



Resource List of Community Services:

For general information regarding a variety of San Diego resources dial **211** from your telephone
211 a 24/7 free and confidential service

-If unsuccessful with any resources please reach out directly to Tribal Resource Nurse at (760) 638-1412

Hearing Aids:

Hearing Foundation (also known as the Ear of the Lion)

Phone: (800) 327-8077

Website: www.earofthelion.org

Dental Services:

UCSD Student-Run Free Dental Clinic

Phone: (858) 534-6110

Email: ucdsrfdc@health.ucsd.edu

Caregiver Support:

Resources below are designed to aid caregivers with extra needed support

Caregiver Support Groups

Website: <https://www.aarp.org/caregiving/life-balance/info-2021/support-groups>

Online Caregiver Resource Center

Website: Caregivercenter.com

Caregiver Services:

Mana Home Care

Contact Cheryl Peiler (Director of Operation)

Cell: (760) 207-8903

Phone: (760) 224-8922

Email: cpeilermanahomecarellc@gmail.com

Comfort Keepers

Phone: (888) 609-8997

In-Home Supportive Services (IHSS) Program

The IHSS Program will help pay for services provided to Medi-Cal patients so that you can remain safely in your own home. To be eligible, you must be over 65 years of age, or disabled, or blind. Disabled children are also potentially eligible for IHSS. IHSS is considered an alternative to out-of-home care, such as nursing homes or board and care facilities.

The types of services which can be authorized through IHSS are housecleaning, meal preparation, laundry, grocery shopping, personal care services (such as bowel and bladder care, bathing, grooming and paramedical services), accompaniment to medical appointments, and protective supervision for the mentally impaired.

Phone: (800) 677-1116

Email: piar@dss.ca.gov

Website: <https://www.cdss.ca.gov/in-home-supportive-services>

Please feel free to reach out to Tribal Resource Nurse for vetted caregiver referrals

Vision Services:

Lions Club Optometric Vision

The Lions Optometric Vision Clinic (LOVC) was created in 1963 as a service project. The LOVC was established to provide vision care to individuals in our community that could not otherwise afford adequate care/

Phone: 619-298-5273

Website: <https://lionsvisionclinic.org/>

Hours: Monday-Friday 9am-1pm

Eye Care America

offers free comprehensive eye exams — and up to 1 year of care — to people age 65 and older and to people at higher risk of glaucoma.

Email: eyecareamerica@aao.org

Phone: 877-887-6327

Hours: Monday-Friday 8am-Noon

Family Health Centers of San Diego

Family Health Centers of San Diego (FHCSd) optometrists and ophthalmologists (glaucoma and retina specialists), offer a wide range of vision services to help improve your eye health, including prescription glasses, contact lenses, *screening for cataracts (a serious eye condition mostly associated with aging)*, as well as glaucoma and retina diseases (a group of eye diseases that can lead to blindness). FHCSd's three vision clinics also provide comprehensive eye exams, including visual field testing, eye pressure, retina examination under dilation, *diabetic retinopathy screening and more*.

Phone: (619) 515-2300

Website: fhcsd.org

Medical Equipment:

The Durable Medical Equipment Aid Society

The DME is a locally based non-profit organization who help thousands of individuals in Southern California who are elderly, or who have on-going physical limitations, or who become disabled due to illness or injury, have limited or no access to the wheelchairs, walkers, or other durable medical equipment that they need to assist in their daily living, their recovery from illness or injury, or to cope with on-going or recurring physical limitations due to limited financial or insurance resources.

Phone. 818-298-9893

Email. nilofar.amier@yahoo.com

Hours: Monday-Thursday 9am-4pm

Health and Wellness:

Live Well San Diego

Live Well San Diego offers a wide-variety of events for seniors including physical, nutritional, insurance and counseling classes to name a few. It is a great way to thrive within the community and offers many health benefits.

