San Francisco Resource Supplement To Handbook For Conservators

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Introduction

By becoming a conservator, you are making an important contribution to preserving the health and safety of San Francisco’s most vulnerable members. Regardless of whether you have assumed this responsibility for a friend, a family member or as a helping professional, we hope it will be a rewarding and enriching experience.

San Francisco has a wealth of health, legal and social services to assist seniors and adults with disabilities. We hope that you will make use of these services to ensure the highest quality of life possible for those you serve. We recognize that finding the right service can be daunting, particularly since programs and services are added or modified frequently. This directory was created to help. While not exhaustive, it provides an overview of San Francisco’s resources. Most of the services that are included are provided by public and private, non-profit agencies. San Francisco also has numerous for-profit services, which can be found in the telephone directory or on the World Wide Web.

We recognize that information contained in this directory is likely to change or become incomplete as new programs are started or contact information changes; such is the challenge of creating directories. When questions arise, we encourage you to contact the information and referral resources listed in the document.

The Probate Court would like to thank Eileen Goldman for her efforts in preparing this Supplement.
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Abuse and Neglect

It is estimated that approximately 4-5% of the elderly are victims of physical mistreatment, psychological abuse, neglect, abandonment or financial exploitation each year. The following agencies provide services to investigate or prevent abuse.

**Adult Protective Services (APS)**
Department of Aging and Adult Services
875 Stevenson Street, Third Floor
San Francisco California 94103
415.557.5230 or 800.814.0009

Investigates reports of abuse or neglect of elders and disabled/dependent adults. APS workers provide short-term counseling, case management and referral services to stop abuse and ensure the ongoing safety of the person.

**California Advocates for Nursing Home Reform (CANHR)**
650 Harrison Street, Second Floor
San Francisco CA 94107-1311
415.974.5171 or 800.474.1116
www.canhr.org
(directs users to website with information on California facilities)

Provides referrals to lawyers who specialize in elder abuse and neglect, protective services and many other issues. Maintains information on the quality of California's nursing homes.

**Consortium for Elder Abuse Prevention at the Institute on Aging**
3330 Geary Boulevard
San Francisco CA 94118
415.750.4180 ext. 222

Provides information and consultation on abuse, neglect and exploitation; makes referrals to community agencies; and provides individual and group counseling to victims.

**Legal Assistance to the Elderly, Inc.**
100 McAllister Street, Suite 412
San Francisco CA 94102-4947
415.861.4444

Assists with legal issues related to physical and financial abuse. Also offers assistance with preventative measures such as durable powers of attorney for finances and restraining orders.

**Long-Term Care Ombudsman Program of Family Service Agency**
6221 Geary Street, Third floor
San Francisco CA 94121
415.751.9788

Recruits and trains volunteers who visit long-term care facilities (skilled nursing facilities or residential care facilities) to respond to residents’ concerns. Ombudsmen also receive and investigate complaints of abuse and neglect.

**San Francisco Police Department**
Responsible for enforcing laws and ordinances, preventing crime, investigating criminal activity, apprehending suspects and presenting evidence. Police can also assist in securing and enforcing emergency protective orders and may check on the well-being of frail isolated persons who are believed to be in danger.

911 (Emergencies)
415.553.0123 (Non-emergency dispatch)
Adult Day Services

Adult day services enable people who need help to live independently and lead more active lives. In California, most types of adult day service programs are licensed and regulated by the state. They differ in the type and level of care they provide:

- **Adult Day Care (ADC) and Adult Day Support Center (ADSC)** programs provide personal care and support, along with activities that stimulate participants physically, socially, intellectually and creatively.
- **Social Day Programs** provide recreational and therapeutic activities for participants and respite for caregivers.
- **Adult Day Health Care (ADHC)** programs provide medical, rehabilitative and social services for adults who are at risk of institutionalization.
- **Alzheimer's Day Care Resource Centers (ADCRC)** provide care for persons with Alzheimer's disease or other dementias, and support and education for caregivers and the community.
- **Programs of All Inclusive Care for the Elderly (PACE)** provide 24-hour medical and long-term care for frail seniors who need nursing home care but want to remain at home.

Adult day services, which are listed below, serve specific neighborhoods and reflect language and cultural variations. Some are adapted to meet the needs of special groups, such as persons living with AIDS/HIV or Alzheimer's disease. For additional help in finding a center, contact: www.sfadultday.org (website of the San Francisco Adult Day Services Network) or 415.773.0111 (a service of HELPLINK)

**Bayview Hunter’s Point Adult Day Health Center**
1250 La Salle Avenue
San Francisco CA 94124
415.826.4774

An ADHC that serves Bayview Hunter’s Point.

**Continuum**
255 Golden Gate Avenue
San Francisco CA 94102
415.437.2900

An ADHC and ADSC that serves individuals with HIV/AIDS.

**Irene Swindell Alzheimer's Day Center**
3698 California Street
San Francisco CA 94118
415.600.2690

An ADSC for adults diagnosed with dementia, including Alzheimer’s and Parkinson’s diseases and multi-infarct dementia.

**Kimochi Inc. Adult Social Day Care**
1531 Sutter Street
San Francisco CA 94109
www.kimochi-inc.org
415.922.9972

Services are targeted towards Japanese seniors.

**Laguna Honda Hospital Adult Day Health Center**
Clarendon Hall
375 Laguna Honda Boulevard
San Francisco CA 94116-1499
415.759.3360

Primarily serves residents of the Sunset, Outer Richmond and Parkmerced districts but will accept residents of other neighborhoods depending on medical need.
L’Chaim Adult Day Health Center of Jewish Family and Children’s Services
2534 Judah Street
San Francisco CA 94121
415.449.2900
Serves frail elderly Soviet Jewish émigrés.

North and South of Market Adult Day Health, Inc.
Operates ADHCs at three locations:

- 55 Mabini Street (near Folsom Street)
  San Francisco CA 94107
  415.882.7301

- 350 Golden Gate Ave.
  San Francisco CA 94102
  415. 359.9210

- 301 Ellis
  San Francisco CA 94102
  415.923.0245

On Lok Senior Health Services
Administrative Office
1333 Bush Street
San Francisco CA 94109
888.886.6565 (for information about all sites)
www.onlok.org
Operates PACE programs in 7 locations.

Ruth Ann Rosenberg Adult Day Health Center at the Institute on Aging
3600 Geary Blvd.
San Francisco CA 94118
www.ioaging.org
415.750.5350
Serves the Marina, Haight, Western Addition and Richmond districts.

Saint Mary’s Medical Center Adult Day Health Center
35 Onondaga Avenue
San Francisco CA 94112
415.334.4000
Serves the Excelsior, Ingleside, Ocean View, Bernal Heights, Outer Mission, West of Twin Peaks and Visitacion Valley Districts.

San Francisco Adult Day Support of Catholic Charities
55 Farallones Street
San Francisco CA 94112
415.452.3500
Serves the Richmond, Sunset, Ocean View, Ingleside and Merced Districts.

Self-Help for the Elderly Adult Services Center
408 22nd Ave.
San Francisco CA 94121
415.666.1888
Operates an ADHC and an ADCRC with a special focus on Asian seniors.
Advocacy/Community Action/Patients’ Rights

**For the Elderly**

**California Advocates for Nursing Home Reform (CANHR)**
650 Harrison Street, 2nd Floor
San Francisco CA 94107-1311
415.974.5171
www.canhr.org (directs users to website with information on California facilities)

Provides referrals to lawyers who specialize in estate planning, long-term care, elder abuse and neglect, protective services and pension rights. Maintains information on all nursing homes in California. Operates a statewide information line which provides pre-placement counseling and consumer information on Medi-Cal eligibility, long-term placement considerations, residents’ rights, and quality information on California’s nursing homes.

**Gray Panthers, San Francisco Chapter**
1182 Market Street, Suite 203
San Francisco CA 94102
415.552.8800
graypanthersfaction@juno.com

An intergenerational organization involved in public education and advocacy about a variety of social issues. Organizes around local, state and national issues of social and economic justice.

**Long Term Ombudsman Program of Family Service Agency**
6221 Geary Street, Third floor
San Francisco CA 94121
415.751.9788

Recruits and trains volunteers who visit long-term care facilities (skilled nursing facilities or residential facilities) to discuss and respond to residents’ concerns. Ombudsmen also receive and investigate complaints and work with residents, family members and facility staff to resolve problems concerning patient rights, quality of care, physical environment and abuse. They help develop resident councils and serve as witnesses for persons signing advance directives for health care.

**Older Women's League (OWL)**
San Francisco Chapter
870 Market Street, Room 905
San Francisco CA 94102
415.989.4422
owlsanfran@juno.com

Provides support for women in their midlife or older years.

**Planning For Elders in the Central City**
1370 Mission Street, 3rd Floor
San Francisco CA 94103
415.703.0188
info@planningforelders.org

A coalition of service providers, seniors and informal caregivers that identifies and addresses the needs of frail and well seniors and people with disabilities, including housing, health care, transportation and in-home supportive services. Sponsors Senior Survival School, an orientation to basic services and resources available to seniors and caregivers, and the Digital Bridge Project, which offers computer classes to seniors, persons with disabilities, and their caregivers.

**Senior Action Network**
965 Mission Street, Suite 705
San Francisco CA 94103
415.546.1336
bruce@senioractionnetwork.org

A city-wide federation of senior citizens organizations organized to mobilize San Francisco seniors on issues that directly improve the quality of life.
For Persons with Disabilities

Bay Area and Western Paralyzed Veterans of America
3801 Miranda Avenue, Room A1-219
Mailing Code #816
Palo Alto CA 94304
650.858.3936 or 800.273.6789

Provides information and assistance for U.S. veterans who have spinal cord dysfunctions. Helps members seek veteran benefits and health care through the Department of Veterans Affairs and other government agencies.

Disability Rights Advocates
449 15th Street, Suite 303
Oakland CA 94612
510.451.8644

Advocates on behalf of disabled individuals to end discrimination in public accommodations, transportation, housing, insurance, education, employment and access to health care. Provides legal advice, consultation and, in appropriate cases, impact litigation.

Mental Health Association of San Francisco
1095 Market Street, Suite 408
San Francisco CA 94103
415.241.2926

Offers resource information, public education, mental health advocacy, and social action to improve the care and treatment of individuals with mental disabilities. Sponsors the Supportive Housing Advocacy Project, which provides support groups for individuals with mental disabilities seeking housing and for people who have issues with hoarding and cluttering in their homes.

NAMI
(Formerly the National Alliance for the Mentally Ill)
5214-F Diamond Heights Boulevard, PMB 426
San Francisco CA 94131
415.905.6264

A self-help organization for family and friends of individuals with severe mental illness. Provides advocacy, education and support groups.

San Francisco Mental Health Clients Rights Advocates
1095 Market Street, Suite 618
San Francisco CA 94103
415.552.8100 or 800.729.7727

Provides advocacy and rights protection for mental health consumers, including patients/residents in public or private mental health or community care facilities. Advocates to resolve consumer complaints and investigate complaints of abuse, neglect and the withholding of rights.

Consumer Advocacy

Better Business Bureau
510 - 16th Street, Suite 550
Oakland CA 94612-1584
510.238.1000

Accepts complaints about misleading advertising, improper selling practices, non-delivery of goods or services, misrepresentation, unsatisfactory service, credit/billing problems, contracts not fulfilled, etc. Also responds to inquiries from people checking on businesses prior to making their decision on where to do business.

Consumer Action
717 Market Street, Suite 310
San Francisco CA 94103
415.777.9635 (consumer hotline)
www.consumer-action.org

Distributes free publications, some in Chinese, English, Korean, Spanish and Vietnamese about credit, banking, privacy, insurance and utilities. Also provides information and referral in multiple languages about consumer fraud including credit card fraud, identity theft, home equity loan fraud, credit repair scams, insurance fraud and telemarketing scams.

Tenant’s Union
558 Capp street (21st Street)
San Francisco CA 94110
415.282.6622

Provides telephone or drop-in counseling to San Francisco tenants about their rights, including information about eviction notices, lockouts, harassment, rent increases, repairs, security deposits and discrimination.
Advocacy and Counseling Related to Insurance and Benefits

**ABC Positive Resource Center**
973 Market Street, Sixth Floor
San Francisco CA 94103
415.777.0333

Provides benefits counseling (includes insurance, employee benefits and Social Security) to people who are HIV positive or have AIDS. Administers the Comprehensive AIDS Resources Emergency/Health Insurance Premium Program, which pays health insurance premiums for San Francisco residents who are disabled as a result of AIDS/HIV, unable to work and in danger of losing their health insurance.

**Bay Area and Western Paralyzed Veterans of America**
3801 Miranda Avenue, Room A1-219
Mailing Code #816
Palo Alto CA 94304
650.858.3936 or 800.273.6789

Helps U.S veterans who have spinal cord dysfunction seek benefits and health care through the Department of Veterans Affairs and other government agencies.

**General Assistance Advocacy Project**
276 Golden Gate Avenue
San Francisco CA 94102
415.928.8191

Works primarily with homeless and marginally housed individuals.

**Health Insurance Counseling and Advocacy Program (HICAP) of Legal Assistance to the Elderly**
100 McAllister Street, Suite 412
San Francisco CA 94102-4947
415.861.4444

This program of Legal Assistance to the Elderly provides information, counseling, advocacy, education and assessment to Medicare recipients and their families regarding Medicare, supplemental health coverage, health maintenance organizations and long-term care options. Volunteer counselors evaluate Medicare and supplemental health coverage, file medical claims and appeals, and advocate for the medical benefits of clients.

**Homeless Advocacy Project**
1360 Mission Street, Suite 201
San Francisco CA 94109
415.575.3130

Provides legal services in a broad range of issues with priority given to clients with disabilities. Provides advocacy on public benefits issues and on housing issues where the client is at imminent risk of losing housing.

**Lumetra**
(Formerly California Medical Review, Inc.)
One Sansome Street, Suite 600
San Francisco CA 94104
800.841.1602

Provides information about Medicare, patients’ rights and quality of care issues. Offers telephone helpline services for information, referral and assistance on Medicare-related questions and problems. Accepts written complaints about individual physicians, hospitals or health maintenance organizations related to Medicare and quality of care concerns.

