderly.org

(415) 677-7585

St. Anthony Foundation

Orientations every Tuesday, tickets distributed on a first-come, first-serve basis. Call for details.

121 Golden Gate Avenue, San Francisco, CA 94102

www.stanthonysf.org/

(415) 592-2782

Swords to Plowshares

Rental Assistance for Veterans.

1060 Howard Street, San Francisco, CA 94103

www.swords-to-plowshares.org

(415) 252-4788

SHELTER PROGRAMS AND INFORMATION

Department of Homelessness and Supportive Housing

City and County of San Francisco
<http://hsh.sfgov.org/>

For Services: 311
(415) 252-3232

Access Points for Adult Coordinated Entry:
2111 Jennings Street, San Francisco, CA 94124
Monday-Friday: 7:00am-11:00am

123 10th Street, San Francisco, CA 94103
Mon/Tues/Thurs/Fri: 9:00am-4:30pm; Wed: 9:00am-12:00pm

For additional resources for those experiencing homelessness, call 211 or visit:

Free Print Shop

www.FreePrintShop.org

San Francisco Homeless Resource

www.sfhomeless.net

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.

330 Ellis Street, San Francisco, CA 94102

<https://www.glide.org/home>

*Hours: Monday – Friday
12:00 noon – 9:00 pm*

Languages: English, Spanish

(415) 674-6000

(415) 674-6012

Mission Neighborhood Resource Center

Mission Neighborhood Health Center

(415) 869-7977

Showers, laundry, morning snacks, LGBTQQ safe space available.

165 Capp Street, San Francisco, CA 94110

www.mnhc.org

*Hours: Monday, Tuesday, Wednesday, Friday:
7:00am – 7:00 pm;
Thursday: 7:00am - 5:00pm; reopens for
“Ladies Night” 6:00pm - 8:00pm
Saturday, 7:00am – 12:00pm*

Languages: English, Spanish

Multi-Service Center South

St. Vincent de Paul Society

(415) 597-7960

Showers, 24-hour access, some snacks.

525 5th Street, San Francisco, CA 94107

<https://svdp-sf.org/what-we-do/msc-shelter/>

Hours: Daily, 5:00 pm – 1:00 am

Languages: 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

www.uchsmotherbrowns.org

*Hours: Daily
7:00 am – 9:00 am, 7:00 pm – 9:00 pm*

Language: English, Spanish

At all sites, you will need proof of a negative TB test. You will be photographed and have your finger image scanned (but saved only if you consent). They will ask for a Social Security number, but you do not have to give it. You will 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 Men’s Program

9 to 12-month drug recovery program. Call ahead or show up clean & sober Monday to Friday to apply.

164 6th Street, San Francisco, CA 94103

www.cityteam.org/san-francisco/

(415) 861-8688

WOMEN 18+ (WITHOUT CHILDREN):

A Woman’s Place

Community Awareness & Treatment Services, Inc.

Enter on Russ Street. 24 hours. Call or come to 211 13th 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.

referrals & case management.

1049 Howard Street, San Francisco, CA 94103

www.catsinc.org

311

(415) 293-7360

Women’s Emergency Shelter

Bethel A.M.E. Church – Providence Foundation

Tickets distributed Sunday at 6pm on a first-come, first-serve basis, for one-week stay. Capacity is 30. Shelter hours are 6pm-7am. Dinner, breakfast. Slots are not reserved through CHANGES, contact program for information on single-night vacancies.

hours are 6pm-7am. Dinner, breakfast. Slots are not reserved through CHANGES, contact program for information on single-night vacancies.

information on single-night vacancies.

916 Laguna Street, San Francisco, CA 94115

<http://hsh.sfgov.org/services/emergencyshelter/>

(415) 706-3660

(415) 684-0546

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

Business office address:

3543 18th Street, #19, San Francisco, CA 94110

www.sfaws.org

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

Intakes 24-hours a day. 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
Text: 415-200-3575

Drop-In Counseling Center:

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

www.lacasa.org

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

Rosalie House

Call Monday – Friday 9:00am – 5:00pm for shelter; stay up to 12 weeks. After office hours, calls are answered by Domestic Violence Hotline for crisis counseling. Non-residential services also available.

(415) 255-0165
Monday – Friday

1175 Howard Street, San Francisco, CA 94103

<https://svdp-sf.org/rosalie-house/>

Non-residential services:
(415) 552-2943 x 204

Language: English, Spanish

FAMILIES & PREGNANT WOMEN:

Compass Connecting Point

Not a shelter; Central City Access Point for Family Coordinated Entry Services for the SF Department of Homelessness and Supportive Housing's Coordinated Entry Program and Homelessness Response System. Services include eligibility screening, problem solving and planning for finding safe shelter. Contact program for eligibility requirements and hours.

