

## **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