



WAYS TO ENGAGE!

Great Ideas for San Diego County HOMEBOUND Older Adults & Persons with Limited Mobility to Get Involved

Recreational Opportunities for Homebound:

San Diego County Libraries Books by Mail; <http://www.sdcl.org/books-by-mail.html> (Toll Free: 1-866-279-9629 or Email: books.bymail@sdcounty.ca.gov)

San Diego City Libraries www.sandiego.gov/public-library (<https://www.sandiego.gov/public-library/central-library/i-can-center#homebound> (For specific questions about I CAN! services, call the OliverMcMillan I CAN! Center at 619-238-6665).

Selfhelp VSC (Virtual Senior Center) Where Seniors Connect, Learn & Play Online <http://vscm.selfhelp.net/> (Contact David Dring, Exec Dr of Selfhelp Innovations, ddring@selfhelp.net For Service: <http://vscm.selfhelp.net/service> To Volunteer: <http://vscm.selfhelp.net/volunteering>)

Homebound Volunteering:

VolunteerMatch <https://www.volunteermatch.org/search/?l=San%20Diego,%20CA,%20USA> (Select Virtual-can be done from computer or home; additional filters available.)

RARE Bear Program (Rare Science) Sewing volunteers that help make one of a kind bears for special one of a kind kids <https://www.rarescience.org/rare-bear-program/> (How to Get Started: <https://www.rarescience.org/getting-started/> Register to become a RARE Bear maker today! <https://www.rarescience.org/rare-bear-program/rare-bear-army-signup/> How to Enroll, contact info@rarescience.org)

Covia Well Connected

Well Connected is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected. All groups are accessible by phone from wherever you are at no cost to you.

<https://covia.org/services/well-connected/> (Call Well Connected English: 877-797-7299/Well Connected Español: 877-400-5867.)



LIVE WELL
SAN DIEGO
LIVEWELLSD.ORG

Services for Homebound:

California Phones Free specialized devices that make it easier to hear, dial and call (by CA Public Utilities Commission) <http://www.californiaphones.org/> (For English 1-800-806-1191; plus 8 other languages and TTY)

Clear Captions Phones Calls captioned for free <https://clearcaptions.com/> (Contact Brian Maxwell 619-464-4452 or 1-866-868-8695.)

The Friendship Line Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line> (Call 800-971-0016).

Daily/Regular Check-Ins for Homebound:

Guardian Angel Program Friendly volunteer visits to skilled nursing facility residents (To Volunteer: <http://guardianangelvolunteers.org/get-involved/> or call 619-543-4700.)

You Are Not Alone Volunteer home visits (Call your local law enforcement agency or 858-495-5039.)

ElderHelp – RUOK? – CMcClellan@elderhelpofsandiego.org

Always in Touch Sponsored by Always Best Care www.always-in-touch.com
(Contact: info@abc-seniors.com or 855-710-2255.)

SocialBRIDGE Matches services and someone close to Homebound home www.SocialBridgeUS.org
(Call 858-376-7880.)

Home Meal Delivery:

Meals on Wheels San Diego County <https://www.meals-on-wheels.org/> (Call 1-800-5SENIOR or 619-260-6110).

Meals on Wheels La Jolla www.lajollamealsonwheels.org (Contact gljmow@att.net or 858-452-0391.)

Meals on Wheels Ramona Ramona Senior Center www.ramonaseniorcenter.com
(Call 760-789-0440.)

Serving Seniors <http://www.serving seniors.org/> (Call 619-235-6572.)

Jewish Family Services <https://jfssd.org/> (Call 858-637-3210.)

Additional Resources:

Network of Care (AIS) www.sandiego.networkofcare.org/aging (Call 800-510-2020.)

Southern Caregiver Resource Center (<https://www.caregivercenter.org/>) (Call 858-268-4432 or 800-827-1008.)

Transportation

FACT (Facilitating Access to Coordinated Transportation) Factsd.org (Call 888-924-3228.)

MTS (Metropolitan Transit System) sdmts.com (Call 619-233-3004.)

Jewish Family Services "On the Go" Program connects to Lyft <https://jfssd.org/> (Call 858-637-3210.)

*This list is a sampling of the many ways to get involved in San Diego County.
For more ideas, call 2-1-1 or visit 211.org*