(415) 644-0504

37 Grove Street, San Francisco, CA 94102
www.compass-sf.org

First Friendship Family Shelter

1- Or 2- parent families, with kids under 18; pregnant women in 7th month (or 5th month with documented high risk) pregnancy.

(415) 431-4673

(415) 642-0221

501 Steiner Street, San Francisco, CA 94117

Hamilton Family Emergency Center

Shelter for 1- or 2-parent families, expectant couples (with proof) & pregnant women in 7th month (or 5th month with documented high risk) pregnancy.

Shelter: (415) 292-5228

(415) 321-2612

260 Golden Gate Avenue, San Francisco, CA 94102
www.hamiltonfamilies.org

Missionaries of Charity

Call for interview appointment. 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.

(415) 586-3449

Friday-Wednesday:

9:00am – 11:30am

3:00pm – 5:00pm

55 Sadowa Street, San Francisco, CA 94112

Providence Family Shelter

Doors open at 9:00 pm and one-night slots are given away first come, first serve.

(415) 642-0234

1601 McKinnon Avenue, San Francisco, CA 94112

LGBTQ ADULT EMERGENCY SHELTER:

Jazzie's Place

Dolores Street Community Services

(415) 869-7977

24-bed shelter serving lesbian, gay, bisexual, trans, and gender non-conforming San Franciscans experiencing homelessness. Must have current profile in CHANGES.*

Visit Mission Neighborhood Resource Center at 165 Capp Street to be placed on the waitlist for a 90-day reservation or to request a one-night reservation.

1050 South Van Ness Avenue, San Francisco, CA 94110

<http://hsh.sfgov.org/services/emergencyshelter/>

YOUNG ADULTS:

Drop-in Engagement and Community Center

Larkin Street Youth Services

(415) 673-0911 x 200

Youth 24 and under. Monday – Friday, 8:30am-2pm.

134 Golden Gate Avenue, San Francisco, CA 94102

www.larkinstreetyouth.org

Language: English, Spanish

Lark-Inn for Youth

Larkin Street Youth Services

(800) 447-8223

Youth 18-24. Open 24 hours. For an emergency bed, arrive by 7pm.

869 Ellis Street, San Francisco, CA 94109

www.larkinstreetyouth.org

Language: English, Spanish

VICTIMS OF HUMAN TRAFFICKING:

Freedom House

Call first. 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.

www.FreedomHouseSF.org

(650) 488-0831

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.

2 Gough Street, San Francisco, CA 94103

www.sfhsa.org

Homebridge (formerly IHSS Consortium)

Homemaker, Home care provider, Case Management. For IHSS consumers, by referral.

(415) 255-2079

1035 Market Street, L-1, San Francisco, CA 94103

www.homebridgeca.org

IHSS Public Authority

Homemaker Home Care Provider. Independent providers paid through IHSS.

(415) 243-4477

www.sfihsppa.org

HEMOCARE RESOURCES

Support At Home

Institute on Aging

(415) 750-4111

Home care vouchers for eligible older adults and adults with disabilities who are not eligible for other subsidized home care programs.

www.ioaging.org

Lesbian Gay Bisexual Transgender (LGBT) Services

ADVOCACY AND LEGAL SERVICES

Family Caregiver Alliance

Support group for LGBT caregivers of adults with chronic health problems.

101 Montgomery Street, Suite 2150, San Francisco, CA 94104

www.caregiver.org

(800) 445-8106

(415) 434-3388

National Center for Lesbian Rights

870 Market Street, Suite 370, San Francisco, CA 94102

www.nclrights.org

(415) 392-6257

Parents, Family and Friends of Lesbians and Gays (PFLAG)

584 Castro Street, #758, San Francisco, CA 94114

www.pflagsf.org

(415) 921-8850

Transgender Law Center

870 Market Street, San Francisco, CA 94102

www.transgenderlawcenter.org

(415) 865-0176

COMMUNITY-BASED SUPPORTS

Castro Senior Center

Golden Gate Senior Services

Services for older adults 60+ and persons with disabilities.