**Protection and Advocacy**
433 Hegenburger Road, Suite 200
Oakland CA 94621 (serves San Francisco)
800.776.5746

Provides help with public benefits applications and advocacy on accessibility of housing, discrimination and employment to persons with mental or physical disabilities.
**Caregiver Training and Support**

**Center for Caregiver Training**
1320 Divisadero Street  
San Francisco CA 94115  
415.563.9286

Offers workshops for individuals with HIV/AIDS, emphysema, brain tumors, chronic obstructive lung disease, or cancer, and the individuals caring for them. Topics covered include the illnesses and their treatment, pain management, safeguards against infection for caregivers, suggestions for recognizing and dealing with mental changes, caring for bedridden individuals, and legal issues regarding wills, powers of attorney and financial management. Also provides information on accessing and organizing personal and community resources and making arrangements when someone dies.

**Family Caregiver Alliance**
690 Market Street, Suite 600  
San Francisco CA 94104  
415.434.3388  
info@caregiver.org

Provides comprehensive services for caregiving families and friends of brain-impaired adults, including those with Alzheimer’s disease, AIDS-related dementia, stroke and traumatic brain injury. Offers information and referral, counseling and support groups. Long-term care planning services include individual consultation, legal information and consultation, respite care and education. An online caregiver support group is available on FCA’s website. FCA houses the Statewide Clearinghouse Library on Brain Impairment, which is open by appointment. Publishes fact sheets in English, Chinese and Spanish on specific brain impairments, legal information and tips for caregivers.

**Respite Care**

Respite programs provide relief to caregivers. In several ways. Attendants, professionals or volunteers may come to the homes of elderly or dependent adults to relieve the caregiver for a few hours, or the older person may be brought to an agency or day center. Longer-term respite may be provided in residential care or skilled nursing facilities.

**Kimochi Home ADHC**
1531 Sutter Street  
San Francisco CA 94109  
415.922.9972

The Residential/Respite Care program provides 24-hour supervised non-medical care for up to a month.

**Laguna Honda Hospital**
375 Laguna Honda Boulevard  
San Francisco CA 94116-1499  
415.759.3377 (admissions)

Provides limited respite care services for individuals living at home who require skilled nursing care.

**RCH Inc.**
(Formerly Recreation Center for the Handicapped)  
207 Skyline Boulevard  
San Francisco CA 94132  
415.665.4100

Provides weekend respite for persons with physical, developmental and emotional disabilities.
Caregiver Services

Support Groups

Caregiver support groups provide emotional support, information and companionship for caregivers. Some groups have a specialized focus, such as providing care to people with Alzheimer’s disease. Many agencies offer support groups for caregivers, and new groups form frequently. To find a group in your community, contact Senior Information and Referral (415.626.1033) or the Resource Center for Seniors and Adults With Disabilities in your area (See the Information and Referral section of this resource guide). The following groups specialize in support groups.

Alzheimer’s Association, Greater San Francisco Bay Area Chapter
2065 W. El Camino Real, Suite C
Mountain View CA 94040
650.962.8111 or 800.660.1993 (helpline)

Sponsors mutual support groups for friends and family affected by Alzheimer’s disease. Groups include ABC (Alzheimer’s: Beginning to Cope), which provides an overview of the disease and steps families and caregivers need to prepare for in the future.

Family Caregiver Alliance
690 Market Street, Suite 600
San Francisco CA 94104
415.434.3388
info@caregiver.org

Offers information and referral, emotional support services, brief counseling focusing on caregiving issues and group counseling services to caregiving families and friends of brain-impaired adults, including those with Alzheimer’s disease, AIDS-related dementia, stroke, traumatic brain injury and other related impairments such as Parkinson’s Disease, Amyotrophic Lateral Sclerosis (Lou Gehrig’s Disease), and Huntington’s Disease. The Link2Care Program offers online services for caregivers of people with dementia. An Online Caregiver Support Group (including a gay and lesbian group) is available on the organization’s website.
Case management is an approach to coordinating services for people who have multiple and changing needs. Services may include transportation, home-delivered meals, personal care attendants, money management, legal services, public benefits counseling, caregiver support and health and mental health care. Case managers conduct comprehensive assessments of the person's general health, mental capacity and ability to manage. Using this information, case managers develop “care plans” to meet the person's service needs and follow up to identify changes.

Case management is available through publicly funded programs, private agencies and practitioners and, increasingly, medical care providers. Some charge for their services, while others are free for people who meet eligibility criteria. Some focus on specific cultural groups, neighborhoods or persons with specific illnesses or problems. To find a case management program in your area, see below or contact Senior Information and Referral (415.626.1033) or the Resource Center for Seniors and Adults With Disabilities in your area (See the Information and Referral section of this resource guide).

Bernal Heights Neighborhood Elders’ Support Team (NEST)
515 Cortland Avenue
San Francisco CA 94110
415.206.2140

Serves elders in the Bernal Heights neighborhood.

Catholic Charities of the Archdiocese of San Francisco
240 Golden Gate Ave., 3rd Floor
San Francisco CA 94618
415.345.1290
(for information on all of the agency’s programs)
www.ccasf.org

The nonprofit human services organization of the Archdiocese of San Francisco provides case management and counseling for the elderly and persons with AIDS/HIV.

Centro Latino de San Francisco
1656 15th Street
San Francisco CA 94103
415.861.8758

Provides case management to Hispanic/Latino seniors.

Curry Senior Service Center
(Formerly North of Market Senior Services)
333 Turk Street
San Francisco CA 94102
415.885.2274

Includes special case management services for seniors who are either homeless or at risk of losing housing.

ElderCare Program of the Department of Public Health
45 Onondaga Avenue
San Francisco CA 94112
415.452.2100

Provides long term comprehensive geriatric case management.

Institute on Aging
(Formerly Goldman Institute on Aging)
3330 Geary Boulevard (Administrative office)
San Francisco CA 94118
415.750.4180 or specific program

Provides the following specialized case management programs:

- ElderPlan serves elders and their families on a fee-for-service basis. 888.750.5547
- Linkages serves older adults and disabled younger adults. 415.750.4141
- Multipurpose Senior Services Program (MSSP) accepts qualifying seniors over the age of 65 who have Medi-Cal coverage. 415.750.4141
Case Management

Italian-American Community Services Agency
(Formerly Italian Welfare Agency)
678 Green Street, Casa Fugazi Building
San Francisco CA 94133
415.362.6423

Provides case management to the Bay Area’s Italian-American community.

Jewish Family and Children’s Services
2245 Post Street (main headquarters)
San Francisco CA 94115
415.449.3777

JFCS’ case management program is one component of an integrated network of care, which includes the following services: daily money management, conservatorship, home-based meals, volunteer services, including rides to doctor’s appointments, and grocery shopping. Special services are available for émigrés from the former Soviet Union. The Elderlink program provides case management for seniors whose families live out of the area.

Jewish Family and Children’s Services AIDS Chronic Illness and Disabilities Project
2150 Post Street
San Francisco CA 94115
415.449.1224

Serves Jewish individuals with HIV/AIDS, their partners and families. Services include individual, couple and family counseling; support groups; case management; benefits counseling; information and referral; meal delivery; practical and emotional support volunteers; spiritual support; educational programs; speakers’ bureau; and emergency financial assistance.

National Association of Professional Geriatric Care Managers
1604 North Country Club Road
Tucson, AZ 85716-3102
520.881.8008
www.caremanager.org

A non-profit organization of private (fee-for-service) geriatric care managers, which operates a searchable database of care managers available by state.

Network For Elders
1555 A Burke Avenue
San Francisco CA 94124
415.647.5353

Serves the Bayview Hunters Point community.

Saint Anthony Foundation Social Work Center
121 Golden Gate Avenue
San Francisco CA 94102
415.241.2655

Provides social work services to families and individuals under 60, including case management, to support, stabilize and improve the quality of life for homeless, low income, undocumented and working poor individuals and families.

Self-Help for the Elderly
407 Sansome Street
San Francisco CA 94111
415.982.9171

Focuses on Asian elders. Services include counseling, assisting clients to complete forms and translating forms and documents at several sites around the city.
Grief/Bereavement

Catholic Charities Grief Care Program
2559 40th Avenue
San Francisco CA 94116
415.564.7882

Provides bereavement services to individuals who have experienced a personal loss due to death or separation. Services include individual and family counseling and support groups for adults, children and teenagers.

Center for Elderly Suicide Prevention and Grief Counseling at the Institute on Aging
3330 Geary Street
San Francisco, CA 94061
415.752.3778

Offers individual grief counseling to people of all ages who have suffered a loss from suicide, or sudden or traumatic death. Also provides group counseling to people of all ages including a suicide bereavement support group, a suicide ideation group, and a traumatic loss group.

Jewish Family and Children's Services
Seniors At Home
2245 Post Street (main headquarters)
San Francisco CA 94115
415.449.3777

Sponsors the Bereavement Center, which offers counseling, outreach, education and support to individuals and families experiencing grief because of the loss of their loved ones.

Hospice Care

Physical, psychological, social and spiritual care to the terminally ill, their families and loved ones. Hospice care may be provided in the person's home or at hospitals, nursing homes or alternative facilities.

Coming Home Hospice Residence of Visiting Nurses and Hospice of San Francisco
115 Diamond Street
San Francisco CA 94114
415.861.1110

A 15-bed congregate living health facility for individuals with AIDS, cancer or other terminal illness. Twenty-four-hour care and support is provided by registered nurses, licensed vocational nurses, attendants, chaplains, social workers and volunteers.

Community Hospice Foundation of Hospice by the Bay
1540 Market Street, Suite 350
San Francisco CA 94102
415.626.5900

Provides home health and hospice care, grief support groups, bereavement counseling and volunteers for emotional and practical support.

Jewish Family and Children's Services
Hospice and Palliative Care
2150 Post Street
San Francisco CA 94115
415.449.3707

Laguna Honda Hospital
375 Laguna Honda Boulevard.
San Francisco CA 94116-1499
415.759.3377 (admissions)

Provides skilled nursing and hospice care to individuals with terminal illnesses, including AIDS, who do not require the services of an acute care hospital.
Maitri AIDS Hospice
401 Duboce Avenue
San Francisco CA 94117
415.558.3000

A 15-bed residential care facility for people living with AIDS, which focuses on those who might otherwise be without adequate resources or care.

Pathways Home Health and Hospice
909 Hyde Street, Suite 541
San Francisco CA 94109
415.567.3973

Provides in-home hospice care in any safe home setting.

Visiting Nurse and Hospice of San Francisco
3360 Geary Boulevard
San Francisco CA 94118
415.600.4404

Provides in-home health care and hospice services.

Zen Hospice Project
273 Page Street
San Francisco CA 94102
415.863.2910

Provides care to terminally ill individuals including people with AIDS or cancer. Maintains Guest House Residence, a 4-bed residence.

Other Death Related Services

Death Certificates and Death Records
Department of Public Health
101 Grove Street, First Floor
San Francisco CA 94102
415.554.2700

Medical Examiner/Coroner’s Office
Investigates and certifies the deaths of victims of homicide, suicide and accidents. Also responsible for the investigation and certification of natural deaths in which no physician can reasonably state the cause of death.

850 Bryant Street
San Francisco CA 94103
415.553.1694
In addition to the resources listed below, many primary health centers and some senior centers provide dental care.

**California Dental Association**  
**Senior-Dent Program**  
1201 “K” Street Mall 14th floor  
Sacramento CA 95814  
800.736.7071  

Refers seniors age 60 or over with a fixed income and no dental insurance to dentists who will provide comprehensive services at a reduced rate.

**San Francisco Dental Society**  
2143 Lombard Street  
San Francisco CA 94123  
415.421.1435 (referral line)  
800.322.6384 (Medi-Cal referrals)  

Offers a telephone dental referral service, which provides names and phone numbers of member dentists according to neighborhood served, languages spoken, emergency hours and Medi-Cal acceptance policies.

**UCSF San Francisco General Hospital Family Dental Center**  
1001 Potrero Avenue, Building 20  
San Francisco CA 94110  
415.476.5692  

Provides comprehensive dental services at a reduced rate.

**University of the Pacific. School of Dentistry Dental Care Clinics**  
2155 Webster Street  
San Francisco CA 94115  
415.929.6501 (information)  

Provides comprehensive dental services, which include teeth cleaning, fillings, dentures, bridges, root canals, oral surgery, orthodontics and limited periodontic work for adults, children, seniors and people with AIDS. Services are performed by students under the supervision of dental professionals.
Developmental Disabilities

The term “developmental disability” refers to a severe and chronic disability that is due to a mental or physical impairment. It includes mental retardation, cerebral palsy, epilepsy, autism or a disabling condition closely related to mental retardation or requiring similar treatment. The disability must begin before the 18th birthday, be expected to continue indefinitely, and present a substantial disability.

California has a system of twenty-one regional centers that provide comprehensive services to people with developmental disabilities throughout their lives. The regional center serving San Francisco is:

Golden Gate Regional Center
120 Howard Street, Third Floor
San Francisco CA 94105
415.546.9222

Other Services for Persons With
Developmental Disabilities

The Arc of San Francisco
1500 Howard Street
San Francisco CA 94103
415.255.7200

Provides employment, employment training, job placement, independent living skills and mobility training to individuals with developmental and other similar disabilities.

Bethel Center
2557 Alemany Boulevard
San Francisco CA 94112
415.586.4977

Offers work activity training, social activities, and personal growth and development activities for developmentally challenged adults.

California Employment Development Department
State Disability Insurance (SDI) Program
800.480.3287

Provides a partial wage-replacement insurance plan for California workers.

Employment Plus of Fox Vocational Services
1100 Geneva Avenue
San Francisco CA 94112
415.587.4015

Provides vocational training, community integration skills training, and mobility training to adults with developmental disabilities (must be a client of Golden Gate Regional Center).

