

CAREGIVER RESOURCES

Protect Against Wandering

Take Me Home Program

www.sdsheriff.net/tmh

Safe Return Program

Alzheimer's Association

888.572.8566

www.alz.org/care/dementia-medic-alert-safe-return.asp

Caregiver Support & Services

Elder Care Guides

2045 1st Ave.

San Diego, CA 92101

(619) 450-4300

www.eldercareguides.com

Southern Caregiver Resource Center

3675 Ruffin Rd # 230

San Diego, CA 92123

(800) 827-1008

caregivercenter.org

Adult Day Care / Respite

The Glenner Memory Care Centers

SOUTH BAY CENTER

280 Saylor Dr.

Chula Vista, CA 91910

(619) 420-1703

glenner.org

Respite Scholarships Available

Southern Caregiver Resource Center

3675 Ruffin Rd # 230

San Diego, CA 92123

(800) 827-1008

caregivercenter.org

Legal Resources

Consult your personal attorney for important documents such as:

- Power of Attorney
- Estate Planning
- Wills
- Trusts

Referrals are available upon request.

Elder Law & Advocacy provides adults age 60 and older with an affordable way to take care of simple legal matters.

Elder Law & Advocacy

5151 Murphy Canyon Road, Suite 110

San Diego, CA 92123

(858) 565-1392

seniorlaw-sd.org

Healthy Living Programs

Healthier Living San Diego

Classes available countywide

www.HealthierLivingSD.org

Fall Prevention Programs

Important tips to prevent falls

www.sandiegofallprevention.org

CAREGIVER RESOURCES

Senior Protection and Fraud Protection

San Diego County Aging and Independence Services

Adult Protective Services

800-510-2020

www.sandiegocounty.gov/hhsa/programs/ais/

Federal Bureau of Investigation (FBI)

offers an overview of common scams targeted to seniors. Learn about the scams and how to protect yourself.

www.fbi.gov/scams-safety/fraud/seniors

General Resources, Education & Questions

ActivCare at Rolling Hills Ranch

850 Duncan Ranch Road

Chula Vista, CA 91914

(619) 482-8000

ActivCareLiving.com

ActivCare at Mission Bay

2440 Grand Avenue

San Diego, CA 92109

(858) 270-8000

ActivCareLiving.com

ActivCare at Bressi Ranch

6255 Nygaard Street

Carlsbad, CA 92009

(760) 603-9999

ActivCareLiving.com

Alzheimer's Association

6632 Convoy Court

San Diego, Ca 92111

(858) 492-4400

www.alz.org/care/overview.asp

Caregiver Support Group Meetings

ActivCare at Rolling Hills Ranch

850 Duncan Ranch Road

Chula Vista, CA 91914

(619) 482-8000

ActivCareLiving.com

Alzheimer's Association

(858) 492-4400

Find one near you.

www.alz.org/care/alzheimers-dementia-support-groups.asp



ActivCare Living, Inc.

1-888-MEM-LOSS

ActivCareLiving.com