



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 rehab team at South Bay Rehabilitation Center are 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.

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 or assistance, contact our social workers at (619) 470-4305.

USEFUL PHONE NUMBERS

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

Adult Protective Services (Case Management)
(619) 283-5731

Adventist Health Home Care Services
(Home Health Services)
(619) 472-7500

Age Concern (Senior Case Management)
(619) 544-1622

Aging & Independence Services
(Senior Information & Referral, Elder Abuse)
(800)510-2020

Alzheimer's Association
(858) 537-5040

Amputees in Motion
(858) 454-9300

Blind Recreation Center
(619) 298-5021

Center City Family Resource Center
1255 Imperial Ave., San Diego 92102
(619)338-2555 (GR,AFDC,Food Stamps)
Deaf Community Services
(619) 682-5011
(619) 682-5000 (TTD)

Department of Social Services
(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

H.E.L.P. (Home-Based Counseling)
(858) 481-8827

HICAP Insurance Counseling
(858) 565-8772

San Diego Service Center for the Blind
(619) 583-1542

Infoline-211 (Info & Referral Service)
(619) 230-0997

Section 8 Housing
(619) 336-4250

Legal Aid Society
(619) 262-5557

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

Lifeline Personal Response System
(800) 543-3546 x3050

Senior Mental Health Programs
Aging and Independence Services
(800) 510-2020

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

Social Security (Medicare and SSI)
(800) 772-1213

Mental Health Association
Self-Help Connection
(Guide to Support Groups)
(619) 543-0412

Southern Caregivers Resource Center
(For Adults with Brain Impairment
and Their Caregivers)
(858) 268-4432

Multi-Senior Service Project
(Case Management)
(800) 510-2020

State Department of Vocational Rehab
(619) 426-8720

Public Guardian/Public Administrator
(Money Management)
(858) 694-3500

Suicide/Crisis Counseling (24/day)
(800) 479-3339

Veterans Administration
(800) 827-1000

STROKE CLUB

A "Stroke Club" usually has two components, educational and social. The American Heart Association (619-291-7454) may know of other groups. There is plenty of information at www.stroke.org For more information regarding specific clubs and meeting times, contact the following:

Comebackers Neuro Club

6645 Alvarado Road, San Diego 92120
(619) 229-7362

Stroke Treatment and Recovery (STAR)

555 Broadway, Suite 2029, Chula Vista, 91910
(800) 727-4777

ADULT DAY HEALTHCARE

These centers are licensed by the State to provide care, and socialization to individuals who require medical supervision. They are generally open 8 a.m. to 5 p.m., lunch provided. Transportation can often be arranged. The service can be paid for privately or with government insurance. For more information, contact the center director at the nearest facility.

South Bay

301 East J St., Chula Vista 91910
(619) 426-0982

Mid City

4077 Fairmount Ave., San Diego 92105
(619) 584-0250

Heartland

9065 Edgemoor, Santee 92071
(619) 448-9300

Horizons

1415 E. 8th St., Suite 5, National City 91950
(619) 474-1822

Neighborhood House

851 South 35th St., San Diego 92113
(619) 233-6691

Casa Pacifica

1424 30th St., Suite C, San Diego 92154
(619) 424-8181

ELM Adult Day Health Care

1220 Elm Ave., Imperial Beach 91932
(619) 827-0573

SENIOR CENTERS

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 at (800) 510-2020.

Alzheimer's Family Center

3686 Fourth Ave., San Diego 92103
(619) 543-4704

Kimble Senior Center

1221 "D" Ave., National City 91950
(619) 336-6760

Alzheimer's Family Center

280 Saylor Dr., Chula Vista 91910
(619) 420-1734

Casa de Servicios

1188 Beyer Way #101, San Diego 92154

(619)423-1901

College Avenue Senior Center

4855 College Ave., San Diego 92115
(619) 583-3300

Norman Park Center

270 F St., Chula Vista 91910
(619) 691-5086

Samahan Senior Center

2926 Market St., San Diego 92102
(619) 234-1360

LEISURE RESOURCES

Adapted Aquatics

(619) 494-1423

Adaptive Driving Program

(858) 541-3323

Adaptive Golf Clinic/Golf Classic

(619) 229-7362

Arthritis Foundation

(858) 492-1090

Braille Institute Library

(800) 808-2555

Comebackers Neuro Club

Social, educational and recreational events
(619) 229-7362

Community Colleges Disabled & Brain Injury Programs

(619) 584-6983

National Spinal Cord Injury Association

www.spinalcord.org

San Diego Park & Rec Dept. Disabled Services

(619) 525-8247

SDSU Fitness Clinic

(619) 594-2017

TRANSPORTATION

ADA Application

(877) 232-7433

Laid-Law Wheelchair Transportation

(Accepts Medi-Cal – limited areas)

(619) 440-1215

Lutheran Social Services

(619) 476-7055

MTA ADA Suburban Paratransit – South Bay

2-1-1

National City Transit

(619) 474-7505

Paradise Valley Hospital Patient Van

(619) 585-4257

San Diego Medical Transportation

(WC-Accepts Medi-Cal)

(866) 612-7368

RECOMMENDED READING

Aphasia and the Family by the American Heart Association.
Your Heart Association has many pamphlets you may find of interest.

Strokes: What Families Should Know by Elaine Shimberg

Caring for Your Aged Parents by Earl & Sharon Grollman

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, Room 7
San Diego, CA 92109
(619) 388-6983

SUPPORT GROUPS

Comebackers Neuro Club
6645 Alvarado Road, San Diego 92120
(619) 229-7362

Southern Caregivers Resource Center
(858) 268-4432

Norman Park Senior Center
270 F St., Chula Vista
(619) 691-5086

**Y.E.S.S. (Young Enthusiastic
Stroke Survivors)**
2999 Health Center Dr., San Diego 92123
(858) 541-6762

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 judgment:

- Aging & Independence Services-Independent Homemaker Registr: (800)510-2020
- In-home Supportive Services (must be on Medi-Cal and SSI): (800) 510-2020
- Access Center: (619)293-3500
- East County Council on Aging: (Live-In) (619) 442-3281
- Shared Housing (Find Roommates): (619) 422-6876

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. 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":

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

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