Environmental Traveling Companions
Fort Mason Center, Building C
San Francisco CA 94123
415.474.7662

Provides year-round outdoor adventure trips featuring river rafting, cross country skiing, sea kayaking and environmental education for people who are developmentally and physically disabled, visually or hearing impaired, and terminally ill.

Independent Living Resource Center
649 Mission Street, 3rd Floor
San Francisco CA 94105
415.543.6222
415.543.6768 (Chinese)
415.543.6743 (Spanish)

Provides independent living skills training, community living options planning, benefits counseling/advocacy, support groups, self-advocacy workshops, housing options counseling and housing referrals and placements. Provides information and counseling regarding hiring personal attendants.

Operation Access: Increasing Recreation Opportunities for Persons with Disabilities
1600 Holloway Avenue
San Francisco CA 94132
415.338.6887

Designed to increase recreation opportunities for people with disabilities, specifically in recreation programs offered at their neighborhood recreation facilities. Staff assess recreational interests and needs, provide information about existing recreation opportunities, and facilitate meetings between recreation staff and families to develop inclusion plans.
Opportunity Unlimited
420 29th Avenue
San Francisco CA 94121
415.387.8405

Offers a pre-vocational day program for developmentally disabled adults.

Potrero Hill Neighborhood House
953 De Haro Street
San Francisco CA 94107
415.826.8080

Offers a social development program for physically and mentally disabled adults, which includes socialization, recreation and education.

RCH Inc.
(Formerly Recreation Center for the Handicapped)
207 Skyline Boulevard
San Francisco CA 94132
415.665.4100

Provides supportive services and recreational activities for individuals with disabilities and their families. Services include information and referral, support groups and respite care. Sponsors the Vocational Integration Program (VIP), which provides vocational training, living skills instruction, job counseling and placement, and on-the-job training. Facilities include a specially adapted computer lab. Sponsors the Brainstorm Program, a support network for brain-injured adults providing social and recreational activities. Community activities for both disabled and non-disabled individuals include: therapeutic swimming and instruction, arthritis pain management, CPR and first aid classes, and field trips.

San Francisco Vocational Services
814 Mission Street, Suite 600
San Francisco CA 94103
415.512.9500

Provides vocational services to adults with disabilities. Offers computer and office training, paid work experience and job placement assistance.

Special Olympics San Francisco
45 Polk Street, 3rd Floor
San Francisco CA 94102
415.593.3250

Sponsors a year-round sports program for children and adults with developmental disabilities. Offers sport training and competitions in the following activities: skiing, aquatics, track and field, basketball, bowling, soccer, softball, volleyball, golf, cycling, gymnastics, sailing, powerlifting, roller skating, tennis and bocce ball.

Toolworks, Inc.
1119 Market Street, Suite 300
San Francisco CA 94103
415.733.0990

Provides supported employment opportunities for adults with disabilities. Services include independent living skills instruction, vocational training, job placement and a job coach.

United Cerebral Palsy of the Golden Gate
1970 Broadway, Suite 600
Oakland CA 94612
800.423.9350

Provides services and programs to persons with cerebral palsy and other physical/developmental disabilities and their families. Offers counseling, crisis intervention, advocacy, information and referral.
Hearing Impairments

Hearing and Deafness Resource Center
890 Beach Street
San Francisco CA  94102
415.923.4485

Provides information, counseling and referrals to community resources on all aspects of hearing loss. Program includes: presentations, classes, support group, library and individual counseling for hard of hearing, deaf and deafened elders and their families. A joint project of San Francisco Senior Center and the Hearing Society for the Bay Area.

Hearing Dog Program/SPCA
2500-16th Street
San Francisco CA 94103-4213
415.554.3020

Places specially trained dogs with deaf and hard-of-hearing individuals. The dogs respond to auditory signals such as doorbells, telephones/TDD, (telecommunications device for the deaf), smoke alarms, alarmclocks and timer devices.

Hearing Foundation of California/Nevada
1030 Gettysburg Ave. #100-D
Clovis CA 93612
800.327.8077

The Ear of the Lion Project provides grants to rebuild and recondition used hearing aids for redistribution to low-income people. In collaboration with the International Association of Lions Clubs and California Pacific Medical Center.

Hearing Society for the Bay Area, Inc.
49 Powell Street, Suite 400
San Francisco CA 94102-2582
415.693.5870
415.834.1005 (TTY)

Provides counseling, education, and support to people who are hard of hearing, deafened or culturally deaf and for families, caregivers, professionals and students. The Mental Health Program provides counseling about social and emotional concerns and problems adjusting to hearing loss or deafness. The Access Program assists people obtain hearing aids and access services.

San Francisco Hearing and Speech Center
1234 Divisadero Street (at Eddy)
San Francisco CA 94115
415.921.7658

Provides diagnostic and rehabilitative services for people with hearing and speech or language disorders. Offers hearing aid consultation and dispensing, speech and language therapy, a speech pathology clinic, and evaluation, consultation and a support group for persons with tinnitus. Accepts MediCal

Visual Impairments

American Foundation for the Blind
111 Pine Street, Suite 725
San Francisco CA 94111
415.392.4845
800.AFB.LINE or 800.232.5463
www.afb.org

Provides information and referral to individuals who are blind or visually impaired, their families and friends.

Blind San Franciscans, Inc.
1591 Jackson Street, Suite 8
San Francisco CA 94109
415.563.4896

Provides peer counseling, information and referral, and financing for adaptive devices to help individuals with visual impairments secure or retain employment. Provides Braille and large print maps, BART guides and plastic signature guides. Assists the visually impaired with reading, shopping, exercise, etc.
Disability Related Assistance, Equipment and Instruction

**California Telephone Access Program (CTAP)**
800.806.1191
800.949.5650 (Spanish)

A program of the California Public Utilities Commission that provides telephone and telecommunications equipment and services for people with the following disabilities: deaf or other hearing impairment, blind or other vision impairment, mobility or manipulation impairment, speech impediment or cognitive impediment. Disability may be permanent or temporary.

**National Association for Visually Handicapped**
3201 Balboa Street
San Francisco CA 94121
415.221.3201

Distributes low vision aids and provides counseling in their selection and use. Carries an extensive selection of visual aids on site. Provides public education, information and referral, recreational activities for seniors, and support services for people with low vision or partial eyesight. Maintains a large print lending library. Offers support groups for partially-sighted adults age 55 and older.

**National Senior Eye Care Project**
PO Box 429098
San Francisco CA 94142-9098
800.222.3937 (800.222.EYES)

Refers seniors to doctors in their communities for medical eye examinations and treatment. The program is designed for but not limited to those who are unable to afford medical eye care.

**Rose Resnick Lighthouse for the Blind and Visually Impaired**
214 Van Ness Avenue (between Hayes and Grove St.)
San Francisco CA 94102
415.431.1481

Offers supportive, educational and rehabilitative services for blind or visually impaired individuals of all ages. Volunteers assist blind and visually impaired individuals in their homes with reading mail, correspondence, shopping, running errands and going hiking, jogging and tandem bike riding. Offers customized services for deaf-blindness and AIDS-related vision loss.

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**Other Impairments**

**Arthritis Foundation, Northern California Chapter**
657 Mission Street Suite 603
San Francisco CA 94105
415.356.1230 or 800.464.6240

Offers programs to improve the quality of life for people with arthritis. Services include self-help courses, exercise programs, support groups, physician referrals, peer counseling and free printed literature.

**California Telephone Access Program (CTAP)**
800.806.1191
800.949.5650 (Spanish)

A program of the California Public Utilities Commission (CPUC) that provides telephone and telecommunications equipment and services for people with the following disabilities: deaf or other hearing impairment, blind or other vision impairment, mobility or manipulation impairment, speech impediment or cognitive impediment. Disability may be permanent or temporary.

**RCH Inc.**
(Formerly Recreation Center for the Handicapped)
207 Skyline Boulevard
San Francisco CA 94132
415.665.4100

Provides supportive services and recreational activities for individuals with disabilities and their families. Services include information and referral, support groups and respite care. Sponsors the Vocational Integration Program (VIP), which provides vocational training, living skills instruction, job counseling and placement, and on-the-job training. Facilities include a specially adapted computer lab. Sponsors the Brainstorm Program, a support network for brain-injured adults providing social and recreational activities. Community activities for both disabled and non-disabled individuals include: therapeutic swimming and instruction, arthritis pain management, CPR and first aid classes, disability awareness training (Americans with Disabilities Act), and field trips.
**Disease/Disability Information**

The organizations and programs contained in this section provide information and services to persons with specific diseases or disabilities and their caregivers. Services vary but typically include counseling, support groups, printed materials, newsletters and speakers. Many conduct research and engage in advocacy. Some provide assistive devices or financial support.

**ALS Association, Bay Area Chapter**
140 Geary Street, 4th Floor
San Francisco CA 94108
415-392-ALSA (415-392-2572) or 800.209.0433

A local chapter of a national organization that provides a variety of supportive services to persons with Amyotrophic Lateral Sclerosis (Lou Gehrig's Disease), their families, friends and caregivers.

**Alzheimer's Association, Greater San Francisco Bay Area Chapter**
2065 W. El Camino Real, Suite C
Mountain View CA 94040
650.962.8111 or 800.660.1993 (helpline)

Provides information and referral to caregivers, family members and friends of individuals with Alzheimer's disease. Offers telephone counseling and support groups. The ABC (Alzheimer's: Beginning to Cope) program provides an overview of the disease and steps families and caregivers need to prepare for in the future.

**American Cancer Society**
235 Montgomery Street, Suite 320
San Francisco CA 94104
415.394.7100 or 800.227.2345

Provides supportive services for cancer patients and their families, including medical equipment rentals and loans and transportation to and from cancer treatments. Sponsors the "Look Good, Feel Better" program, which offers hair and wig styling and cosmetic advice for women undergoing radiation or chemotherapy. Other programs include self-help and group programs for breast, larynx, colo-rectal and prostate cancers.

**American Diabetes Association**
1900 Powell Street, Suite 285
Emeryville CA 94608
800.DIABETE (800.342.2383)

Sponsors DIAL (Diabetes Information and Action Line), which provides diabetes information to patients, the community and health care professionals. Sponsors a culturally sensitive outreach campaign to the San Francisco Latino and African American communities.

**American Heart Association, Western States Affiliate**
120 Montgomery Street, Suite 1650
San Francisco CA
415.433.2273 or 800.242.8721 (800.AHA.USA1)
415.228.8404 (Chinese)

Provides information about heart disease and stroke prevention, treatment and rehabilitation. Other services include diet consultation and a support group for stroke survivors and their families.

**American Liver Foundation, Northern California Chapter**
870 Market Street, Suite 1046
San Francisco CA 94102
415.248.1060 or 800.292.9099
www.liverfoundation.org

Works for the prevention, treatment and cure of liver diseases affecting individuals of all ages. Provides information on support groups. Publishes related pamphlets (some available in Chinese, Korean, Spanish and Vietnamese).
American Lung Association of San Francisco and San Mateo Counties
2171 Junipero Serra Boulevard, Suite 720
Daly City CA 94014
650.994.5864 (650.994.LUNG) or 800.586.4872 (800.LUNG.USA)
Provides educational services to individuals, agencies and organizations on emphysema, chronic bronchitis, asthma, tuberculosis, lung cancer, pneumonia, influenza, smoking and indoor or outdoor air pollution.

Arthritis Foundation, Northern California Chapter
657 Mission Street Suite 603
San Francisco CA 94105
415.356.1230 or 800.464.6240
Offers self-help courses, exercise programs, support groups, physician referrals, peer counseling and free printed literature.

Better Health Foundation
414 13th Street, Suite 450
Oakland CA 94612
510.444.5096
www.betterhealthfoundation.org/about/
Provides information and materials on breast, prostate and colorectal cancers.

Cancer Information Service of California
32960 Alvarado-Niles Road, Suite 600
Union City, CA 94587
800.422.6237 or 800.4.CANCER
www.cancer.gov
A national network that provides up-to-date information on cancer to patients and their families, health professionals and the general public. Offers free publications on cancer-related issues. Refers callers to FDA-certified mammography facilities. Provides information on cancer-related community resources such as cancer treatment and screenings, hospices, clinical trials, pain management and genetic counseling services.

Epilepsy Foundation of Northern California
1624 Franklin Street, Suite 900
Oakland CA 94612
510.893.6272 or 800.632.3532
www.epilepsynorcal.org
Provides information and referral and mutual support groups for individuals with epilepsy and their friends and families. Provides print materials, videos and other educational service programs for individuals, families, health and public safety officials, schools and other professionals.

Family Caregiver Alliance
690 Market Street, Suite 600
San Francisco CA 94104
415.434.3388 or 800.445.8106
www.caregiver.org
Provides information and referral and emotional support for caregiving families and friends of brain-impaired adults, including those with Alzheimer’s disease, AIDS-related dementia, stroke, traumatic brain injury, and other related impairments such as Parkinson’s Disease, Amyotrophic Lateral Sclerosis (Lou Gehrig’s Disease), and Huntington’s Disease. Houses the Statewide Clearinghouse Library on Brain Impairment, which is open by appointment. Publishes fact sheets in English, Chinese and Spanish on specific brain impairments, legal information and tips for caregivers.

Mental Health Association of San Francisco
1095 Market Street, Suite 408
San Francisco CA 94103
415.241.2926
Offers resource information, public education, mental health advocacy and social action to improve care and treatment of individuals with mental disabilities, and to promote mental well-being in the community. Sponsors the Supportive Housing Advocacy Project, which provides support groups for individuals with mental disabilities seeking housing and for people with issues of hoarding and cluttering in their homes.
Disease/Disability Information

NAMI
(Formerly the National Alliance for the Mentally Ill)
5214-F Diamond Heights Boulevard, PMB 426
San Francisco CA 94131
415.905.6264
A self-help organization for family and friends of individuals with severe mental illness. Provides advocacy, education and support groups.