110 Diamond Street, San Francisco, CA 94114

www.ggsenior.org

(415) 863-3507

Catholic Charities

990 Eddy Street, San Francisco, CA 94109

www.catholiccharitiessf.org

(415) 972-1200

Communities United Against Violence
427 S. Van Ness Avenue, San Francisco, CA 94103 (415) 777-5500
www.cuav.org

Jazzie's Place
Dolores Street Community Services (415) 869-7977
24-bed shelter serving lesbian, gay, bisexual, trans, and gender non-conforming San Franciscans experiencing homelessness. Must have current profile in CHANGES. Visit Mission Neighborhood Resource Center at 165 Capp Street to be placed on the waitlist for a 90-day reservation or to request a one-night reservation.*
1050 South Van Ness Avenue, San Francisco, CA 94110
<http://hsh.sfgov.org/services/emergencysHELTER/>

Jewish Family and Children's Services
2150 Post Street, San Francisco, CA 94115 (415) 392-6257
www.jfcs.org

LYRIC
127 Collingwood Street, San Francisco, CA 94102 (415) 703-6150
www.lyric.org

Q Foundation
Homeless prevention and rapid rehousing programs for the QGLBT and HIV/AIDS community. (415) 552-3242
350 Golden Gate Avenue, San Francisco, CA 94102
www.theqfoundation.org

San Francisco AIDS Foundation
1035 Market Street, Suite 400, San Francisco, CA 94103 (415) 487-3000
www.sfaf.org

Shanti Project
Matches volunteers to LGBTQ seniors and adults with disabilities (415) 979-9550 x314
3170 23rd Street, San Francisco, CA 94110
www.shanti.org

HEALTH AND WELLNESS

Alliance Health Project

UCSF Division of LGBTQ Services
1930 Market Street, San Francisco, CA 94102
www.ucsf-ahp.org

(415) 476-3902

Gaylesta, Inc.

584 Castro Street, #230, San Francisco, CA 94114
www.gaylesta.org

(415) 729-3996

HealthRIGHT360

558 Clayton Street, San Francisco, CA 94117
www.healthright360.org

(415) 746-1950

San Francisco Community Health Center (formerly Asian & Pacific Islander Wellness Center)

Tenderloin Clinic:
726 Polk Street, San Francisco, CA 94109
Castro Clinic:
1800 Market Street, Suite 401, San Francisco, CA 94102
www.sfcommunityhealth.org

(415) 292-3400

Tom Waddell Urban Health Clinic

230 Golden Gate Avenue, San Francisco, CA 94102
Urgent Care Clinic: 50 Ivy Street, San Francisco, CA 94102
www.sfhealthnetwork.org

(415) 355-7400
Spanish & Chinese:
(415) 682-1722

SERVICES FOR OLDER ADULTS

Canon Kip Senior Center

Episcopal Community Services
705 Natoma Street, San Francisco, CA 94103
www.ecs-sf.org

(415) 487-3300 x6200

Castro Senior Center

Golden Gate Senior Services

110 Diamond Street, San Francisco, CA 94114

www.ggsenior.org

(415) 863-3507

Institute on Aging

3575 Geary Boulevard, San Francisco, CA 94118

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

(415) 750-4111

Lavender Seniors of the East Bay

Mailing Address:

4123 Broadway, Suite 818, Oakland, CA 94611

<http://lavenderseniors.org/>

(510) 736-5428

Openhouse*Housing, services and community for LGBT older adults.*

65 Laguna Street, San Francisco, CA 94102

<https://www.openhouse-sf.org/>

(415) 296-8995

Mental Health Services

COUNSELING AND MENTAL HEALTH RESOURCES

Central City Older Adults

Community Behavioral Health Services

(628) 217-5200

Department of Public Health

Primarily serves seniors 60+ who receive Medi-Cal, SF Health Plan members, and other residents with limited resources, who live in the Tenderloin and SOMA area. Offers crisis intervention, psychiatric evaluation, medication management, counseling, home visits and referrals.

1563 Mission Street, San Francisco, CA 94103

Area Served: Central City, South of Market, Tenderloin

Chinatown North Beach Mental Health Services

Community Behavioral Health Services

(415) 352-2000

Department of Public Health

Serves SF residents who receive Medi-Cal, SF Health Plan members, and other residents with limited resources. Offers psychiatric evaluation, individual therapy, counseling, socialization program, Medication, case management, crisis outreach, consultation, acupuncture, referrals to other city funded programs.

729 Filbert Street, San Francisco, CA 94133

Area Served: Citywide

Community Behavioral Health Services

Administrative Offices:

(415) 255-3737

1380 Howard Street, 5th Floor, San Francisco, CA 94103

(888) 246-3333

www.sfdph.org

TDD: (888) 484-7200

Curry Senior Center

Individual and group counseling for seniors dealing with anxiety, depression, and more. Referral to and coordination with mental health services.