Website: Livewellsd.org

San Diego Calendar of Events

Website: 211sandiego.org/events/

Nutrition:

Cal-Fresh Healthy Living

Help with meal planning and nutritional information

Website: cachampionsforchange.cdph.ca.gov/

Healthy Works

Promoting healthy equity through chronic disease prevention and control

Website: livewellsd.org/content/livewell/home/Topics/health-equity/healthy-works.html

San Diego Food Bank

Offers various programs such as community food distribution, college hunger relief for college students, emergency food assistance program, senior foods program and much more

Phone: 1-866-350-FOOD (3663)

Website: sandiegofoodbank.org/

Infant Diaper Bank:

Diaper Bank Program

The San Diego Food Bank and our North County Food Bank chapter partners with dozens of nonprofit organizations to distribute diapers to families in need throughout San Diego County. Each location has different operating hours, and may have different eligibility criteria to receive diapers. Please call beforehand for diaper availability.

MAAC Project Vista

956 Vale Terrace Drive Vista, CA 92084 1st Wednesday from 9:00 am – 12:00 pm 3rd Wednesday from 3:00 pm – 6:00 pm

Phone: 760-471-4210

Hours: 1st Wednesday from 9:00 am – 12:00 pm 3rd Wednesday from 3:00 pm – 6:00 pm

Ramona Food & Clothes Closet

773 Main Street Ramona, CA 92065

Phone: 760-789-4458

Hours: Monday – Friday 9:30 am – 12:30 pm & 2:30 pm – 4:00 pm.

Women of Promise Resource Center

1605 Grand Avenue, Suite 1 San Marcos, CA 92078

Phone: 760-539-7350

Monday – Thursday, 9:00 am – 4:00 pm, and Fridays by appointment only.

Adult Incontinence Supplies:

Please reach out to Tribal Resource Nurse directly for assistance obtaining needed supplies

In-home Physical and Occupational Therapy:

No Limit Physical Therapy

Phone: (858) 769-9906

Right Path Physical Therapy

Phone: (615) 977-9433

Hours: Open Every day from 6am-7pm

Homelessness:

La Posada Interim Housing Program-Carlsbad

24/7 Men's short and long-term housing program for homeless men and employed farm workers

Phone: 760-929-2322

Website: ccdsd.org/homeless-mens-services/

Interfaith Shelter Network

Interfaith Shelter Network (ISN) helps San Diego's homeless and those at-risk of homelessness to overcome barriers to permanent housing by providing case managed, basic services.

Phone: (619) 702-5399

Email: interfaith@interfaithshelter.org

Website: interfaithservices.org/program/housing/

<https://interfaithshelter.org/>

San Diego Housing Commission- List of Homeless Shelters

Provides a list of shelters for youths and adults

Phone: (619) 231-9400

Website: sdhc.org/homelessness-solutions/city-homeless-shelters-services/

Rachels's Center for Women

Provides a safe, supportive, sober environment and opportunities for women with few or no resources to gather, begin, and continue self-help efforts.

Phone: 619 696-0873

Website: ccdsd.org/homeless-womens-services/

San Diego Food Bank

Phone: 1-866-350-FOOD (3663)

Website: sandiegofoodbank.org/

Feeding San Diego

Phone: 858.452.3663

Website: feedingsandiego.org/

Substance Use:

U-Turn For Christ

A low cost residential treatment program for those who are uninsured

20170 Patterson Ave, Perris, CA 92570

Phone: (951) 943-7097

Website: uturnforchrist.com

Hours: Monday-Saturday 9am-5pm

Delphi Behavioral Group

For out-of-pocket or private insurances

Phone: (888) 228-1949

Website: delphibehavioralgroup.com

Hours: 24/7

Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem.

Website: aa.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service individuals and families facing mental and/or substance use disorders.

Phone: 1-800-662-4357 (HELP)

Website: samhsa.gov

The Fellowship Center- Escondido

Offers comprehensive addiction rehabilitation

Phone: 888-533-9555

Website: thefellowshipcenter.org/

Interfaith Recovery and Wellness- Escondido

Provides a residential treatment program for 90-120 days to individuals with substance use disorder causing quality of life problems. Offers individual and group counseling, co-occurring treatment, mental health counseling and support, relapse prevention, case management, self help and recovery services.