National Association for Visually Handicapped
3201 Balboa Street
San Francisco CA 94121
415.221.3201
Provides public and professional education, in-service training, information and referral, recreational activities for seniors, and support services for people with low vision or partial eyesight. Maintains a large print lending library. Offers support groups for partially-sighted adults age 55 and older. Distributes low vision aids and provides counseling in their selection and use. Carries an extensive selection of visual aids on site.

National Multiple Sclerosis Society,
Northern California Chapter
150 Grand Avenue
Oakland CA 94612
510.268.0572 or 800.344.4867 (800.FIGHT.MS)
Provides services, information and referral, peer and professional counseling, educational seminars, social programs, yoga classes and other wellness activities for individuals with multiple sclerosis, their families and friends, and the community. Sponsors and provides information on support groups and referrals to physicians, therapists, rehabilitation facilities and other service agencies. Provides emergency financial assistance. Lends equipment to clients when prescribed by a physician and provides equipment purchase assistance. Provides peer counseling by volunteers and home respite care services on a limited basis.

UCSF Comprehensive Cancer Center
1600 Divisadero Street
San Francisco CA 94143-1725
415.885.3693
Provides information and referral to assist individuals undergoing cancer treatment. The center is also open to families, friends and community members who are interested in learning about issues pertaining to cancer. Resources include books, audio and video tapes, computerized medical information, pamphlets and referrals to community and national resources regarding finances, support groups and nutrition. Offers free classes on related topics including health insurance/benefits counseling, nutrition counseling, preparing for surgery, art therapy, yoga, dance therapy and exercise. Coordinates several cancer related mutual support groups.
Emergency Medical Button Response Systems

These systems are for persons who are ill or at risk of falling or other home emergencies. The person wears a portable help button, which they can press for medical help. To qualify for the service, the person must have a “responder,” someone who lives close by who can help in an emergency.

California Pacific Medical Center CommuniCall®
2333 Buchanan Street
San Francisco CA 94120
415.600.4636

A 24-hour emergency medical button response system for disabled or ill individuals.

Saint Mary’s Medical Center Community Lifeline
450 Stanyan Street
San Francisco CA 94117
415.750.5530

A 24-hour medical emergency response system, which provides disabled or ill individuals with a system to request immediate help.

Emergency Services

Adult Protective Services (APS)
Department of Aging and Adult Services
875 Stevenson Street, Third Floor
San Francisco California 94103
415.557.5230 or 800.814.0009

Investigates possible abuse or neglect of elders and disabled/dependent adults. The abuse may be physical, emotional, financial, neglect by others or self-neglect. If abuse is suspected, social workers provide short-term counseling, case management and referral services to stop the abuse and ensure the ongoing safety of the person, involving the courts, if required, and if the victim agrees. Emergency services include shelter and emergency attendant care.

Center for Elderly Suicide Prevention and Grief Counseling at the Institute on Aging
3330 Geary Street
San Francisco CA 94061
415.752.3778

Provides telephone reassurance and counseling for seniors who are depressed, lonely, isolated, grieving, suicidal, going through a difficult time, or in an abusive situation.

San Francisco Suicide Prevention, Inc.
PO Box 191350
San Francisco CA 94119-1350
415.781.0500 (Suicide and Crisis Intervention Line)

Provides telephone crisis counseling and information and referral through a variety of specialized hotlines.

Self-Help for the Elderly Emergency In-Home Support Services
407 Sansome Street
San Francisco CA 94111
415.982.9171

Provides temporary, emergency housekeeping and personal care services to seniors who reside in San Francisco.

Seniors’ Emergency Grocery Bag Program
546 Fillmore Street
San Francisco CA 94117
415.487.1305

Provides one bag of groceries per week to seniors 60 years of age and older who live in the Western Addition (between California & Duboce, Van Ness and Stanyan Streets).
Financial Assistance Services

Money Management

Persons with cognitive or physical impairments may need help with banking, bill-paying, budgeting, monitoring medical insurance claims forms, and organizing financial materials. Some need others to serve as representative payees to handle Social Security or other public benefits, or to make financial decisions using durable powers of attorney or other legal tools.

Canon Kip Senior Center of Episcopal Community Services
705 Natoma Street
San Francisco CA 94103
415.861.6801

Offers money management/representative payee services.

Coming Home
825 Van Ness Street, Suite 604
San Francisco CA 94109-7837
415.474.2250

Provides personal money management to seniors and other adults who are functionally impaired or seriously ill. May also serve as representative payee, agent for durable powers of attorney for finances, conservator of estate and person, responsible party for admission to skilled nursing facilities, and executor of estate.

Conard House, Inc.
1385 Mission Street, Suite 200
San Francisco CA 94103-2631
415.864.7359

Provides money management services along with case management to people with mental illnesses. Services include representative payeeship, money management and advocacy with income sources and service providers.

Jewish Family and Children's Services
Seniors At Home
2245 Post Street (main headquarters)
San Francisco CA 94115
415.449.3777

Provides money management and conservatorship of person and estate for people unable to care for themselves.

Public Administrator/Public Guardian
875 Stevenson Street, Suite 250
San Francisco CA 94103
415.355.3555

Serves as conservator for individuals who are unable to manage their own personal and financial affairs. The Public Administrator manages the property of deceased persons when no executor is named and no family member can act on their behalf.

Saint Anthony Foundation
Senior Outreach and Support Services
350 Golden Gate Avenue
San Francisco CA 94102
415.592.2769

Provides representative payee services.

Public Assistance and Benefits

County Adult Assistance Programs (CAAP)
San Francisco CA 94120
1235 Mission Street
San Francisco CA 94103
415.558.1000

Provides assistance to low-income adults through four separate programs:

- Personal Assisted Employment Services (PAES) provides vocational-related education, training and supportive services.

- Supplemental Security Income Pending (SSIP) provides financial assistance for individuals with medical verification of a disability that has either lasted, or is expected to last, at least 12 consecutive months.
• Cash Assistance Linked to Medi-Cal (CALM) provides monthly financial assistance to low-income individuals and their spouses who receive Medi-Cal on the basis of age (being 65 years or older) or a long-term disability.

• General Assistance (GA) provides cash grants, in-kind assistance or other services to individuals who have no other means of support. A Supplemental Rent Payment is available for GA recipients.

Social Security
Social Security provides continuing income to workers and their families in the case of retirement (Social Security Retirement Benefits), disability (Social Security Disability Insurance, or SSDI), or death (Social Security Survivors Insurance and Social Security Burial Benefits). Benefits are based on workers’ wages and may be paid to the workers or their dependents or survivors. Supplemental Security Income (SSI) is available for individuals who are age 65 or over, blind or disabled (including blind and disabled children). SSI recipients automatically qualify for Medi-Cal.

District Offices:

Chinatown Branch Office
560 Kearny Street (at Sacramento Street)
San Francisco CA 94108
415.705.1065

Downtown San Francisco District Office
939 Market Street
San Francisco CA 94103
415.744.5750

Parkside Branch Office
1569 Sloat Boulevard, Suite 300
San Francisco CA 94132
415.556.4078

Western Addition Branch Office
1405 Fillmore Street
San Francisco CA 94115
415.556.9325

Mission District Office
1098 Valencia Street (at 22nd Street)
San Francisco CA 94110
415.556.4043

Veteran Services
875 Stevenson Street, Suite 250
San Francisco California 94103
415.554.7100

Assists veterans and their dependents obtain Veterans Administration benefits and entitlements. Also provides outreach and services to homeless veterans. The office works closely with San Francisco’s representative payee programs and the Public Guardian and has a cooperative relationship with the San Francisco Medical Examiner to identify deceased indigent adults who served in the military, enabling them to be buried in national cemeteries.

Temporary Financial Aid and Hardship Assistance

Includes cash, clothing, food pantries and assistance with utilities bills.

Bernal Heights Neighborhood Center
Senior Services
515 Cortland Avenue
San Francisco CA 94110
415.206.2140

Provides free bi-monthly groceries, frozen meals, microwaves, medical transportation, in-home assistance to at-risk seniors, and respite for caregivers.

Dancers’ Group Studio Theater Parachute Fund
3252-A 19th Street
San Francisco CA 94110
415.920.9181

Provides financial support to members of the Bay Area dance community who are facing life-threatening illnesses including HIV/AIDS. Funds may be used for both critical needs such as food, health care and rent or non-essential needs that improve the recipient’s quality of life such as travel, tuition or theater tickets.
**Financial Assistance Services**

**Italian-American Community Services Agency**  
(Formerly Italian Welfare Agency)  
678 Green Street, Casa Fugazi Building  
San Francisco CA 94133  
415.362.6423  
Limited financial assistance may be available for persons with special needs or whose needs are not met through other channels of assistance.

**Lions Eye Foundation of California-Nevada, Inc.**  
2340 Clay Street, 5th Floor  
San Francisco CA 94115  
415.600.3950  
Provides financial assistance for eye surgery to low income individuals without health insurance. All patients receive their treatment at California Pacific Medical Center. Affiliated with California Pacific Medical Center (CPMC) and the International Association of Lions Clubs.

**Lutheran Care for the Aging**  
1031 Franklin Street  
San Francisco CA 94109  
415.441.7777  
Provides temporary rental assistance and limited financial aid for housing needs.

**Saint Anthony Foundation**  
121 Golden Gate Avenue (administration)  
San Francisco CA 94102  
415.241.8300  
Distributes clothing, furniture, dishes, linens and small appliances to San Francisco families with children and individual men and women in need. Works with other social service agencies to provide special distribution of clothing based on availability. Clothing is distributed by lottery.

**Saint Vincent de Paul Society**  
425 4th Street  
San Francisco CA 94107  
415.977.1270  
Offers temporary food, clothing and lodging assistance.

**Salvation Army Mission Corps and Community Center**  
1156 Valencia Street  
San Francisco CA 94110  
415.648.0260  
Administers the REACH program (Relief for Energy Assistance through Community Help), a program co-sponsored by PG&E, which assists individuals pay their utility bills and arranges for special energy needs. It is for persons who are low income, elderly, disabled and severely ill who are experiencing financial hardship. Assists applicants for the Chronicle’s Season of Sharing (SoS) Fund. Provides monthly food boxes for eligible clients. Clothing vouchers are available by referral from a social service agency.

**Special Circumstances Fund**  
Human Services Department (DHS)  
415.557.6520  
Provides one-time emergency payments for individuals on SSI, Medi-Cal or in the IHSS program who have been victims of a catastrophe or whose living situation becomes unsafe or unhealthy. Funds may be used to make housing repairs if necessary for health and safety, pay moving expenses because of eviction or if housing is unsafe, make modifications to accommodate disabilities, or to prevent a foreclosure.
**Meal Programs**

Meal programs are available to older adults and people with disabilities who have difficulty preparing meals on their own. **Congregate meals** are served at churches, agencies, community centers, senior centers and civic organizations throughout the city. Some hospitals and retirement homes provide meals for individuals who live nearby. Meals are often included as part of other programs at senior centers and adult day centers. **Home-delivered meal programs** deliver meals to an individual’s home. These programs are subsidized by the federal government and charge nominal fees or ask for a donation.

**Congregate Meal Sites**
To find meal sites near you, see the section on “Senior Centers” in this directory. Other sources of information about meal programs include Senior Information and Referral (415.626.1033) or the Resource Centers for Seniors and Adults With Disabilities in your area (See the Information and Referral section of this resource guide).

**Home Delivered Meals**
The following programs offer different types of meals (hot, chilled or frozen) and diets (regular, diabetic, low sodium or soft) depending on individual needs. They also offer nutrition counseling and social work evaluation.

**Bernal Heights Neighborhood Center Senior Services**
515 Cortland Avenue
San Francisco CA 94110
415.206.2140

**Centro Latino de San Francisco**
1656 15th Street
San Francisco CA 94103
415.861.8758

**Jewish Family and Children’s Services AIDS Chronic Illness and Disabilities Project**
2150 Post Street
San Francisco CA 94115
415.449.1224

**Jewish Family and Children’s Services Seniors At Home**
2245 Post Street (main headquarters)
San Francisco CA 94115
415.449.3777

**Kimochi, Inc.**
1715 Buchanan Street
San Francisco CA 94115
415.931.2294

**Meals on Wheels of San Francisco, Inc.**
1375 Fairfax Avenue
San Francisco CA 94124
415.920.1111

**Northern California Presbyterian Homes and Services**
1525 Post Street
San Francisco CA 94109
877.205.5955

Provides meals and cold lunches to seniors and disabled adults residing at residence hotels and low-income apartments.

**On Lok, Inc. 30th Street Senior Center**
225 30th Street
San Francisco CA 94131
415.550.2210

**Russian American Community Services**
300 Anza Street
San Francisco CA 94118
415.387.5336

**Salvation Army**
850 Harrison Street
San Francisco CA 94107
415.777.5350
Food

Self-Help for the Elderly
407 Sansome Street
San Francisco CA 94111
415.982.9171

West Bay Filipino Senior Center
3416 19th Street
San Francisco CA 94110
415.626.0773

Woolf House
801 Howard Street
San Francisco CA 94103
415.981.2165

Supplemental Food or Assistance

Food Stamps Program of the Human Services Department
San Francisco CA 94120
1235 Mission Street
San Francisco CA 94103
415.558.4186

Helps low-income people purchase food. Eligibility is based on household income. The federal government funds food stamps for children and elderly immigrants and those immigrants who are disabled, refugees, veterans or immigrants who have worked 40 quarters. People can access food stamps benefits at the main office (above), 1440 Harrison Street (415.558.1957), and 3120 Mission Street (415.401.4894). Applicants who are unable to travel to an office may authorize another person to apply and be interviewed for him/her. Disabled persons can apply by mail. Food Stamps Outreach Workers also enroll applicants at community events and at medical centers, senior centers, cultural centers and many locations serving low-income people, such as the Social Security Offices.

Saint Anthony Foundation Supplemental Food Program
121 Golden Gate Avenue
San Francisco CA 94102
415.241.2655

Provides food to individuals with AIDS or disabling illness, families with children and pregnant women. Clients can pick up food six times during the year. This is not an emergency food program.
These programs provide homebound elders who suffer from boredom, isolation and loneliness with a regular visitor.