333 Turk Street, San Francisco, CA 94102

www.curryseniorcenter.org

Area served: Tenderloin, SOMA

(415) 885-2274

Geriatric Outpatient Services

Felton Institute (formerly Family Service Agency)

Offers individual psychotherapy and counseling, psychiatric medication evaluations, and neuropsychological testing.

1500 Franklin Street, San Francisco, CA 94109

www.felton.org

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

(415) 474-7310

Geriatric Services West

Felton Institute (formerly Family Service Agency)

Offers individual psychotherapy and counseling, psychiatric medication evaluations, and neuropsychological testing.

6221 Geary Boulevard, 2nd Floor, San Francisco, CA 94121

www.felton.org

Area Served: Ingleside, Merced Heights, Ocean View, Richmond, Sunset

(415) 386-6600

Institute on Aging – Department of Geriatric Assessment and Psychological Services

Services provided in home or at the Institute.

3575 Geary Boulevard, San Francisco, CA 94118

www.ioaging.org

Area Served: Citywide

(415) 750-4111

Mission Mental Health

Provides mental status evaluations, support groups, medication support and other services for adults age 18-59.

(415) 401-2700

2712 Mission Street, San Francisco, CA 94103
www.sfdph.org

Public Conservator

Department of Aging & Adult Services

(415) 557-6680

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.

www.sfhsa.org/services/care-support/public-conservator

San Francisco Downtown VA Clinic

Offers substance abuse services/sobriety support, group counseling, mental health intensive case management, psychiatric outpatient care.

(415) 221-5100

401 3rd Street, San Francisco, CA 94107
www.sanfrancisco.va.gov

Seniors at Home

Jewish Family and Children's Services

(844) 243-4174

Counseling and grief support for older adults on a sliding scale.

2150 Post Street, San Francisco, CA 94115

www.seniorsathome.jfcs.org

Southeast Mission Geriatric Services

Community Behavioral Health Services -Department of Public Health

(415) 337-4722

Serves SF residents who receive Medi-Cal, SF Health Plan members, and other residents with limited resources.

Offers children and families psychiatric medication management, counseling, clinical case management and group therapy. Priority given to Bernal Heights, Outer Mission, Visitation Valley area.

3905 Mission Street, San Francisco, CA 94112

Area Served: Mission, Southeast

Sunset Mental Health Services

Offers medication support, therapy, and wellness/recovery programs for psychiatrically disabled adults.

(415) 753-7400

1990 41st Avenue, San Francisco, CA 94116

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

1060 Howard Street, San Francisco, CA 94103

www.swords-to-plowshares.org

CRISIS INTERVENTION:

Center for Elderly Suicide Prevention and Grief-Related Services

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

www.ioaging.org

24 Hour Hotline:

(800) 971-0016

Office:

(415) 750-4111

Mobile Crisis Treatment Team (MCTT)

Community Behavioral Health Services

Department of Public Health

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*

(415) 970-4000

San Francisco Suicide Prevention

24-hour crisis line providing immediate crisis intervention and emotional support.

www.sfsuicide.org

(415) 781-0500

(800) 273-8255

Westside Community Services Crisis Clinic

Voluntary, drop-in services to adults in need of emergency psychiatric care. Offers housing referrals, employment assistance, counseling, medication support, crisis services and methadone detox and maintenance for adults 18+.

245 11th Street, San Francisco, CA 94103

www.westside-health.org

(415) 431-9000

(888) 246-3333

REFERRAL 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.

www.sfdph.org

(415) 255-3737
(888) 246-3333
TDD: (888) 484-7200

HelpLink (For Bay Area Resources)

Offers confidential information and referral services for Bay Area mental health resources.

www.211bayarea.org

211
(800) 273-6622

SUPPORT GROUPS / PEER COUNSELING:

Alcoholics Anonymous

1821 Sacramento Street, San Francisco, CA 94109
www.aasf.org

24-Hour Helpline:
(415) 674-1821

Alzheimer's Association

Offers emotional and practical phone support by peer volunteers and staff.
www.alz.org

(800) 272-3900

American Cancer Society

www.cancer.org

(800) 227-2345

Alameda Office

1001 Marina Village Parkway, Suite 300, Alameda, CA 94501

(510) 893-7900

Campbell Office & California Chinese Unit

747 Camden Avenue, Suite B, Campbell, CA 95008

(408) 871-1062
(888) 566-6222

Walnut Creek Office

2185 North California Boulevard, Suite 290, Walnut Creek, CA 94596

(925) 934-7640

American Diabetes Association

Visit their website to join the online support community or call to find local resources.

www.diabetes.org

(800) 342-2383

Friendship Line

Institute on Aging

Warmline providing 24-hour support services.

www.ioaging.org

(800) 971-0016

Independent Living Resource Center of San Francisco

Veterans' Art Guild Support Group

Traumatic Brain Injury Support Group

825 Howard Street, San Francisco, CA 94103

www.ilrcsf.org

(415) 543-6222

TTY: (415) 543-6698

Mental Health Association of San Francisco

Offers mental health education and awareness, various support groups, advocacy and referral assistance.

