

SOCIAL SERVICES  
REHABILITATION RESOURCE GUIDE

This resource guide has been compiled to assist you as you continue the rehabilitation process beyond the hospital walls. You will find information regarding stroke clubs, senior centers, homemaker services, recommended readings, and leisure activities enclosed. The goals of the Rehabilitation team at South Bay Rehabilitation Center is to help the patient and family to reach the highest level of self sufficiency possible. We hope these resources will help you attain that goal.

**USEFUL PHONE NUMBERS**

**Access Center**

(Services for the Disabled)  
(619) 293-3500

**Adult Protective Services**

(Case Management)  
(619) 283-5731

**Age Concern**

(Senior Case Management)  
(619) 544-1622

**Alzheimer's Association**

(858) 537-5040

**Amputees in Motion**

(858) 454-9300

**Aging & Independence Services**

(Senior Information & Referral and Elder Abuse Reporting; IHSS Homemaker Program)  
(800) 510-2020

**Blind Recreation Center**

(619) 298-5021

**Deaf Community Services**

(619) 682-5011  
(619) 682-5000 (TTD)

**Department of Social Services**

(Information; Includes Medi-Cal Questions)  
(858) 514-6885

**Family Resource Center (GR, AFDC, Medi-cal, Food stamps)**

690 Oxford Street  
Chula Vista, CA 91911  
(619) 427-9660

**Center City Family Resource Center**

1255 Imperial Avenue  
San Diego, CA 92102  
(619) 338-2555 (GR, AFDC, Food Stamps)

**H.E.L.P.**

(Home-Based Counseling)  
(858) 481-8827

**Hicap Insurance Counseling**

(858) 565-8772

**Infoline Comprehensive**

(Information & Referral Service)  
(619) 230-0997

**Legal Aid Society**

(619) 262-5557

**Lifeline Personal Response System**

(800) 543-3546 x 3050

**24 Hour Crisis Team**

(Suicide / Crisis Counseling)  
1-800-479-3339

**Meals on Wheels**

(619) 420-2782 (South Bay)  
(619) 295-9501 (San Diego)  
(619) 447-8782 (East County)

**(Case Management)**

**Multi-Senior Service Project**

(800) 510-2020

**Public Guardian / Public  
Administrator**

(Money Management)  
(858) 694-3500

**San Diego Service Center for the  
Blind**

(619) 583-1542

**Section 8 Housing**

(619) 336-4250

**Mental Health Association**

**Self Help Connection**

(Guide to Support Groups)  
(619) 543-0412

**Senior Legal Services**

(858) 565-1392 (San Diego)  
(619) 425-2460 (Chula Vista)

**Senior Mental Health Programs**

Aging and Independence Services  
(1-800-510-2020)

**Social Security**

(Includes Medicare and SSI  
Questions)

1 (800) 772-1213

www.ssa.gov

**Southern Caregivers Resource  
Center**

(For Adults with Brain Impairment  
and Their Caregivers)

(858) 268-4432

**State Department of Vocational  
Rehab**

(619) 426-8720

**Veterans Administration**

1-800-827-1000

**Adventist Health Home Care Services**

(Home Health Services)

(619) 472-7500

**STROKE CLUB**

A "Stroke Club" usually has two components, educational and social. The American Heart Association (291-7454) may know of other groups. For more information regarding specific clubs and meeting times, contact the following:

• **Stroke Treatment and Recovery**

**(STAR) Stroke Exercise**

Well Being Center  
311 Del Mar Avenue  
Chula Vista, CA  
(800) 727-4777 or 619 691-7481

**Exercise** - Tuesday and Thursday  
11a.m. - 12 p.m.  
Speech

• **Stroke Treatment and Recovery**

**(STAR) Exercise / Social  
Scripps/Mercy Hospital**

4077 5<sup>th</sup> Ave  
San Diego, CA  
(619) 260-7161  
Tuesday and Friday 1:00p.m.  
Need letter from doctor



## ADULT DAY HEALTH CARE

These centers are licensed by the State to provide care, and socialization to individuals who require medical supervision. They are generally open 8:00-5:00 pm, lunch provided. Transportation can often be arranged. The service can be paid for privately or with Medi-Cal. For more information, contact the Center Director at the nearest facility.