**Friendly Visits (In-Home and Telephone)**

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**Friendship Line at the Institute on Aging**
3330 Geary Boulevard  
San Francisco CA 94118  
415.752.3778  

Provides outreach calls and supportive home visits to older adults.

**Little Brothers - Friends of the Elderly**
909 Hyde Street, Suite 628  
San Francisco CA 94109-4847  
415.771.7957  

Matches isolated and homebound seniors with volunteers who provide companionship, outreach and advocacy twice a month for a year. The Escort/On Call Program offers volunteers to help on a one-time basis with shopping, filling prescriptions or driving to a doctor’s appointment.

**Network For Elders**
1555 A Burke Avenue  
San Francisco CA 94124  
415.647.5353  

Collaborates with local churches to provide volunteer caregiver support to frail elders through Project VOICE (Volunteers Offering Information and Companionship to Elders).

**New Leaf Outreach to Elders**  
(Formerly Gay and Lesbian Outreach to Elders)  
1853 Market Street  
San Francisco CA 94103  
415.255.2937  

Offers gay and lesbian seniors an opportunity to create an alternative family network with other seniors and volunteers. Supportive services include visits to homebound individuals, mutual support groups, discussion groups, information and referral, educational workshops, activity groups and social events.

**Senior Companion Program of Family Service Agency of San Francisco**
6221 Geary Boulevard, 3rd Floor  
San Francisco CA 94121  
415.751.9786  

Provides friendship, companionship and support.
Health and Medical

Health and medical services in San Francisco are provided by both public and private hospitals, long-term care facilities, clinics and health centers.

San Francisco Community Health Network

The San Francisco Community Health Network is made up of publicly funded and administered health programs. The network includes San Francisco General Hospital, Laguna Honda and primary health care centers in various locations around the city.

San Francisco General Hospital
1001 Potrero Avenue, Suite 1M
San Francisco CA 94110
415.206.8000

An acute care hospital that is owned and operated by San Francisco’s Department of Public Health. Provides a full complement of inpatient, outpatient, emergency, skilled nursing, diagnostic, mental health and rehabilitation services for adults and children. It is the largest acute inpatient and rehabilitation hospital for psychiatric patients in the City. It is the only acute hospital in San Francisco that provides twenty-four hour psychiatric emergency services and operates the only Level I Trauma Center for 1.5 million residents of San Francisco and northern San Mateo County.

Laguna Honda Hospital
375 Laguna Honda Boulevard
San Francisco CA 94116-1499
415.759.3377 (admissions)

A skilled nursing care facility that includes a small general service inpatient acute medical unit specializing in geriatric care and an independent rehabilitation center with both inpatient and outpatient services. Provides skilled nursing care for individuals with dementia who also wander, home evaluations for rehabilitation patients to determine in-home equipment needs, limited respite care services, and hospice care.

Primary Health Centers

Provide primary and preventive health care services, which typically include flu shots and other immunizations; screenings for such diseases and conditions as cancer, hepatitis, tuberculosis and hypertension; dental care and podiatry. Some offer special services such as outpatient AIDS treatment services or HIV testing. Primary health care centers and clinics are located throughout San Francisco. Six are hospital-based. Some have public health nurses who conduct in-home assessments, counseling and case management for high-risk conditions. To find the center nearest you, see below or call 415.206.8000.

Breast and Cervical Cancer Services
30 Van Ness Avenue
(between Oak and Market Streets) Suite 2300
San Francisco CA 94102
415.581.2431

Castro-Mission Health Center
3850 17th Street
San Francisco CA 94114
415.487.7500

Chinatown Public Health Center
1490 Mason Street (at Broadway)
San Francisco CA 94133
415.364.7600

Curry Senior Service Center
333 Turk Street
San Francisco CA 94102
415.885.2274

Excelsior Clinic
Part of the Mission Neighborhood Health Center.
4434 Mission Street @ Francis
San Francisco CA 94112
415.406.1353
Haight Ashbury Free Medical Clinic
558 Clayton Street
San Francisco CA 94117
415.487.5632

Provides an HIV early intervention program that includes acupuncture and massage therapy.

Lyon-Martin Women’s Health Services
1748 Market Street #201
San Francisco CA 94102
415.565.7667

Maxine Hall Health Center
1301 Pierce Street
San Francisco CA 94115
415.292.1300

Mission Neighborhood Health Center
240 Shotwell Street
San Francisco CA 94110
415.552.3870

Native American Health Center
160 Capp Street
San Francisco CA 94103
415.621.8051
415.621.8056 (Dental Department)

Ocean-Park Health Center
1351 24th Avenue
San Francisco CA 94122
415.682.1900

Potrero Hill Health Center (Caleb G. Clark)
1050 Wisconsin Street (at Connecticut Street)
San Francisco CA 94107
415.648.3022
415.648.7609 (Dental)

Silver Avenue Family Health Center
1525 Silver Avenue (at San Bruno Avenue)
San Francisco CA 94134
415.715.0300

South of Market Health Center
551 Minna Street
San Francisco CA
415.626.2951
415.626.2380 (Dental care)

Languages include English, Spanish, Cantonese and Tagalog. Interpreters are available.

Southeast Health Center
2401 Keith Street (near Armstrong Avenue)
San Francisco CA 94124
415.671.7000

Special services include dental care for children and adults. Grandparents Who Care, a support group for non-parent caregivers, holds meetings at the facility. The Family Violence Project of the San Francisco District Attorney’s Office provides domestic violence education and outreach.

Tom Waddell Health Center
50 Lech Walesa Street
(Between Polk and Van Ness Streets)
San Francisco CA 94102
415.355.7400

Services include substance abuse services, an HIV clinic, a needle exchange program and a transgender clinic.
Health and Medical

Hospitals

Hospitals provide short-term care for individuals who need the highest level of medical care. They may be public or private. Inpatient hospitals and facilities include:

- **General medical and surgical hospitals** provide diagnostic and medical treatment (both surgical and nonsurgical) to inpatients with a wide variety of medical conditions.

- **Psychiatric and substance abuse hospitals** primarily provide diagnostic, medical treatment and monitoring services for inpatients who suffer from mental illness or substance abuse disorders. The treatment often requires an extended stay in the hospital.

- **Rehabilitation**: Time-limited, goal-oriented therapeutic services geared towards restoring optimal health or ability.

- **Specialty hospitals**, which include chronic disease or rehabilitation facilities, provide a particular type of service to the majority of their patients.

- **Sub acute or extended care programs** are units within hospitals or skilled nursing facilities that are for patients who no longer need acute medical or surgical services but require highly skilled nursing care and technological support following surgery or short-term medical treatment and convalescence following an acute medical episode.

Outpatient Services

Outpatient services include specialized therapies and treatments that are provided without the expense and trauma of a hospital stay. Some hospitals maintain community “satellites” to make health care more accessible and convenient. Examples of outpatient services include:

- **Outpatient surgery centers** perform specialized surgical procedures that do not require overnight inpatient hospitalization.

- **Rehabilitation centers** offer many different services, including physical, speech and occupational therapies. Many attendees have disabilities or ongoing medical problems, while others are recovering from accident or medical incidents such as strokes.

- **Renal dialysis centers** are facilities where people with kidney disease or those awaiting kidney transplants receive assistance from equipment that performs the necessary kidney functions.

- **Outpatient eye centers** specialize in cataract surgery, glaucoma treatment and laser surgery.

- **Radiology centers** specialize in diagnostic and therapeutic radiology services like mammography, magnetic resonance imaging (MRI), and computed tomography (CT).

California Pacific Medical Center (CPMC)

Provides a wide variety of acute, post-acute and outpatient hospital care services. In addition, CPMC has home care, hospice, health education and geriatric psychiatry programs and operates the Irene Swindell Alzheimer's Residential Care. Communi-Call is a 24-hour emergency medical button response system for disabled or ill individuals. CPMC has three campuses:

**Pacific Campus**
2333 Buchanan Street
San Francisco CA 94120
415.600.6000

**California Campus**
3700 California Street
San Francisco CA 94118
415.600.6000

**Davies Campus**
Castro & Duboce Streets
San Francisco CA 94114
415.565.6000
Chinese Hospital
845 Jackson Street
San Francisco CA 94133
415.982.2400

Provides inpatient and outpatient care to the
Chinese community. Outpatient care is offered at
the 24-hour Treatment Center, Same Day Surgery
Unit, and the Western San Francisco Community
Clinic.

Saint Francis Hospital
900 Hyde Street
San Francisco CA 94109
415.353.6000

Operates a skilled nursing facility, rehabilitation
center, hospice and psychiatric center.

Saint Luke's Hospital
3555 Cesar Chavez Street
San Francisco CA 94110
415.647.8600

A private nonprofit hospital providing inpatient,
outpatient and emergency services.

Saint Mary's Medical Center
450 Stanyan Street
San Francisco CA 94117
415.668.1000 (general information)
415.750-5800 (senior services)
415.750.5530 (community lifeline)

Provides a variety of services for seniors including
health education, a fitness program, physician
referral and LifeLine (a medical emergency response
system).

UCSF Medical Center
505 Parnassus Ave.
San Francisco CA 94122
415.476.1000

In addition to primary care, provides outpatient
services in more than 75 specialty areas, including a
comprehensive AIDS program, inpatient geriatric
psychiatry, rheumatology and a comprehensive can-
cer center.

Veterans Affairs Medical Center
4150 Clement Street
San Francisco CA 94121
415.221.4810

Provides general medical, surgical and psychiatric
services for veterans.

Specialty Clinics

Medical Specialties Practice at UCSF Stanford
Health Care. Rheumatology Clinic
400 Parnassus Avenue, Fifth Floor
San Francisco CA 94143
415.353.2497

Provides comprehensive diagnostic and treatment
services to individuals with arthritis.

North East Medical Services
1520 Stockton Street
San Francisco CA 94133
415.391.9686

Provides comprehensive outpatient health services
including primary physician care, specialty physi-
cian care, nursing, optometry, podiatry, acupunc-
ture, nutrition, health education, x-rays, pharmacy,
immunizations, social services and dental care.

OMI Wellness Nursing Center
1948 Ocean Avenue
San Francisco CA 94132
415.337.4719

Offers public-health nurse managed preventive-
services, screening, counseling and education for
Ocean View, Merced Heights and Ingleside (OMI)
residents. Serves primarily seniors. Provides blood
pressure checks, health counseling regarding med-
cations and nutrition, referrals to medical care and
other community resources, and drop-in informa-
tion. Also offers wellness presentations on topics
including nutrition, hypertension, exercise and cho-
lesterol management. Home visits for public health
nursing assessment and follow-up are made to resi-
dents who are homebound and who meet the refer-
ral criteria established by the Bureau of Public
Health Nursing.
Health and Medical

Quan Yin Healing Arts Center
455 Valencia Street
San Francisco CA 94103
415.861.4964

Provides alternative and holistic healing services to seriously ill patients (including individuals with HIV/AIDS, Hepatitis C, stroke victims, brain injuries, substance abuse addictions and cancer). Services include on-site nursing, Chinese herbal medicine, natural therapies, affordable acupuncture, massage therapies, nutritional supplements, yoga and qigong.

Rosalind Russell Medical Research Center for Arthritis
350 Parnassus Avenue, Suite 600
San Francisco CA 94117
415.476.1192

Provides outpatient diagnostic and treatment services for individuals who have arthritis and other joint disorders. Offers clinical trials, which provide patients with access to experimental drug treatments. The center operates under the auspices of the University of California, San Francisco (UCSF).

Saint Anthony Free Medical Clinic
105-107 Golden Gate Avenue
San Francisco CA 94102
415.241.8320

A free primary care medical clinic for low-income adults, families and children. Services include adult drop-in care, a podiatry clinic, nutrition services, orthopedic services and seasonal flu shots for individuals with chronic illness. A laboratory and pharmacy are located on site.

Saint Mary’s Medical Center. Sister Mary Philippa Memorial Clinic
2235 Hayes Street, 5th Floor
San Francisco CA 94117
415.750.5500

A comprehensive health care program with specialty clinics in the following areas: allergy, arthritis, cardiology; dermatology; endocrinology; eye, gastrointestinal, orthopedics, podiatry, proctology; psychiatry, renal, urology and vascular surgery. Also offers dietary counseling, social work services, and health education.

UCSF/Mount Zion Lakeside Senior Medical Center
2501 Ocean Avenue
San Francisco CA 94132
415.586.8600

A primary care medical practice dedicated to providing coordinated multidisciplinary care for seniors. Services include primary care, social work, geropsychology and podiatry.

University of California, San Francisco (UCSF) Department of Ophthalmology
533 Parnassus Avenue, 5th Floor
San Francisco CA 94143
415.353.2800

A comprehensive, outpatient eye care facility that provides diagnosis and treatment of eye diseases and disorders. Specialty clinics include cornea, glaucoma, oncology, pediatrics, plastic surgery, retina, external eye disease and refractive surgery.
In addition to the resources listed below, many hospitals, home health agencies and health centers offer services for persons with HIV/ARC/AIDS. See separate listings.

**Evaluation and Treatment**

**AIDS Health Project**
1930 Market Street
San Francisco CA 94102
415.476.3902

Sponsors free, anonymous and confidential HIV antibody testing given at anonymous test sites. Also offers drop-in groups and crisis mental health services.

**Clinica Esperanza (Clinic of Hope) HIV Services**
240 Shotwell Street (Near 16th Street)
San Francisco CA 94110
415.431.3212

Operated by Mission Neighborhood Health Center, the clinic provides psychosocial and medical services for people with HIV or AIDS. A multicultural staff is sensitive to the needs of the Latino community.

**Education, Counseling, Support**

**AIDS Legal Referral Panel**
1663 Mission Street, Suite 500
San Francisco CA 94103
415.701.1100

Provides comprehensive legal referrals for people with AIDS and HIV to a panel of volunteer attorneys. Includes assistance with wills and powers of attorney; assistance with landlord/tenant disputes, including discrimination; assistance with employment discrimination and harassment; and other civil legal matters. Sponsors a benefits and insurance clinic.