871 Market Street, Suite 928, San Francisco, CA 94102

www.mentalhealthsf.org

(415) 421-2926

Peer-Run Warmline:

(415) 421-1880

Mission Mental Health Services

Provides mental status evaluations, support groups, medication support and other services for adults age 18-59.

2712 Mission Street, San Francisco, CA 94103

www.sfdph.org

(415) 401-2700

National Alliance on Mental Illness (NAMI)

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

711 Van Ness Avenue, Suite 550, San Francisco, CA 94102

www.namif.org

(415) 474-7310

Warm Line:

(415) 237-0039

National Parkinson Foundation

Find local resources and services, such as support groups, by visiting their website or calling their helpline.

www.parkinson.org

(800) 473-4636

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.

65 Laguna Street, San Francisco, CA 94114

www.openhouse-sf.org

(415) 296-8995

Peer-Led Hoarding Support Team

Mental Health Association of San Francisco

Hoarding and Cluttering Support Group

www.mentalhealthsf.org

(415) 421-2926

Senior Peer Counseling

Felton Institute (formerly Family Service Agency)

Offers emotional support by senior peer counselors.

www.felton.org

(415) 474-7310

American Heart Association

www.heart.org

American Lung Association

www.lung.org

APA Family Support Services

www.apafss.org

Arthritis Foundation

www.arthritis.org

Asthma and Allergy Foundation of America

www.aafa.org

Family Caregiver Alliance

101 Montgomery Street, Suite 2150

San Francisco, CA 94104

www.caregiver.org

(415) 434-3388

Gam-Anon

Visit their website or call their hotline to find local meetings.

www.gam-anon.org

(510) 407-3898

Gamblers Anonymous

Visit their website or call their hotline for support or to find local meetings.

www.gamblersanonymous.org

(885) 222-5542

Hearing and Speech Center

1234 Divisadero Street
San Francisco, CA 94115
www.hearingspeech.org

(415) 921-7658

San Francisco AIDS Foundation

Call their office or visit their website for information on community groups and other local resources.

www.sfaf.org

(415) 487-3000

San Francisco Depression and Bipolar Support Alliance

900 Hyde Street, San Francisco, CA 94109
www.dbsasf.org

(415) 995-4792

San Francisco Intergroup of Overeaters Anonymous

www.oasf.org

(415) 779-6273

San Francisco Narcotics Anonymous

The West Bay Conference Center
1290 Fillmore Street #B
San Francisco, CA 94115
www.sfna.org

(415) 621-8600

Miscellaneous Services

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 at the Main Library at 100 Larkin Street in Civic Center. Software includes programs for screen magnification, screen reading, voice recognition, 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. The DSC is located at the Main Library, 100 Larkin Street, 1st Floor.

A videophone is available for free use by the public during DSC open hours. Contact (415) 557-4434 or (415) 557-4557 for hours and more information.

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 2nd floor of the Main Library (located at 100 Larkin Street, San Francisco, CA 94102) 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.

LIBRARY ON WHEELS:

The Library on Wheels is a wheelchair-accessible bookmobile providing services for older adults 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.

PET SERVICES

PAWS (Pets Are Wonderful Support)

Shanti Project

(415) 979-9550

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

3170 23rd Street, San Francisco, CA 94110

www.shanti.org

San Francisco Society for the Prevention of Cruelty to Animals (SFSPCA)

(415) 554-3000

*Offers a variety of programs for older adults and
homebound adults:*

- *CareCredit*
- *Emergency Care Grant*
- *New Adopter Assistance*
- *Payment Arrangements*
- *Pet-a-care Senior Discount Program*
- *Spay-neuter Free and Sliding Scale*

www.sfspca.org

Vet on Wheels

Julio Bolivar-Dillon, DVM

(415) 333-4673

House call services available.