- **South Bay**  
301 East "J" Street  
Chula Vista, CA 91910  
(619) 426-0982
- **Mid City**  
4077 Fairmount Avenue  
San Diego, CA 92105  
(619) 584-0250
- **Heartland**  
9065 Edgemoor  
Santee, CA 92071  
(619) 448-9300
- **Horizons**  
1415 E. 8<sup>th</sup> Street, Suite 5  
National City, CA 91950  
(619) 474-1822
- **Neighborhood House**  
851 South 35th Street  
San Diego, CA 92113  
(619) 233-6691
- **Casa Pacifica**  
1424 30<sup>th</sup> Street, Suite C  
San Diego, CA 92154  
(619) 424-8181
- **ELM Adult Day Health Care**  
1220 Elm Avenue  
Imperial Beach, CA 91932  
(619) 827-0573

## SENIOR CENTERS

The Senior Center offers socialization, companionship, and stimulation. This listing is not exhaustive. For more information regarding a Senior Center near you, contact Aging and Independence Referral Services 800-510-2020.

- Alzheimer's Family Center**  
3686 Fourth Avenue  
San Diego, CA 92103  
(619) 543-4704  
\$70.00/day, \$40.00/half day
- Alzheimer's Family Center**  
280 Saylor Drive  
Chula Vista, CA 91910  
(619) 420-1734
- Kimble Senior Center**  
1221 "D" Avenue  
National City, CA 91950  
(619) 336-6760
- Casa de Servicios**  
1188 Beyer Way #101  
San Diego, CA 92154  
(619) 423-1901
- College Avenue Senior Center**  
4855 College Avenue  
San Diego, CA 92115  
(619) 583-3300
- Norman Park Center**  
270 "F" Street  
Chula Vista, CA 91910

(619) 691-5086

**Samahan Senior Center**  
2926 Market Street  
San Diego 92102 (619) 234-1360

**LEISURE RESOURCES**

**Adapted Aquatics**

Grossmont Hospital Recreational  
Therapy  
(619) 494-1423

**Adaptive Driving Program**

Sharp Hospital  
(858) 541-3323

**Arthritis Foundation**

Call for Program Information  
(858) 492-1090

**Braille Institute Library**

1 (800) 808-2555

**San Diego State University Fitness  
Clinic** (619)594-2017 (clinic)

**Community Colleges Disabled and  
Brain Injury Programs**

(619) 584-6983

**Golf for the Physically  
Challenged/Aquatics**

Sharp Rehabilitation Recreational  
Therapy  
(858) 541-3048

**National Spinal Cord Injury  
Association**

www.spinalcord.org

**San Diego Park & Recreation  
Department**

Disabled Services Program  
(619) 525-8247

**TRANSPORTATION**

**ADA Application**

1-877-232-7433 (toll free)

**CTS Access (must be ADA certified)**

(Bonita, Chula Vista, Coronado  
Imperial Beach, Lemon Grove,  
National City, San Ysidro  
Spring Valley) \$4.00 each way  
(800-921-9664)

**Paradise Valley Hospital Guest Van**

(619) 585-4257

**San Diego Transit** (619) 233-3004

**National City Transit** (619) 474-  
7505

**Lutheran Social Services**

619-476-7055

Provides transportation to seniors  
to medical appointments, bank,

grocery shopping. South Bay  
only. No wheelchairs. \$3.00 or  
free if low income.

- **San Diego Medical Transportation  
(WC-Accepts medi-cal)** (866) 612-7368
- **Laid-Law Wheelchair Transportation  
(Accepts Medi-Cal - limited areas)**  
(619) 440-1215
- **Rainbow Wheelchair Transportation  
(Accepts Medi-Cal)**  
(619) 427-5610

**MTS Access (must be ADA certified)**

(San Diego) \$4.00 Each way  
(888) 517-9627



## RECOMMENDED READING and WEB SITES

### **The 36 Hour Day**

Nancy Mace and Peter Rabins, M.D.  
Warner Books, 1981.

