

Community Resources

Home Delivered Meals and Transportation Options:

(Non Profit Organizations)

- **Meals on Wheels San Diego County**
 - Home Delivered Meals
 - Phone Number: 619-260-6110
 - Website: <https://www.meals-on-wheels.org/>
 - Notes: Place order days in Advance
 - Meals on Wheels is looking for more Volunteers!

- **ElderHelp**
 - **Phone number:** (619) 284-9281
 - Website: <https://www.elderhelpofsandiego.org/>
 - Friendly Visits and calls
 - Grocery Shopping-no cost
 - Seniors A Go Go- Medically Necessary Rides
 - Elderhelp is looking for more Volunteers!

- **Jewish Family Services**
 - Home Delivered Meals
 - Website: <https://www.jfssd.org/>
 - Phone Number: (858) 637-3210
 - Case/Care Management
 - Phone Number: (858) 637-3210
 - On-the-go (Rides limited to medical rides/grocery shopping only)
 - Phone Number: (858) 637-7320
 - JFS is looking for more Volunteers!

- **Serving Seniors**
 - Home Delivered Meals
 - Phone Number: 619-235-6572
 - Website: <https://servingseniors.org/>

- **FACT**
 - Transportation needs for those 60+
 - Phone Number: 888-924-3228
 - Website: <https://factsd.org/>

Home Delivered Meals-(For Profit)

All can be ordered through computer or Smartphone App with an account.

- Door Dash
- Uber Eats
- Grub Hub
- Postmates

Social, Educational Caregiving Options and any other Miscellaneous: Question

• Oasis-San Diego (Online Education Classes

- Online Course Catalog:
- <https://www3.oasisnet.org/San-Diego-CA/Classes>

• Alzheimer's San Diego

- Website: <https://www.alzsd.org/>
- Free webinar classes that normally take place in person
- Although the organization's has suspended all in-person classes and group meetings, clients can still speak to social workers over the phone at **(858) 492-4400**

• Southern Caregivers Resource Center

- Website: <https://www.caregivercenter.org/>
- Phone number: (858)268-4432
- Helping caregivers navigate the anxiety, the depression, the stress that comes with being a caregiver
- Voucher Program still available..read more <https://www.sandiegouniontribune.com/caregiver/news-for-caregivers/story/2019-11-19/family-caregivers-benefit-from-countys-respice-voucher-program>

• Partner in Aging

- Connect senior to volunteer looking to make daily/weekly phone call check ins
- Connect senior to volunteer hoping to go on a daily/weekly walk with a companion (safe social distance
- Connect a senior to a trusted caregiver or concierge assistant

- Connect to grocery shoppers
- Connect for medical rides and pharmacy pick ups
- Phone Number: 858-480-1453

- **211 (General Resource Hotline)**

- Phone number: 211