2212 Derry Way, South San Francisco, CA 94080

www.vetonwheelssf.com

VOLUNTEERING

Many local nonprofits and community-based agencies can use the help of volunteers for one-time events or on an ongoing basis. Contact organizations in your neighborhood to see if they have any volunteer opportunities that match your skills and areas of interest. Some of the agencies below provide a wide variety of listings of volunteer opportunities you can search through by location or area of interest.

HICAP Volunteer Program

Self-Help for the Elderly

(415) 677-7250

601 Jackson Street, 2nd Floor, San Francisco, CA 94133

www.hicap.org/

Idealist

Online resource for volunteer opportunities that allows you to search by location and area of interest.

Online Service

www.idealist.org

San Francisco Long-Term Care Ombudsman

Felton Institute

(415) 751-9788

6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121

www.sfltcop.net/

The Volunteer Center

1675 California Street, San Francisco, CA 94109

(415) 982-8999

www.thevolunteercenter.net

TDD: (415) 982-0291

Volunteer Match

Matches volunteers to service opportunities.

Online Service

www.volunteermatch.org

VOTING

You can register to vote-by-mail for one election only, or become a permanent vote-by-mail voter. For more information, instructions on how to apply for vote-by-mail status, and the timelines to apply, contact the Department of Elections.

Department of Elections

1 Dr Carlton B Goodlett Place, Room 48
San Francisco, CA 94102
<https://sfelections.sfgov.org/>

(415) 554-4375

Technology and Assistive Devices

ASSISTIVE TECHNOLOGY AND TOOLS

AbleData	www.AbleData.com
ActiveForever	www.ActiveForever.com
Buck & Buck	www.BuckAndBuck.com
Dr. Leonard's Healthcare Corp.	www.DrLeonards.com
Hearing and Speech Center	www.HearingSpeech.org
Independent living aids, LLC	www.IndependentLiving.com
Smarthome	www.smarthome.com

LIFT REPAIRS & VEHICLE MODIFICATIONS:

Ability Center www.abilitycenter.com	(866) 405-6806
Mobility Systems www.mobilitysystems.com	(510) 540-0295

COMPUTER AND INTERNET ACCESS

LOW COST INTERNET ACCESS:

Access from AT&T www.att.com/shop/internet/access/	(855) 220-5211 Spanish: (855) 220-5225
Comcast Internet Essentials Seniors Program www.internetessentials.com/seniors	(855) 846-8376

GENERAL INFORMATION SITES:

Department of Aging and Adult Services

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

Gilbert Guide

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

www.gilbertguide.com

COMPUTER TECHNOLOGY TRAINING AND ACCESS:

City College of San Francisco

Older Adults Department offers non-credit classes specially designed for those 55 plus.
www.ccsf.edu/

(415) 452-7403

Community Living Campaign

Free computer classes and tutoring at various community sites; on-site drop-in computer lab.
www.sfcommunityliving.org/

(415) 821-1003

Community Technology Network

Supports digital literacy classes and community programs providing internet access.

1390 Market Street, Suite 200

San Francisco, CA 94102

www.communitytechnetwork.org/

(628) 200-3118

Conard House

Computer lab and instructional classes at Conard Café site.

160 9th Street, San Francisco, CA 94103

www.conard.org

(415) 864-7833

GCFLearnFree.org

Free online-only computer and internet skills tutorials.

www.gcflearnfree.org

Online Resource Only

Senior Surf

Group and private classes, tech support – call for service rates.

www.seniorsurf.org/

(415) 509-3725

Tech Allies Program**Little Brothers Friends of the Elderly**

Tech training program that provides an in-home 8-week tablet training to elders.

909 Hyde Street, Suite 628

San Francisco, CA 94109

www.littlebrotherssf.org

(415) 771-7957

Tenderloin Technology Lab

St. Anthony Foundation

150 Golden Gate Avenue

San Francisco, CA 94102

www.tenderlointechnologylab.org/

(415) 592-2766

SF CONNECTED

SF Connected is a City and County of San Francisco program that provides free computer tutoring and support to older adults and adults with disabilities. The computers have special software and hardware that make them more accessible to people with disabilities

Free digital literacy classes are available in English, Spanish, Russian, Chinese, and Vietnamese to older adults and adults with disabilities. Please call (415) 355-3555 or visit www.sfconnected.org for more information.