Phone: (760) 489-6380 Ext 246

Website: interfaithservices.org/program/housing/

Mental Health:

Indian Health Council:

Phone: (760) 749-1410 option 4

Behavioral Health Hotline:

Phone: (760) 751-6004

Mental Health Systems (MHS)

Mental Health Systems (MHS) is a non-profit organization founded in 1978 to provide innovative and cost-effective mental health and drug and alcohol recovery services.

Phone: (858) 573-2600

Website: mhsinc.org

National Alliance on Mental Illness (NAMI)

The National Alliance on Mental Illness in San Diego (NAMI San Diego) is the community's voice on mental illness. They are a part of grass-roots, nonprofit, national NAMI organization, and affiliate of NAMI California offering a large array of mental health services and resources.

Phone: (858) 634-6580

Website: namisandiego.org/

Therapy and Counseling:

Family Health Centers of San Diego- Various San Diego County Locations

Provides numerous services and programs to address health care needs including: individual, couples, and group therapy; adult and child psychiatry; clinic, school and home-based services; psychological testing for children; geriatric program. Accepts Medi-Cal and Medicare otherwise fees are income-based sliding scale.

Call for specific information.

Phone: (619) 515-2300

Website: fhcsd.org

Palomar Family Counseling- Locations in Fallbrook, Escondido, Vista and Poway

Non-profit organization that offers a wide variety of counseling and therapies with payments based on a sliding scale.

Phone: (760) 741-2660

Website: palomarfamilycounseling.com

Email: pfcs@pfcs.agency

Hospice/Bereavement Counseling:

Comfort and Peace

Our goal is to provide comfort and peace to you and your families wherever you call home. We are here to provide compassionate care to our patients and families. At Comfort & Peace, Hospice is not about giving up. It's about managing the physical, psychological, emotional and spiritual symptoms caused by life limiting illness.

Phone: (858) 304-2555

Respite Care:

Comfort and Peace

Respite Care is a short-term relief program designed to give the primary caregiver in need of rest an opportunity to tend to other concerns. Our team will relocate you or your loved one for up to 5 days and we cover room and board during this respite period

Phone: (858) 304-2555

Diabetes:

Center for Disease Control: Native Americans with Diabetes

Website: www.cdc.gov/diabetes/ndwp/index.html

Healthy Works

Promoting healthy equity through chronic disease prevention and control

Website: livewellsd.org/content/livewell/home/Topics/health-equity/healthy-works.html

Office of Minority Health Resource Center

Phone: 1-800-444-6472

Email: info@minorityhealth.hhs.gov

Website: minorityhealth.hhs.gov/omh

American Diabetes Association

Phone: 1-800-DIABETES

1-800-342-2383

Website: diabetes.org

Heart Disease:

Center for Disease Control: Native Americans and Heart Disease

Website: www.cdc.gov/pcd/issues/2020/20_0189.htm

American Heart Association

Website: heart.org/en/news/2020/05/28/heart-disease-diabetes-rates-higher-for-american-indians-alaska-natives

Healthy Works

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Website: livewellsd.org/content/livewell/home/Topics/health-equity/healthy-works.html

Office of Minority Health Resource Center

Phone: 1-800-444-6472

Email: info@minorityhealth.hhs.gov

Website: minorityhealth.hhs.gov/omh

Emergency Services:

Child Abuse Hotline: 800-344-6000

Elder Abuse Hotline: 800-510-2020

Domestic Violence Hotline: 888-385-4657

Suicide Prevention: 888-724-7240

Medi-Cal Resource Numbers:

Child Care Assistance: (800) 543-7793

County Medical Services Program: (800) 670-6133

Lost or Stolen EBT Card: (877) 328-9677

Medi-Cal Customer Services: (916) 636-1980

Medicare: (866) 227-9863

Senior/Elder Services: (800) 677-1116

SSI/SSP and SSDI: (800) 772-1213

Social Security Fraud: (800) 772-1213