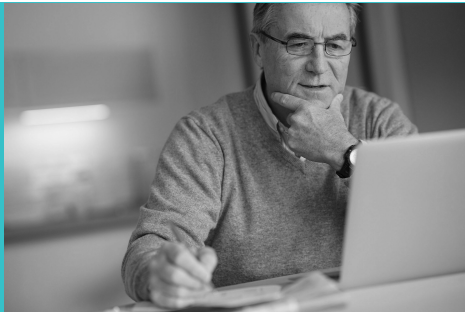




## Information Clearinghouses



### AIS Call Center

**For information, call: (800) 339-4661**

This is your gateway to AIS services, information and referrals, with personnel specially trained to assess callers' needs. If an AIS service is not appropriate, callers are referred to private and community programs that can help.

- Determine eligibility for various self-sufficiency programs
- Receive general information and assistance
- Connect to Home and Community Based Services (HCBS)

### AIS Website

**[www.aging.sandiegocounty.gov](http://www.aging.sandiegocounty.gov)**

Discover AIS services that are available to meet the needs of older adults, caregivers, and those with disabilities. Connect to other resources and programs offered by the Health and Human Services Agency.

## Access to Independence

**For information, call: (619) 293-3500**

Access to Independence is an independent living center (ILC), a nonresidential, cross-disability, non-profit corporation that provides services to people with disabilities to help maximize their independence and help them become fully integrated into their communities.

- Learn about independent living supportive services
- Information, referral and advocacy
- Receive support to move from a care facility back into the community



### Network of Care

**[www.sandiego.networkofcare.org/aging](http://www.sandiego.networkofcare.org/aging)**

This website offers free comprehensive information to help you locate programs and services for older adults and persons with disabilities.

- Service Directory – database of local community resources
- Library – information to help you manage your health
- My PHR – Personal Health Record to store and share information



**Chief Administrative Officer**  
Helen N. Robbins-Meyer

**Director, Health and Human Services Agency**  
Nick Macchione

**Director, Aging and Adult Services  
Aging & Independence Services**  
Kimberly Gallo

### Aging & Independence Services Mission Statement

The leader in  
**Advocacy, Information & Safety**  
to foster dignity and quality of life  
for seniors and persons with disabilities.

**[www.aging.sandiegocounty.gov](http://www.aging.sandiegocounty.gov)**

**(800) 339-4661**



**P.O. Box 23217, San Diego, CA 92193-3217**



## Health

**To a large extent, staying independent depends on staying healthy.**



- **Aging & Independence Services** has a number of programs that foster health through education, good nutrition and exercise.
- AIS also provides assistance and resources for those who need extra help to remain safely in their homes. And we care about family caregivers who assist their loved ones.

**Aging & Independence Services (AIS)**

## Health, Fitness and Nutrition

Promoting wellness through nutrition education, fitness programs and social connections.

**For information, call (800) 339-4661**

- **Health and Fitness Programs** inform and motivate older adults to take responsibility for their health with wise lifestyle choices.



- **Nutrition Programs** offer social contact while providing basic nutritional needs for adults ages 60+. Our nutrition providers offer lunch for a suggested donation at their sites, plus home-delivered meals for homebound older adults.



## Caregiver Support

Who helps those who help others? We do, through services offering information, assistance, support and respite for caregivers.

**For information, call (800) 339-4661**

- **Adult Day Care** provides non-medical services and activities for older adults in need of some supervision and assistance. Some centers focus on care for seniors with Alzheimer's disease or other dementia.
- **Family Caregiver Support** helps those who care for an older adult relative or friend. It also helps older adults raising a grandchild or other related child. The Legacy Corp program provides respite aid to families with veterans/military members.



## Help in the Home

For homebound county residents, we bring care to their door, and prevent the need for institutionalization.

**For information, call (800) 339-4661**

- **Care Management Programs** help those most at risk of nursing home placement remain in their homes by helping to put various services into place.
- **In-Home Supportive Services (IHSS)** provides personal care and homemaker assistance to income- and need-eligible aged, blind or disabled persons who would otherwise be placed out of their homes.
- **IHSS Public Authority** provides a registry of background-checked care providers for use by IHSS clients.  
**For information, call: (866) 351-7722**

- **Health Insurance Counseling & Advocacy Program (HICAP)** serves Medicare beneficiaries with health plan counseling, advocacy, education and legal help with Medicare appeals.  
**To contact HICAP directly: (858) 565-8772**
- **Community-Based Care Transitions Program (CCTP)** works with hospitals and health care providers to reduce unnecessary re-hospitalizations.



## Join Our Efforts

**To get involved in any of the programs or committees listed, call: (800) 339-4661**

- **AIS Advisory Council** has 30 members representing older adult and special-needs communities; provides input on existing and proposed AIS programs and services.
- **Community Action Networks** meet regularly to implement solutions to the specific needs of older adults and adults with disabilities in their region.
- **Health Promotion Committee** involves representatives from the health care sector, including nursing, pharmacy, social work and other related disciplines.
- **Caregiver Coalition**, comprised of representatives from caregiving agencies, offers caregiver workshops, respite care and helps build communication among service providers.  
**Visit [www.caregivercoalitionsd.org](http://www.caregivercoalitionsd.org)**

- **San Diego Fall Prevention Task Force** provides prevention education and resources to older adults and care providers.
- **IHSS Advisory Committee** has representatives from those receiving IHSS assistance, as well as service providers and other members of the community.



## Information to Share

**For information, call: (800) 339-4661**

- **Outreach & Education Team** provides professional training, conducts community presentations and coordinates community action networks to share vital information affecting AIS clients.
- **Aging & Independence** bulletin, the monthly AIS newsletter, highlights important issues and current and future events affecting the older adult and special-needs communities.