SF CONNECTED TECHNOLOGY CENTERS BY NEIGHBORHOOD:

BAYVIEW

Dr. George W. Davis Senior Center

Bayview Senior Services

(415) 822-1444

1753 Carroll Avenue, San Francisco, CA 94124

www.bhpmss.org

BERNAL HEIGHTS

Bernal Heights Neighborhood Center

Bernal Heights Neighborhood Centers

(415) 206-2140

515 Cortland Avenue, San Francisco, CA 94110

www.bhnc.org

Mission YMCA

4080 Mission Street, San Francisco, CA 94112

(415) 586-6900

www.ymca.org/locations/mission-ymca

CASTRO / UPPER MARKET

Castro Senior Center

Golden Gate Senior Services

(415) 863-3507

110 Diamond Street, San Francisco, CA 94114

www.ggsenior.org

CHINATOWN

Chinatown YWCA

940 Powell Street, San Francisco, CA 94108

(415) 397-6886

www.ywca.org/marin.org/

Lady Shaw Senior Center

Self-Help for the Elderly
1483 Mason Street, San Francisco, CA 94133
www.selfhelpelderly.org/

(415) 677-7581

DOWNTOWN / CIVIC CENTER

Curry Senior Center

315 Turk Street, San Francisco, CA 94102
www.curryseniorcenter.org/

(415) 885-2274

Downtown Senior Center

San Francisco Senior Center - Sequoia Living
481 O'Farrell Street, San Francisco, CA 94102
www.sfsenior.org/

(415) 771-7950

Eastern Park Apartments

Sequoia Living
711 Eddy Street, San Francisco, CA 94109
www.ncphs.org

(415) 776-0114

St. Francis Living Room

350 Golden Gate Avenue, San Francisco, CA 94102
www.sflivingroom.org

(415) 946-1413

GLEN PARK

30th Street Senior Center

On Lok Lifeways
225 30th Street, San Francisco, CA 94131
www.30thstreetseniorcenter.org

(415) 550-2210

LAKESHORE

Stonestown YMCA

3150 20th Avenue, San Francisco, CA 94132
www.ymcasf.org/locations/stonestown-family-ymca

(415) 242-7135

MISSION

Capp Street Senior Center

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

(415) 206-7752

Centro Latino De San Francisco

1656 15th Street, San Francisco, CA 94103
www.centrolatinodesf.org

(415) 861-8758

Valencia Gardens

Mission Housing / Community Living Campaign
360 Valencia Street, San Francisco, CA 94103

(415) 821-1003 x 106

NORTH BEACH

Telegraph Hill Neighborhood Center

660 Lombard Street, San Francisco, CA 94133
www.telhi.org

(415) 421-6443

OCEAN VIEW

I.T. Bookman Community Center

Southwest Community Corporation
446 Randolph Street, San Francisco, California 94132
www.itbookmancenter.org

(415) 586-8020

OMI Senior Center

Catholic Charities
65 Beverly Street, San Francisco, CA 94132
www.catholiccharitiessf.org

(415) 334-5550

OUTER MISSION

Excelsior Senior Center

Bernal Heights Neighborhood Center
4468 Mission Street, San Francisco, CA 94112
www.bhnc.org

(415) 206-2140

OUTER RICHMOND

Jackie Chan Senior Center

Self-Help for the Elderly
5757 Geary Boulevard, San Francisco, CA 94121
www.selfhelpelderly.org/

(415) 677-7571

Richmond Senior Center

Golden Gate Senior Services
6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121
www.ggsenior.org/

(415) 752-6444

PARKSIDE

South Sunset Senior Center

Self-Help for the Elderly
2601 40th Avenue, San Francisco, CA 94116
www.selfhelpelderly.org/

(415) 566-2845

POTRERO HILL

Potrero Hill Neighborhood House

953 De Haro Street, San Francisco, CA 94107
www.phnhsf.org

(415) 826-8080

PRESIDIO HEIGHTS

Jewish Community Center of San Francisco

3200 California Street, San Francisco, CA 94118
www.jccsf.org

(415) 292-1262

RUSSIAN HILL

Aquatic Park Center

San Francisco Senior Center – Sequoia Living
890 Beach Street, San Francisco, CA 94109
www.sfsenior.org

(415) 775-1866

SOUTH OF MARKET

Canon Kip Senior Center

Episcopal Community Services
705 Natoma Street, San Francisco, CA 94103
www.ecs-sf.org

(415) 487-3300

Community Living Campaign Tech Hub

1663 Mission Street, Suite 535, San Francisco, CA 94103
www.sfcommunityliving.org

(415) 821-1003

Lighthouse for the Blind & Visually Impaired

1155 Market Street, 10th Floor, San Francisco, CA 94103
www.lighthouse-sf.org

(415) 431-1481

VISITACION VALLEY

John King Senior Center

Self-Help for the Elderly
500 Raymond Avenue, San Francisco, CA 94134
www.selfhelpelderly.org/

