

# Community Resources

## Home Delivered Meals and Transportation Options:

### NON-PROFIT Services

#### Meals on Wheels San Diego County

- Phone Number: 619-260-6110
- Website: <https://www.meals-on-wheels.org/>
- Home Delivered Meals
- 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

- Phone Number: (858) 637-3210
- Website: <https://www.jfssd.org/>
- Home Delivered Meals
- Case/Care Management
- On-the-go (Rides limited to medical rides/grocery only)
- Phone Number: (858) 637-7320

\*JFS is looking for more Volunteers!

### Serving Seniors

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

### FACT

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

### FOR-PROFIT Meal Delivery Services

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

- Door Dash
- Uber Eats
- Grub Hub
- Postmates

# Social, Educational Caregiving Options

## 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-respite-voucher-program>

## Partner in Aging

- **Phone Number:** 858-480-1453
  - Phone call check ins
  - Connect a senior to a trusted caregiver
  - Connect to grocery shoppers
  - Connect for medical rides and pharmacy pick ups

## 211 (General Resource Hotline)

- **Phone number:** 211