**Asian and Pacific Islander Wellness Center: Community HIV/AIDS Services**
730 Polk Street, 4th Floor
San Francisco CA 94109
415.292.3400

Provides comprehensive AIDS/HIV services that are responsive to the needs of Asians and Pacific Islanders. Services include AIDS/HIV health and prevention education, counseling, street outreach and direct services. Peer counselors provide HIV risk reduction information, referrals to mental health and health care, individual and group emotional support, and case management.

**Black Coalition on AIDS, Inc.**
495 Clementina Street
San Francisco CA 94103
415.615.9945

Provides a transitional adult group home primarily for low-income HIV positive African Americans. Offers up to six months of temporary housing and support services to residents in a clean and sober environment. Services include case management, support groups, counseling, social activities, information sessions and volunteer services.

**Buddhist AIDS Project**
555 John Muir Drive, #803
San Francisco CA 94132
415.522.7473

Provides free information and referral to Buddhist resources, events and alternative AIDS services to individuals with HIV/AIDS as well as to their families, friends and caregivers.
HIV/ARC/AIDS

Catholic Charities of the Archdiocese of San Francisco
2255 Hayes Street, 4th Floor
San Francisco CA 94117
415.345.9112 ext.130

Provides case management, counseling, rent subsidies and residential programs for people living with AIDS/HIV.

City of Refuge Community Church. Ark of Refuge: HIV/AIDS Ministry
1025 Howard Street
San Francisco CA 94103
415.861.1060

Operates three long-term housing programs for HIV positive individuals and their families.

Family Link
317 Castro Street
San Francisco CA 94114-1504
415.703.9050

Provides guest accommodations (hospitality house) in a supportive environment for family members and friends of people with critical illnesses, including AIDS, who require temporary living arrangements while visiting from outside of San Francisco. Five rooms are available.

Friends for Life at the San Francisco Public Library
Main Library
100 Larkin Street
San Francisco CA 94102
415.557.4352

Delivers library materials to homebound people with AIDS/HIV.

Jewish Family and Children’s Services AIDS Chronic Illness and Disabilities Project
2150 Post Street
San Francisco CA 94115
415.449.1224

Serves Jewish individuals with HIV/AIDS, their partners and families. Services include individual, couple and family counseling; support groups; case management; benefits counseling; information and referral; meal delivery; practical and emotional support volunteers; spiritual support; educational programs and emergency financial assistance.

Metropolitan Community Church of San Francisco
150 Eureka Street
San Francisco CA 94114
415.863.4434

Interfaith ministry in a Christian church with primary outreach to Gays and Lesbians. Holds regular worship services and sponsors a variety of support groups (for individuals who are HIV negative, chronically ill, HIV positive, living with a life-threatening illness, have AIDS or who have suffered multiple losses). Several twelve-step mutual support groups meet at the church throughout the week.

Most Holy Redeemer AIDS Support Group
4321 18th Street
San Francisco CA 94110
415.863.1581

Offers practical and emotional support to those living with AIDS or disabling HIV disease. Services include spiritual support, in-home assistance and emotional support groups.
Positive Resource Center
973 Market Street, Sixth Floor
San Francisco CA 94103
415.777.0333
info@positiveresource.org

Provides benefit counseling to San Francisco residents who are HIV positive or have AIDS. Counseling includes insurance, employee benefits and Social Security. Offers pre-disability support and planning. Administers the CARE/HIPP Program (Comprehensive AIDS Resources Emergency/Health Insurance Premium Program) for San Francisco residents. CARE/HIPP pays health insurance premiums for individuals disabled as a result of AIDS/HIV who are unable to work and are in danger of losing their health insurance. Also provides employment referral and support services.

Shanti
730 Polk Street, 3rd floor
San Francisco CA 94109
415.674.4700

Provides support services to people with AIDS/HIV and their family/friends through six programs. Trained volunteers provide emotional and practical support services including house cleaning and errands. An activities program offers free tickets to movies, cultural and educational events, social activities, outings, and free classes in arts and crafts, creative writing and Tai Chi. The Transportation Program provides curb-to-curb transportation to health care appointments and the San Francisco Food Bank as well as assistance with light moving. The Peer Advocacy Program provides one-on-one assistance with obtaining primary health care, benefits and other services. The Latino Program provides culturally sensitive services to Spanish speaking clients.

Tenderloin AIDS Resource Center
187 Golden Gate Avenue
San Francisco CA 94102
415.431.7476

Offers case management, individual counseling and information and referral services for individuals who are HIV positive. Also provides peer advocacy, treatment advocacy, HIV testing, HIV prevention services and safe sex supplies. Sponsors a transgender support group and a gay men’s support group.
Home Health Care

Home health services include nursing, home health aides, homemaker services, physical therapy, speech therapy, dietary counseling, social services, patient/family education and occupational therapy.

**Continuum**
255 Golden Gate Avenue
San Francisco CA 94102
415.437.2900

Provides comprehensive health and human services to under-served individuals with HIV/AIDS. Programs include a licensed adult day health center, nursing case management, two prison release/transitional case management programs, and a needle syringe exchange program.

**Health at Home**
45 Onondaga Avenue
San Francisco CA 94112
415.452.2100

The home health agency of the Community Health Network, San Francisco Department of Public Health. The agency serves individuals with HIV disease, life threatening illnesses such as cancer or end-stage heart or respiratory disease that requires palliative or end of life care, and frail elders with chronic and disabling illness or who are recovering from acute episodes or trauma. Services include nursing care, social work, home care aide and rehabilitation therapy, as well as volunteer, bereavement and spiritual support.

**University of California, San Francisco/Mount Zion Medical Center Home Care**
UCSF Home Care Program
3330 Geary Boulevard, First Floor
San Francisco CA 94118
415.353.3100

Provides skilled home health care services under the direction of a physician. Patients must be in need of nursing care or rehabilitative services such as physical, occupational or speech therapy. Medical social work, home health aides, public health nurses, speech therapists and occupational and physical therapists are available as needed.

**Visiting Nurse and Hospice of San Francisco**
3360 Geary Boulevard
San Francisco CA 94118
415.600.4404

Provides in-home health care and hospice services.
Department of Human Services Division of Housing & Homeless Programs  
415.558.1902 (Information and Referral)

In partnership with many community-based organizations, DHS funds, manages or operates early services to prevent homelessness. Intervention and prevention services include emergency shelters, transitional housing, permanent supportive housing, child care, employment training, case management and money management services. The Division also administers the Rental Assistance Fund, which provides rental assistance grants to prevent eviction.

Dolores Street Community Services, Richard Cohen Residence  
220 Dolores Street  
San Francisco CA 94103  
415.558.0503

A ten-bedroom assisted living facility for functionally disabled people with AIDS who are homeless. Services include all meals, hospice care, attendant services, transportation, visiting nurses and case management.

Homeless Advocacy Project  
1360 Mission Street, Suite 201  
San Francisco CA 94109  
415.575.3130

Provides legal services in a broad range of issues with priority given to clients with a disability. Provides advocacy on public benefits and housing issues for clients at risk of losing housing.

Metropolitan Community Foundation  
150 Eureka Street  
San Francisco CA 94114  
415.863.4434

Social service arm of the Metropolitan Community Church. Provides meals, art programs and showers for homeless.

Saint Anthony Foundation  
Senior Outreach and Support Services  
350 Golden Gate Avenue  
San Francisco CA 94102  
415.592.2769

A multi-service senior program that includes case management, representative payee services, information and referral, and spiritual outreach. Also provides The Living Room, a safe and quiet place for homeless Tenderloin senior citizens to gather during the day, at 350 Eddy Street.

Home Safety

Department of Public Health Community and Home Injury Prevention Project for Seniors (CHIPPS)  
101 Grove Street, Room 118  
San Francisco CA 94102  
415.554.2924

Provides home safety checks, information on home safety repairs, free grab bars to eligible seniors, and referrals to community programs as appropriate.
Housing

**Low Cost/Subsidized**

All Hallows Community  
1711 Oakdale Avenue  
San Francisco CA 94124  
415.550.1637  
Maintains 45 units of HUD subsidized housing for seniors or disabled individuals.

BRIDGE Housing Corporation  
1 Hawthorne Street, Suite 400  
San Francisco CA 94105  
415.989.1111  
A non-profit corporation that builds, develops and manages low-income housing and commercial properties throughout California.

Francis of Assisi Community  
145 Guerrero Street  
San Francisco CA 94103  
415.621.4092  
Provides federally subsidized (HUD) housing for seniors and disabled adults.

Northern California Presbyterian Homes and Services  
1525 Post Street  
San Francisco CA 94109  
415. 202.7800  
A non-profit corporation that operates several independent, assisted living and skilled nursing facilities. Offers low cost housing and subsidized housing.

San Francisco Network Ministries  
559 Ellis Street  
San Francisco CA 94109  
415.928.6209  
Provides low-cost housing.

Tenants and Owners Development Corporation  
230 4th Street  
San Francisco CA 94103  
415.896.1880  
Develops, administers and provides housing for low-income seniors and disabled adults.

Woolf House  
801 Howard Street  
San Francisco CA 94103  
415.981.2165  
Maintains Section 8 housing for eligible low-income seniors including one bedroom and studio apartments.

**Supported/ Transitional**

Baker Places, Inc.  
3450 3rd Street, Bldg. 2A  
San Francisco CA 94124  
415.695.8360  
Sponsors a residential housing program (both transitional and permanent) for men and women (and their children) who are in recovery from substance abuse problems and are HIV positive or have AIDS. Services include clinical care coordination, evaluation, assessment, support groups and case management. Provides rental subsidies, which assist with the individual's transition into the general recovery community. Relapse prevention programs.

Canon Kip Senior Center of Episcopal Community Services  
705 Natoma Street  
San Francisco CA 94103  
415.487.3799  
Provides single unit occupancy (SRO) housing with in-house support services for individuals with dual diagnosis. Support services include case management, vocational counseling and referrals for mental health services and life skills training.
**Conard House, Inc.**  
**Cooperative Apartment Program**  
2441 Jackson Street  
San Francisco CA 94115  
415.346.6384

Offers an assisted, independent living program that provides outpatient mental health services to its client population. Provides 19 apartments located throughout San Francisco that house 4 to 6 adults in a cooperative environment. Most rooms are doubles, some singles. Maximum stay is open-ended.

**Dolores Street Community Services**  
**Richard M. Cohen Residence**  
220 Dolores Street  
San Francisco CA 94103  
415.558.0504

A ten-bedroom assisted living facility for functionally disabled people with AIDS who are homeless. Services include meals, hospice care, attendant services, transportation, visiting nurses and case management. Support services are provided by volunteers.

**Helpers of the Mentally Retarded**  
2626 Fulton Street  
San Francisco CA 94118  
415.387.3031

Administers Helpers Homes, 24-hour residential care facilities for mentally retarded adults. Provides activity programs for the residents in a home environment.

**Little Sisters of the Poor. Saint Anne’s Home and Senior Center**  
300 Lake Street  
San Francisco CA 94118  
415.751.6510

Operates a residential facility for the aged providing care on three levels: independent, intermediate and skilled nursing care. Also provides a multipurpose senior center, which offers activities and events for seniors.

**Self-Help for the Elderly**  
407 Sansome Street  
San Francisco CA 94111  
415.982.9171

Operates the Lady Shaw Senior Center, a 70-unit low-income apartment complex located at 1483 Mason Street; Leonard House, a 15 bed residential care home located at 1771 Waller Street; Autumn Glow Alzheimer’s Care Home, 654 Grove Street; and a 15-bed facility for seniors with Alzheimer’s Disease.

**Payment/Rent Assistance**

**Franchise Tax Board**  
455 Golden Gate Avenue, Suite 7400  
(San Francisco Field office)  
San Francisco CA 94102  
800.852.5711

Sponsors the Homeowner Assistance Program and Renter Assistance Program, which provide partial reimbursement for property taxes and rent.

**Lutheran Care for the Aging**  
1031 Franklin Street  
San Francisco CA 94109  
415.441.7777

Provides temporary rental assistance and limited financial aid for housing needs.

**Mayor’s Office of Housing**  
25 Van Ness Avenue, Suite 600  
San Francisco CA 94102  
415.252.3177

Provides low interest loans to seniors and persons with low incomes or disabilities. Home loans include loans for home improvements and barrier removal.
Housing

Other Housing Services

Saint Peter’s Housing Committee
474 Valencia Street
San Francisco CA 94103
415.593.0987

Provides counseling and advocacy on housing issues. Will help mediate disputes between tenants and landlords and advocates at the Rent Board and Small Claims Court.

Stegner & O’Neil Registry
P. O. Box 471435
San Francisco, CA 94147-1435
415.775.4508

Provides information about and referrals to residential care facilities.

Supportive Housing Advocacy Project of the Mental Health Association of San Francisco
1095 Market Street, Suite 408
San Francisco CA 94103
415.241.2926

Provides support groups for individuals with mental disabilities seeking housing and for people who have issues with hoarding and cluttering in their homes.
HELPLINK
50 California Street, Suite 200
San Francisco CA 94111-4696
415.772.4357 (415.772.HELP) or 800.273.6222

Provides information and referral to anyone needing services from Bay Area nonprofit health and human service agencies. Following a thorough assessment, referrals are given and follow-up calls are made to determine if services were received. Publishes a variety of resource guides.

Resource Centers for Seniors and Adults With Disabilities
These neighborhood sites provide information and assistance to older adults and adults with disabilities. Staff can help fill out forms and applications, translate and explain official letters, and provide information about social services available in San Francisco. Language capabilities are indicated.