(415) 239-9919

Visitacion Valley Community Center

66 Raymond Avenue, San Francisco, CA 94134

(415) 239-9919

WEST PORTAL

West Portal Clubhouse

Self-Help for the Elderly

(415) 921-7805

131 Lenox Way, San Francisco, CA 94127

www.selfhelpelderly.org/

WESTERN ADDITION

Rosa Parks Senior Center

Bayview Senior Services

(415) 921-7805

1111 Buchanan Street, San Francisco, CA 94115

www.bhpmss.org/

Western Addition Senior Center

Bayview Senior Services

(415) 921-7805

1390 ½ Turk Street, San Francisco, CA 94115

www.bhpmss.org/

SIGHT/LOW VISION TOOLS

Books Aloud, Inc.

The Books Aloud "Reading by Listening" Program

(408) 808-2613

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

California Department of Rehabilitation

Offers services for rehabilitation, and orientation/mobility services for individuals who are blind.

(415) 904-7100

www.dor.ca.gov

California Telephone Access Program

Offers free specialized phones that make it easier to hear, easier to dial, and easier to call.

(800) 806-1191

www.CaliforniaPhones.org/Devices-for-Difficulty-Seeing

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

(800) 572-2275

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.

100 Larkin Street, San Francisco, CA 94102

www.sfpl.org

(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, 10th Floor, San Francisco, CA 94103

www.lighthouse-sf.org

(415) 431-1481
TTY: (415) 431-4572

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.

NON-EMERGENCY MEDICAL TRANSPORTATION

Agape Transport

www.agapetransportservice.com

(650) 752-9914

Eden Medical Transportation

1070 A Street, Suite 5, Hayward, CA 94541

www.edenmedtrans.com

(415) 994-1442

(866) 292-6230

FamilyTree Medical Transport LLC

1515 Aurora Drive, Suite 201D, San Leandro, CA 94577

www.familytreemedtrans.com/

(415) 218-9020

I-Care Medical Transportation

170 Ross Way, San Bruno, CA 94066

www.i-caremt.com/

(650) 878-2000

MedEx Transit, Inc.

285 Old County Road, Suite 10, San Carlos, CA 94070

www.medextransit.com

(650) 738-8100

(877) 633-3946

Tranmedic

1151 Harbor Bay Parkway, Alameda, CA 94502

www.tranmedic.com/

(510) 782-2553

Trust Medical Transportation

Mailing Address:

P.O. Box 2569, Daly City, CA 94017

www.trustmtrans.com

(650) 799-9921

PUBLIC TRANSIT

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

Email: custserv@clippercard.com

Free MUNI for People with Disabilities

Free MUNI for Seniors

Municipal Transportation Agency

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

311
(415) 701-2311

PARATRANSIT

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. Applications take 21 days to process, walk-in to expedite.

www.sfparatransit.com/

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 older adults and people with disabilities personalized assistance that is not available on MUNI bus and rail lines. Monday through Friday, the shuttle takes groups of customers to designated locations.

www.sfparatransit.com

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.

www.sfparatransit.com/

SHUTTLE SERVICES

American Cancer Society

Road to Recovery Program

(800) 227-2345

Services including radiation/chemo appointments, for cancer patients only. Requires referral from medical team.

www.cancer.org

Centro Latino

Group van service for eligible individuals to nutrition program sites and low-cost supermarkets and farmers' markets (no doctor's appointments).

www.centrolatinodesf.org

(415) 861-8758

Kimochi

Door-to-door transportation for eligible older adults from their homes to Kimochi programs sites.

https://www.kimochi-inc.org/programs/ki_t.htm

(415) 931-2287

Saint Francis Hospital Shuttle

Free service for come-and-go surgery, outpatient treatments, some admissions and discharges, and cancer patients.

<https://www.dignityhealth.org/bayarea/locations/saintfrancis>

(415) 353-6352

TAXI AND ASSISTED RIDE SERVICES**Lighthouse for the Blind & Visually Impaired**

Taxi vouchers to medical appointments for low income and disabled.

www.lighthouse-sf.org/

(415) 431-1481

VOLUNTEER-PROVIDED TRANSPORTATION**Golden Gate Village****Richmond Senior Center**

6221 Geary Boulevard, 3rd Floor, San Francisco, CA 94121

www.ggvillage.org

(415) 876-3333

Next Village SF

Mailing Address:

P.O. Box 330278, San Francisco, CA 94133

www.nextvillagesf.org

(415) 888-2868

San Francisco Village

3220 Fulton Street, San Francisco, CA 94118

www.sfvillage.org

(415) 387-1375

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