Additional Senior Resources

**Institute on Aging Services - (415) 750-4111**
- 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 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

**Friendship Line for the Elderly - (800) 971-0016**
- 24-hour telephone support and counseling program
- Crisis intervention and referrals
- Well-being telephone check-ins
- Follow-up home visits for supportive counseling and psychotherapy
- Group and individual grief counseling
- Specialized counseling and bereavement support for people who have experienced traumatic loss to suicide or sudden death

**Aging and Disability Resource Center (ADRC) - (415) 750-4111**
- 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
- LGBT programs and services
- Medical and dental care
- Mental health and counseling services
- Prescription drug coverage
- Senior centers
- Translation services
- Transportation
San Francisco Suicide Prevention - (415) 781-0500 or (800) 273-8255
  • 24-hour crisis line

SF Dept of Human Services Adult Protective Services (APS) - (415) 355-6700
  • Short-term case management
  • Crisis intervention services
  • Emergency shelter/in-home protection
  • Counseling

HELPLINK Social Services - 211 or (800) 273-6222
  • Provides callers with information about and referrals to human services for every
day needs and in times of crisis
  • Independent living skills workshops and adapted devices
  • Home health care
  • Adult day care
  • Transportation
  • Homemaker services
  • Help with navigating the extensive benefits and services available to veterans

SF311 - 311 or (415) 701-2311
  • Assists seniors and functionally impaired adults in coordinating range of social,
mental health, and long-term care services
  • Obtain information or services regarding the care and protection of seniors

Senior and Disability Action - (415) 546-1333
  • Mobilize and educate seniors and people with disabilities to fight for individual
rights and social justice

Community Living Campaign - (415) 821-1003
  • Computers, Internet and Training
  • Connections for healthy aging
  • Vision and hearing resources
  • Long-term care resources
  • Elder Abuse prevention
  • Emergency preparedness
  • Transportation options
  • Economic security and food resources