Resource Center #1: Richmond
6221 Geary Street, 3rd Floor
San Francisco CA 94121
415.752.2815
English, Armenian, Cantonese, Mandarin, Russian, Shanghai

Resource Center #2: Western Addition/Marina
1426 Fillmore Street, Suite 302
San Francisco CA 94115
415.447.1004
English, Cantonese, Mandarin, Toisanese

Resource Center #3: Northeast
407 Sansome Street, 4th Floor
San Francisco CA 94111
415.438.4800
English, Cantonese, Mandarin

Resource Center #4: Central City/Potrero Hill
472 Turk Street
San Francisco CA 94102
415.931.6000
English, Cambodian, Cantonese, Chiu Chow, French, Mandarin, Toisanese, Vietnamese

Resource Center #5: Mission/Noe Valley/Bernal Heights/Buena Vista/Eureka Valley
225 30th Street, Suite 320
San Francisco CA 94131
415.920.0588
English, Spanish

Resource Center #6: Bayview-Hunter's Point Valley/Mission/Eureka Valley
1555 Burke Avenue, Suite A
San Francisco CA 94124
415.401.7200
English, Cantonese, Mandarin, Samoan, Spanish

Resource Center #7: Visitacion Valley/Excelsior/Portola Valley
66 Raymond Avenue
San Francisco CA 94134
415.330.1789
English, Cantonese, Mandarin, Toisanese

Resource Center #8: OMI/St. Francis Wood/Miraloma Park
1948 Ocean Avenue
San Francisco CA 94112
415.586.0450
English, Cantonese, Mandarin, Spanish, Toisanese

Resource Center #9: Inner Sunset/Haight Ashbury
1400 Irving Street
San Francisco CA 94122
415.682.2810
English, Russian, Cantonese, Mandarin

Resource Center #10: Outer Sunset
2451 Judah Street (at 30th Avenue)
San Francisco CA 94122
415.682.2800
English, Cantonese, Russian

Senior Information and Referral
415.626.1033

Provides information and referral for seniors, caregivers and agencies serving seniors. Referrals for health care, social services, legal assistance, housing, adult day health centers, transportation, in-home support services, and other services are provided. Distributes Senior Gold Cards and Muni ID cards. Produces and distributes resource lists.
**In-Home Support and Assistance**

**Providers**

**In-Home Supportive Services (IHSS)**  
Human Services Department (DHS)  
PO Box 7988  
San Francisco CA 94120  
415.557.5251

Provides low-income, physically fragile adults with in-home assistance including light cleaning, laundry, shopping, cooking and washing dishes. May also provide non-medical personal care, like bathing, grooming, feeding, dressing or toilet assistance. Under direction of a licensed health care professional, IHSS can arrange for paramedical services or provide transportation to and from medical and other necessary appointments.

**Kimochi, Inc.**  
1715 Buchanan Street  
San Francisco CA 94115  
415.931.2275

The In-Home Supportive Services Program arranges for housekeeping, cooking, laundry, shopping/errands, personal care and assistance with activities of daily living.

**Self-Help for the Elderly**  
407 Sansome Street  
San Francisco CA 94111  
415.982.9171

Arranges for housekeepers or home health aides to provide services in clients’ homes through the Housekeeping Home Aide Registry. Emergency in-home supportive services provides temporary housekeeping and personal care services to seniors who reside in San Francisco.

**Referrals**

**IHSS Public Authority of San Francisco**  
939 Market Street, Suite 550  
San Francisco CA 94103  
415.243.4477

Operates the Central Registry Service, which matches home care workers with private pay and In-Home Supportive Services (IHSS) consumers. On-call personal care workers are also available in the evening and on weekends for critical situations. Also provides mentors and support services to IHSS consumers.

**Mujeres Unidas y Activas (United and Active Women) Caring Hands (Manos Carinosas)**  
3543 18th Street, 3rd Floor  
San Francisco CA 94110  
415.621.8140

A bilingual Spanish and English community-based home health care training and referral service. Individuals seeking bilingual English and Spanish home health care providers at an affordable cost can call for a free referral.

**Network For Elders**  
1555 A Burke Avenue  
San Francisco CA 94124  
415.647.5353

Operates a small registry of home health aides, offering affordable in-home care.
Asian Law Caucus  
939 Market Street, Suite 201  
San Francisco CA 94103  
415.896.1701  
Provides legal services in housing, employment, civil rights, immigration and naturalization, tenant and housing, public benefits, hate crimes, voting rights and other civil rights issues.

Asian Pacific Islander Legal Outreach  
(Formerly Nihomachi)  
1188 Franklin Street, Suite 202  
San Francisco CA 94109  
415.567.6255  
Provides legal help in the areas of wills and trusts, elder abuse, public benefits including SSI and MediCal, family law, immigration, consumer problems and domestic violence to the Asian Pacific community.

Bar Association of San Francisco  
465 California Street, Suite 1100  
San Francisco CA 94104-1826  
415.989.1616  
The Volunteer Legal Services Program assists low-income individuals and families find attorneys willing to volunteer their time. Legal assistance available includes family law, landlord-tenant law, consumer and bankruptcy law, social service advocacy for parents of children with disabilities; immigration issues for people with HIV/AIDS, domestic violence, home loan fraud, tax issues and government benefits. Telephone interviewers screen callers for eligibility and the type of legal services required. The Free Legal Advice and Referral Clinic (open to anyone) provides brief consultations with attorneys on a variety of legal issues. The Lawyer Referral Service provides a sliding scale referral service on most types of legal matters.

Bay Area Legal Aid  
50 Fell Street, First Floor  
San Francisco CA 94102  
415.982.1300  
Provides legal services and representation in public benefits, domestic violence, family law, health and housing.

Disability Rights Advocates  
449 15th Street, Suite 303  
Oakland CA 94612  
510.451.8644  
A nonprofit legal center dedicated to serving disability organizations and individuals with all types of disabilities. Advocates for civil rights of disabled individuals to end discrimination in public accommodations, transportation, housing, various types of health and life insurance, education, employment and access to health care. Provides legal advice and consultation and, in appropriate cases, pursues impact litigation related to disability.

Employment Law Center of the Legal Aid Society of San Francisco  
1663 Mission Street  
San Francisco CA 94103  
415.864.8848  
Provides legal services and administrative advocacy in wage rights, domestic violence, language rights, workers rights and disability issues.

Eviction Defense Collaborative  
433 South Van Ness Ave  
San Francisco CA 94109  
415.431.8831  
Provides assistance with summons and complaints, stays of execution and other motions related to eviction.
Legal Services

Housing Rights Committee
427 South Van Ness Avenue
San Francisco CA 94103
415.703.8634

Provides tenants rights counseling and eviction prevention on illegal eviction cases.

La Raza Centro Legal
474 Valencia, Suite 295
San Francisco CA 94103
415.575.3500

Provides legal representation and advocacy for seniors including consumer rights and public benefits, immigration and housing.

Lawyer’s Committee for Rights
131 Steuart Street, Suite 400
San Francisco CA 94105
415.543.9444

Provides legal services related to asylum, immigration, civil rights, consumer credit issues, tort defense, housing and some public benefits.

Legal Assistance to the Elderly, Inc.
100 McAllister Street, Suite 412
San Francisco CA 94102-4947
415.861.4444

Provides legal counseling and representation to seniors. Assists with legal issues related to Medicare, Medi-Cal, Social Security, tenant problems, physical abuse, financial abuse, residential care, nursing homes and consumer contracts. Also offers assistance with will preparation, and durable powers of attorney for finances. Home, hospital and nursing-home visits are made by appointment. Referrals are offered for criminal, immigration, family law, probate, bankruptcy and fee-generating cases.
**Emergency Mental Health Services Services**

- 24-Hour Mental Health Crisis Line: 415.781.0500
- Psychiatric Emergency Services: 415.206.8125
- Mobile Crisis Team: 415.255.3610
- Westside Community Crisis: 415.353.5050
- S.F. Suicide Prevention: 415.781.0500
- Drug Information Service: 415.252.3055

**Outpatient**

**ACCESS Help Line**
415.255.3737

The “gateway” for mental health in San Francisco for people without health insurance.

**Bayview-Hunter’s Point Foundation**
4301 Third Street
San Francisco CA 94124
415.648.5785

Provides mental health services, including diagnosis, treatment and rehabilitation.

**California Pacific Medical Center (CPMC)**
**Outpatient Mental Health Clinic**
2333 Buchanan Street
San Francisco CA 94120
415.600.3247

Offers a wide range of behavioral health services to persons of all ages.

**Center for Psychotherapy**
3637 Sacramento Street, Suite F
San Francisco CA 94110
415.922.4815

Offers psychological therapy to couples, families, adolescents, children and seniors.

**Center for Somatic Psychotherapy**
(Formerly the Clement Street Counseling Center)
310 3rd Avenue
San Francisco CA 94118
415.221.9227

Provides psychotherapy and counseling for individuals, couples, families and children on a sliding scale.

**Conard House, Inc.**
1385 Mission Street, Suite 200
San Francisco CA 94103-2631
415.864.7359

Provides a continuum of mental health services, including counseling, case management, income advocacy, money management, vocational services and residential services, to adults with psychiatric disabilities. Services include eight supportive housing programs, 17 cooperative apartments, three community service centers that specialize in money management, and a supported employment center.

**Department of Public Health Division of Mental Health Geriatric Programs**
1380 Howard Street
San Francisco CA 94103

Provides the following mental health services for persons aged 60 and over:
- Geriatric assessments. An evaluation to identify mental health problems and patients’ service needs.
- Mental health case management. Ongoing assessment of clients’ needs, service coordination and routine monitoring.
- Geriatric day treatment centers. Provide rehabilitative psychiatric day treatment for people 60 years of age or older who need more frequent counseling in a structured environment and who have acute and/or chronic psychiatric or emotional problems.
- Crisis services. Provides geriatric crisis and home visiting services. There are several clinics throughout the city. To find the location of the nearest team, call the Geriatric System of Care officer of the day (OD) at 415.337.4722.
Mental Health

Services are available at the five sites listed below. A central access number (415.255.3737) can assist in finding the appropriate site.

Central City Seniors’ Unit
90 Van Ness Avenue
San Francisco CA 94102
415.558.5900

Serves the South of Market and Tenderloin neighborhoods.

Chinatown North Beach Mental Health Services
729 Filbert Street
San Francisco CA 94133
415.352.2000

Serves the Chinatown and North Beach neighborhoods.

Family Service Agency of San Francisco
Geriatric Mental Health Services
1010 Gough Street
San Francisco CA 94102
415.474.7310

Serves the Western Addition, Pacific Heights, Marina, Haight Ashbury and part of the Tenderloin neighborhoods.

Family Service Agency of San Francisco
Geriatric Mental Health Services West
6221 Geary Boulevard, First Floor
San Francisco CA 94121
415.386.6600

Serves the Richmond, Sunset and OMI neighborhoods.

Southeast-Mission Geriatric Services
3905 Mission Street
San Francisco CA 94112
415.337.2400

Serves the Southeast, Mission, Bayview Hunters Point, Potrero Hill, Bernal Heights and Visitation Valley neighborhoods.

Family Service Agency of San Francisco
Japanese Family Service Program
1255 Post Street, Suite 600
San Francisco CA 94109
415.474.7310

Bicultural and bilingual Japanese professionals provide counseling and crisis intervention to individuals, couples, families and groups.

Haight Ashbury Psychological Services
2166 Hayes Street, Suite 308
San Francisco CA 94117
415.221.4211

Provides counseling and psychological services for individuals and couples. Some group therapy is available.

Jewish Family and Children's Services
Russian Language Mental Health Program
2534 Judah Street
San Francisco CA 94122
415.449.2900

Provides Russian language mental health services including counseling and support groups.

Office of Mental Health Conservator
875 Stevenson Street, Third Floor
San Francisco California 94103
415.355.3680

Conducts investigations for temporary and permanent conservatorships for people who cannot manage their own affairs as a result of mental illness.

OMI Family Center
1760 Ocean Avenue
San Francisco CA 94112
415.452.2200

Provides comprehensive outpatient adult mental health services primarily for the OMI (Ocean View-Merced-Ingleside) community. On-site services include screening, evaluation, referral and urgent care for severely mentally ill individuals. Provides medication evaluation and monitoring, and dual diagnosis groups for clients who are mentally ill and substance abusers, developmentally delayed or HIV positive.
Mental Health

positive. Off-site services for clients include evaluations, case management, case coordination and referral for severely mentally ill. Provides outreach to African American clients.

Richmond Area Multi-Services, Inc.
3626 Balboa Street
San Francisco CA 94121
415.668.5955

Provides a variety of mental health services for residents of the Richmond District and the Asian-American community in San Francisco including counseling, case management and outreach for persons with chronic mental illness and severe psychiatric disorders and their families. The Day Treatment Program provides clinical services such as vocational rehabilitation, medication services and therapy. Co-sponsors the Bridge to Wellness program, an outpatient program for persons with severe mental illness who are Asian-American. Provides bilingual and bicultural counseling for immigrants and refugees in the Richmond District. Sponsors several fee-for-service programs.

University of California, San Francisco (UCSF) Center on Deafness
3333 California Street (at Presidio), Suite 10
San Francisco CA 94143-1208
415.476.4980

Provides outpatient mental health services to deaf or hearing impaired children, adults and their families. Services include individual, couples and family psychotherapy and counseling, case management and psychological and neuropsychological evaluations. Services also include evaluation for, and management of, psychotropic medications. Consultation to families is also available.

Inpatient

California Pacific Medical Center (CPMC) Geriatric Psychiatry
Castro Street and Duboce Avenue, 2 South
San Francisco CA 94114
415.600.0297

An inpatient acute psychiatric unit for geriatric patients, which provides multidisciplinary psychiatric and medical evaluation and treatment. Accepts patients with ambulation problems, incontinence and chronic medical conditions.

Langley Porter Psychiatric Hospital and Clinics
401 Parnassus Avenue
San Francisco, CA 94143
415.476.7500 (Intake Desk)

Provides inpatient, partial hospitalization and clinics for a wide range of conditions.

San Francisco General Hospital
1001 Potrero Avenue, Suite 1M
San Francisco CA 94110
415.206.8000

The largest acute inpatient and rehabilitation hospital for psychiatric patients in San Francisco and the only acute hospital that provides twenty-four hour psychiatric emergency services. The in-patient psychiatric units are culturally and ethnically focused. Clinical specialties include the evaluation and treatment of Asians, Latinos, African Americans, people with HIV or AIDS, and gay/lesbian/transgender patients experiencing acute mental illness. Also operates the Mental Health Rehabilitation Facility (MHRF), which provides diagnostic evaluation and treatment services for residents with severe and persistent mental illness.