### **"Aphasia and the Family"**

The American Heart Association.  
Your Heart Association has many pamphlets you may find of interest.

Local Chapter:  
3640 Fifth Avenue  
San Diego, CA 92103  
(619) 291-7454

### **Pain Resources**

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

### **Strokes: What Families Should Know**

by Elaine Shimberg

### **Caring for Your Aged Parents**

by Earl & Sharon Grollman

### **Family Caregiver Alliance**

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

### **The National Family Caregivers Association**

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

### **Stroke Resources**

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

## HEAD INJURY

- **San Diego Brain Injury Foundation**

(Call for places and times of support groups)  
(858) 268-4432

- **ABI West Day Program**

818 Santa Barbara Place, Rm 7  
San Diego, CA 92109  
(619) 388-6983 Brian Stockert

## SUPPORT GROUPS

- **Caregivers Support Groups**

Southern Caregivers Resource Center  
(858) 268-4432

- **Grossmont Rehab Hospital**

555 Grossmont Center Drive  
La Mesa, CA 92041  
(619) 465-0711

- **San Diego Chronic Pain Support Group - Every Tuesday**

**12:30pm -2:30pm**

San Diego Rehab Institute  
(619) 428-5954 Kathleen  
Call to verify date and time

- **Sharp Rehab Center (several groups)**

3665 Ruffin Road, Suite 120  
San Diego, CA 92123  
(Call for times and dates/Richard Green)  
(858) 541-3171

- **Norman Park Senior Center**

270 F Street  
Chula Vista  
(619) 691-5086 call for times

- **YESS (Young Enthusiastic Stroke Survivors)**

Sharp Rehab Center  
2999 Health Center Drive  
San Diego 92123  
858 541 6762  
Call for meeting times

### HOMEMAKER SERVICES

Homemakers can be located in many different ways. Referrals from friends or relatives are often the best way to begin. Placing an ad in the newspaper, senior center bulletin board, or church newsletter is another method for finding someone to come into your home. Agency referrals can be useful. There are two types of agencies that can assist with finding a homemaker: Private agencies or public referral services. The main difference is that the private agency actually hires the caretaker -- you employ the agency. The public referral service provides you with name of interested individuals and you interview and hire the homemaker directly. Few insurance companies will pay for attendant care.

### REFERRAL SERVICES

These agencies maintain lists of people interested in working as an attendant. The individuals have various levels of experience and should be interviewed thoroughly to determine suitability. A homemaker provides "custodial" care -- that is, necessary personal services that do not require skilled nursing judgement. The average hourly rate is \$9 for someone referred by the following agencies:

<b>Aging &amp; Independence Services-Independent Homemaker Registry</b>	<b>(800) 510-2020</b>
<b>In home Supportive Services Must be on Medi-cal and SSI</b>	<b>(800) 510-2020</b>
<b>Access Center</b>	<b>(619) 293-3500</b>
<b>East County Council On Aging (Live-In)</b>	<b>(619) 442-3281</b>
<b>Shared Housing (Find Roommates)</b>	<b>(619) 422-6876</b>

### PRIVATE AGENCIES

The private agencies hire and train their employees. The homemakers are usually bonded. The agency is responsible for providing a replacement worker when the assigned employee is unable to work. Each agency has a separate fee scale, but the average hourly rate for someone allowed to provide "hands-on" care is \$15.00. Assistance can also be found for housekeeping, shopping, etc. for a lower fee. Below is a list of some of these agencies and you can check the Yellow Pages under "Home Health Services".

<b>A Better Solution</b>	<b>619 585-9011</b>
<b>Kelly Home Care</b>	<b>888 806-9943</b>
<b>Independent Home Care</b>	<b>619 299-6111</b>
<b>Age Advantage</b>	<b>619 660-8881</b>
<b>Comfort Keepers</b>	<b>619 819-5730</b>
<b>California Home Care</b>	<b>619 521-5858</b>
<b>Adventist Health Private Home Care</b>	<b>619 472-7520</b>

**This resource list is provided for your information to assist you in finding services to help meet your needs. It does not represent an endorsement or recommendation by Paradise Valley Hospital. For more information, contact the Social Work Department at (619) 470-4305.**