Pain Management

Pacific Pain Treatment Center, UCSF
505 Parnassus
San Francisco CA 94122
415.567.1219
Artworks at the Institute on Aging
2700 Geary Boulevard
San Francisco CA 94118
415.447.1989 extension 534

Brings together professional visual and performing artists to assist elders express themselves creatively. Projects include painting, oral history, music and poetry.

Dancers' Group Studio Theater Parachute Fund
3252-A 19th Street
San Francisco CA 94110
415.920.9181

Non-emergency fund providing financial support to members of the Bay Area dance community who are facing life-threatening illnesses including HIV/AIDS. Funds may be used for both critical needs such as food, health care and rent; or for non-essential needs that improve the recipient's quality of life such as travel, tuition or theater tickets.

San Francisco Public Library
Main Library
100 Larkin Street
San Francisco CA 94102

The San Francisco Public Library offers the following special services:

Library for the Blind and Print Disabled
415.557.4253
Offers special services for visually impaired persons including talking books, audio cassette news magazines, video magnifier and brailling machine.

Friends for Life
415.557.4253
Volunteers deliver library materials, including books, audio tapes and video tapes, to homebound people with AIDS/HIV, including persons in hospices or other institutions.

The Books by Mail Program
415.557.4400
Mails books, videos, cassettes, magazines, CDs or DVDs to residents of San Francisco whose use of the Library's facilities and resources is affected by permanent or long-term disability.

Library on Wheels (Bookmobile)
415.557.4345
A bookmobile program that operates as a traveling branch of the San Francisco Public Library. Makes scheduled monthly visits to older adult communities, senior housing projects, residence hotels, residential care homes and senior centers. Delivers books, music, magazines, books on tape, large print books and community resource information.

Young Men's Christian Association

YMCA's provide a variety of activities for seniors including fitness programs, lectures, drop-in centers and classes in a variety of topics. Branches include:

Central YMCA Senior Program
220 Golden Gate Avenue, Second Floor
San Francisco CA 94102
415.447.2555

Mission YMCA
4080 Mission Street
San Francisco CA 94112
415.586.6900

Presidio Community YMCA
Building 63 at the corner of Lincoln and Funston Blvds.
P.O. Box 2911
San Francisco CA 94129
415.447.9622

Richmond Community YMCA
360 18th Avenue
San Francisco CA 94121
415.666.9622

Stonestown YMCA
333 Eucalyptus Drive
San Francisco CA 94132
415.242.7101
Senior centers are gathering places for active seniors seeking friendship and planned programs. Lunches are usually served, and transportation may be available. Activities vary by site but may include arts and crafts, exercise, special events, parties, spiritual enrichment, speakers and health screening. To find a center near you, see below or contact Senior Information and Referral (415.626.1033) or the Resource Centers for Seniors and Adults With Disabilities listed in this directory.

Bayview-Hunter’s Point Multipurpose Senior Center
1706 Yosemite Avenue
San Francisco CA 94124
415.822.1444

Activities include sewing, quilting, crocheting, exercise and water aerobics classes. Health screening is provided for blood pressure and podiatry. A walking group is held daily and a barber is available weekly.

Bernal Heights Neighborhood Center Senior Services
515 Cortland Avenue
San Francisco CA 94110
415.206.2140

Canon Kip Senior Center of Episcopal Community Services
705 Natoma Street
San Francisco CA 94103
415.861.6801

Capp Street Senior Center
362 Capp Street
San Francisco CA 94110
415.206.7750

Central YMCA Senior Program
220 Golden Gate Avenue, Second Floor
San Francisco CA 94102
415.447.2555

Centro Latino de San Francisco
1656 15th Street
San Francisco CA 94103
415.861.8758

Curry Senior Service Center
(Formerly North of Market Senior Services)
333 Turk Street
San Francisco CA 94102
415.885.2274

Diamond Senior Center
117 Diamond Street
San Francisco CA 94114
415.863.3507

Dorwin Jones Senior Center
1668 Bush Street
San Francisco CA 94109
415.292.7476

Francis of Assisi Community
145 Guerrero Street
San Francisco CA 94103
415.621.4092

Golden Gate Park Senior Center
6101 Fulton Street
San Francisco CA 94121
415.666.7015

Ingleside Senior Center
(At Ingleside United Presbyterian Church)
1345 Ocean Avenue
San Francisco CA 94112
415.587.1443

Jewish Community Center of San Francisco (JCCSF)
3500 California
San Francisco CA 94118
415.292.1262

John King Senior Center
500 Raymond Avenue
San Francisco CA 94134
415.239.6233
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<td>1021 Sanchez Street</td>
<td>415.648.1030</td>
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<td>1948 Ocean Avenue</td>
<td>415.587.1443</td>
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<td>225 30th Street</td>
<td>415.550.2210</td>
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<td>Potrero Hill Neighborhood House</td>
<td>953 De Haro Street</td>
<td>415.826.8080</td>
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<td>360 18th Avenue</td>
<td>415.666.9622</td>
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<td>415.752.6444</td>
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<td>1111 Buchanan Street</td>
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<td>300 Anza Street</td>
<td>415.387.5336</td>
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<td>Saint Anthony Foundation. Senior Outreach and Support Services</td>
<td>350 Golden Gate Avenue</td>
<td>415.592.2769</td>
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<td>360 4th Street</td>
<td>415.777.2677</td>
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<td>1156 Valencia Street</td>
<td>415.648.0260</td>
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<td>Salvation Army. Sunset Senior Center</td>
<td>1290 5th Avenue</td>
<td>415.566.0289</td>
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<td>San Francisco Rescue Mission</td>
<td>230 Jones Street</td>
<td>415.292.1770</td>
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San Francisco Senior Center for Active Living
Aquatic Park Branch
890 Beach Street
San Francisco CA 94109
415.775.1866

San Francisco Senior Center Downtown Branch
481 O'Farrell Street
San Francisco CA 94102
415.771.7950

Self-Help for the Elderly
407 Sansome Street
San Francisco CA 94111
415.982.9171
Operates senior centers in several locations throughout the city.

Stonestown YMCA
333 Eucalyptus Drive
San Francisco CA 94132
415.242.7135

Temple Baptist Church Senior Center
3355 19th Avenue
San Francisco CA 94132
415.566.4080

West Bay Filipino Senior Center
3416 19th Street
San Francisco CA 94110
415.626.0773

Western Addition Senior Citizen's Service Center
1390 1/2 Turk Street
San Francisco CA 94115
415.921.7805
Substance Abuse

**Residential Alcoholism Treatment Programs**

**Baker Places, Inc.**  
3450 3rd Street, Bldg. 2A  
San Francisco CA 94124  
415.695.8360  

Sponsors a residential housing program (both transitional and permanent) for men and women (and their children) who are in recovery from substance abuse problems and are HIV positive or have AIDS. Services include clinical care coordination, evaluation, assessment, support groups and case management for residents. Provides rental subsidies to assist transition into the general recovery community and relapse prevention programs.

**Salvation Army Adult Rehabilitation Center**  
1500 Valencia Street  
San Francisco CA 94110-4489  
415.643.8000  

Provides a six-month drug and alcohol residential rehabilitation program. Services include individual counseling, group counseling and referrals to detoxification services. Work therapy and spiritual counseling are important components of the program.

**Salvation Army Bridgeway Project**  
242 Turk Street  
San Francisco CA 94102  
415.292.2587  

Offers an alcohol and drug-free living environment for recovering alcoholics and drug abusers with the goal of independent living within a year of entering the program. Provides individual rooms for men and women, and a community kitchen. Also provides peer support groups, in-house Alcoholics Anonymous (AA) meetings, recreational activities, field trips, community events and Sunday chapel services.

**Salvation Army. Harbor Light Center for Alcoholism and Drug Abuse**  
1275 Harrison Street  
San Francisco CA 94103  
415.503.3000  

Offers a continuum of services to men and women with alcohol and drug-related problems, including detoxification services, assessment, substance abuse treatment, referrals and a long-term residential program. Special programs for homeless individuals and persons with AIDS or HIV.

**Outpatient**

**Alcoholics Anonymous**  
1821 Sacramento St.  
San Francisco CA 94109-3528  
415.674.1821  

A fellowship of men and women who meet in churches, social service agencies, community centers and other locations to share their experiences, strengths and hopes that they may solve their common problem and help others to recover from alcoholism. There are no dues or fees for AA membership. For a group near you, contact the number listed above.

**Community Awareness & Treatment Services, Inc. (CATS)**  
1446 Market Street  
San Francisco CA 94102  
415.241.1199  

Provides a continuum of care for people with substance abuse problems, with a focus on people who are homeless; those who are dually diagnosed with addiction, physical disabilities, and mental illness; HIV+/AIDS sufferers; domestic violence victims; veterans; seniors and transgender people. Provides outreach and transportation vans, drop-in centers, shelters, transitional housing, substance abuse treatment, supportive housing and meals.
Curry Senior Service Center  
(Formerly North of Market Senior Services)  
291 Eddy Street  
San Francisco CA 94102  
415.885.2274

An outpatient drop-in drug and alcohol treatment center for sober seniors 55 years of age or older. Provides drug and alcohol day treatment and counseling. Sponsors Narcotics Anonymous (NA) meetings including one specifically for senior women. Provides outpatient substance abuse treatment programs, including twelve-step mutual support groups, alcoholism day treatment, drug day treatment, drug abuse counseling and alcoholism counseling.

Mission Council on Alcohol Abuse for the Spanish Speaking, Inc.  
820 Valencia Street  
San Francisco CA 94110  
415.826.6767

Provides bilingual, culturally-specific outpatient alcohol and substance abuse services including assessment; outpatient counseling for families, individuals and groups; education; consultation; an intensive outpatient day treatment program; a male domestic violence program; and the Dry Zone, a drinking driver program.

Narcotics Anonymous San Francisco Area Service Office  
78 Gough Street  
San Francisco CA 94102  
415.621.8600

Sponsors a telephone helpline, which provides referrals to Narcotics Anonymous 12-step mutual support group meetings held at various locations throughout San Francisco.

National Council on Alcoholism and other Drug Addictions - Bay Area  
944 Market Street, 3rd Floor  
San Francisco CA 94102  
415.296.9900

Provides substance abuse consultation, assessment, education, counseling and information and referral for persons concerned about their own or another's use of alcohol and/or other drugs, adult children of alcoholics, and people in recovery from alcohol and/or drug dependency. Sponsors Helpline, a 24-hour telephone crisis hotline for people concerned about their own or another's alcohol and/or drug use. Offers the First Offender Program, which provides court-mandated Driving Under the Influence (DUI) drug and alcohol education classes for first-time offenders convicted of DUI.

San Francisco General Hospital Opiate Treatment Outpatient Program  
1001 Potrero Avenue, Building 90, Ward 93  
San Francisco CA 94110  
415.206.8412

An outpatient methadone detoxification and maintenance clinic that provides medical care and opiate replacement therapy. Direct services to clients include addiction, medical, and psychiatric assessments; and group, individual and family counseling.

San Francisco General Hospital Stimulant Outpatient Treatment Program  
3180 18th St, Suite 202  
San Francisco CA 94110  
415.502.5777

Provides intensive outpatient treatment for adults with cocaine, methamphetamine or other stimulant abuse or dependence.

Veterans Administration Medical Center Outpatient Substance Abuse Programs  
4150 Clement Street  
San Francisco CA 94121  
415.750.2075

Provides substance abuse day treatment programs for veterans.

Veterans Administration Medical Center Substance Abuse Day Hospital  
4150 Clement Street  
San Francisco CA 94121  
415.221.4810 Ext. 3147

Provides a two-week treatment program for veterans who have not yet established 30 days of abstinence. Provides referrals to other VA substance abuse programs including the Drug and Alcohol Treatment Clinic.
Support Groups

Support groups provide emotional support, information sharing and companionship. For information about support groups for persons with specific diseases or disabilities, see “Disease/Disability Information.” For information about support groups for caregivers, see “Caregiver Services.”

Transportation

Transportation services in San Francisco include:

- Public buses and trains that travel fixed routes
- Private taxis
- Paratransit, part of the city’s public transportation system, includes group vans, minibuses and taxis that offer pick-up and drop-off at a person's home. They usually require advance reservations.
- Private “dial-a-ride” services offer pick-up and drop-off at a person’s home and usually require advance reservations. Some dial-a-ride services receive paratransit funding and are, therefore, part of the public transportation system.
- Ambulettes provide non-emergency transportation to ongoing medical appointments such as physical therapy, dialysis and chemotherapy.
- Some senior centers and adult day centers provide transportation to and from their facilities. Many also offer planned excursions and trips to destinations such as grocery stores and medical appointments.

Local transportation services often receive federal money to serve elderly individuals and people with disabilities. Additionally, public transportation is usually provided at a reduced cost. Transportation provided by a senior or adult day care center is usually free or inexpensive.

San Francisco Municipal Railway
415.673.6864 (Information Center)

City-owned and operated transit system that serves San Francisco with buses, streetcars and cable cars. The Information Center provides information on Muni services, trip planning, fares, accessibility, how to obtain transit tokens and passes, and other Muni information.

San Francisco Paratransit Broker
1449 Webster Street
San Francisco CA 94115
415.351.7000

San Francisco Paratransit Program provides four modes of transportation for persons who are unable to use public transportation due to a disability. Regular taxi service is available for those who are ambulatory as well as wheelchair users who can transfer. The ramped taxi service is available for wheelchair users and ambulatory riders. Discount taxi scrip (vouchers) can be used in taxis and ramped taxis in San Francisco. The Lift-Van service provides lift-equipped vans to transport wheelchair users anywhere within San Francisco. The taxi and lift-van service may be used for any trips within the Muni service area. Paratransit service between SF and East Bay is provided by Intelitran; between SF and San Mateo County by Redi-Wheels.
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