

San Francisco Resource List

Home Care Agencies

These agencies provide caregivers coming to your home and providing services such as personal care, cooking, shopping, and light house chores. This type of care is not covered by typical health insurance.

A1 Care a1care.com	408-995-3300	<ul style="list-style-type: none"> • \$40/hour; 12-hour minimum or live-in • San Francisco, San Mateo, Santa Clara • Spanish and Tagalog speaking caregivers
Arosa arosacare.com	415-305-1335	<ul style="list-style-type: none"> • \$55/hour; 4-hour minimum; anything over 4 hour is \$41/hour • <i>Can provide care to COVID+ individuals for</i> • San Francisco, East Bay (\$38/hour), San Mateo, Santa Clara
Assisting Hands Home Care Assistinghands.com/SanCarlos	650-227-3792	<ul style="list-style-type: none"> • \$40-\$46/hour; 4-hour minimum • Serves San Carlos, San Mateo, Peninsula area • <i>Multi-Language Speaking Caregivers</i> • <i>Can provide care to Covid+ individuals</i> • <i>Direct Assessment by owner/Tri Tran:</i> • <i>call or text 650-227-3792</i>
Care For Seniors CareforSeniorsAgency.com	866-929-9669 415-644-9991	<ul style="list-style-type: none"> • <i>Starting \$38/hour, 4- hour minimum</i> • <i>Serves SF Bay Area</i>
Compassionate Community Care compassionatehomecare.org	415-921-5038	<ul style="list-style-type: none"> • \$48/hour; 4-hour minimum • San Francisco only • Cantonese, Mandarin, Korean, and Tagalog
Family Care SF familycaresf.com	415-225-4948	<ul style="list-style-type: none"> • \$45-48/hour; minimum of 6 hours/shift • San Francisco and San Mateo • Spanish and Tagalog speaking caregivers
Home Instead Senior Care homeinsteadsanfranciscoca.com	415-441-6490	<ul style="list-style-type: none"> • \$45-55/hour; minimum of 4 hours/shift and 12 hours/week • <i>Can provide care to COVID+ individuals on case-by-case basis</i> • San Francisco • Spanish, Mandarin, Tagalog, Russian
Institute on Aging ioaging.org	415-750-4111	<ul style="list-style-type: none"> • \$45/hour; 6-hour minimum • San Francisco, Marin, San Mateo, Santa Clara, Contra Costa, Alameda
Irish Help at Home irishhelppathome.com	415-759-0520	<ul style="list-style-type: none"> • \$42-45/hour; minimum of 4 hours/shift and 12 hours/week • San Francisco and San Mateo • Spanish and Tagalog speaking caregivers
Nestvy Senior Placement and Home Care	510-626-7744	<ul style="list-style-type: none"> • \$35-45/hour; 5 hour minimum • <i>Can provide care to COVID+ individuals if live-in caregiver is needed/hired for \$800/day</i> • San Francisco, East Bay, San Mateo • Chinese, Spanish, and Tagalog

Self Help for the Elderly selfhelpelderly.org	415-677-7618	<ul style="list-style-type: none"> • \$40-42/hour; 4-hour minimum • Cantonese, Mandarin, Taishanese, and Taiwanese speaking caregivers
Seniors at Home seniorsathome.jfcs.org	415-449-3777	<ul style="list-style-type: none"> • \$41-50/hour; 4-hour minimum • San Francisco, the Peninsula, Marin and Sonoma Counties • Division of Jewish Family Children Services
The Key	415-268 1415	<ul style="list-style-type: none"> • \$42 hour • <i>Can provide care to COVID+ individuals for \$60-65/hour and minimum of 12-hour shift for 5 days</i> • San Francisco and Marin

Placement Agencies

Placement agencies specialize in identifying facilities such as Assisted Living Facilities and Board & Care homes. Specialists can provide you with a list of facilities that fit your care needs and preferences (location, cost, amenities, etc). Their services are free. Kaiser can assist with completing medical forms if you are going to a facility directly from the hospital.

American Alliance for Elder Care	Launi Condit: (415) 370-8335
Exceptional Senior Placement	Rachel Cohen: (415) 699-5651
Nestvy Senior Placement	Nicole Shih: (510) 626-7744
Care for Seniors	(866)-929-9669 Or (415) 664-9991
Blue Magnolia Senior Living Advisors	Jeannie Duckworth (209) 640-2433

Resource Directories

These websites provide listings of facilities, care providers, and other services, searchable by location.

New Lifestyles	newlifestyles.com
Alternatives for Seniors	alternativesforseniors.com

Meal Delivery Programs

These programs can deliver meals or groceries to your home.

PLEASE NOTE: Information and fees for these private businesses, government programs, and non-profit agencies are subject to change. Kaiser Permanente Health Plan coverage does not include payment for services in this directory and this document is not inclusive of all local resources. Kaiser Permanente does not endorse or make any representations regarding the quality of such services, nor the financial integrity of these entities. Kaiser Permanente expressly disclaims any liability for the services provided by these entities.

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Disability and Aging Services Home Delivered Meals	(415) 355-6700	<ul style="list-style-type: none"> For those 60+ years old, with difficulty leaving home, living in San Francisco Two meals, seven days per week To apply, call the Disability and Aging Services intake line at (415) 355-6700
SF-Marin Food Bank sfmfoodbank.org	(415) 282-1907	<ul style="list-style-type: none"> For those who are low income, age 60+, and adults with disabilities Weekly home delivered groceries Can also assist with applying for CalFresh (previous known as food stamps)
Mom's Meals momsmeals.com	(877) 508-6667	<ul style="list-style-type: none"> Private pay home delivered meals Some people may be eligible for 30 days of delivery covered by Medicare
Project Open Hand openhand.org	(415) 447-2300	<ul style="list-style-type: none"> For those 60+ years old (or adults with disabilities) who have HIV/AIDS, hepatitis C, COPD, CHF, CAD, diabetes, or have had a recent major surgery Also have Community Nutrition Program sites to pick up food for those who can safely leave their home

Transportation Services

These services provide door to door transportation for those who cannot drive or take public transportation.

Paratransit sfmta.com/accessibility-all	415-351-7000	<ul style="list-style-type: none"> For those who cannot independently use public transportation due to a health condition Pre-scheduled door to door accessible van services \$2.50 per one way ride
Essential Trip Card sfmta.com/accessibility-all	311	<ul style="list-style-type: none"> Subsidized taxi rides for essential trips like grocery shopping, picking up medications, or medical appointments within San Francisco Must be 65+, have a disability, or have a health condition that prevents use of public transportation You pay 20% of the cost of a regular cab ride fare Apply by calling 311 and mentioning the program
Silver Ride silverride.com	415-861-7433	<ul style="list-style-type: none"> Private pay door to door car services
GoGoGrandparent gogograndparent.com	855-464-6872	<ul style="list-style-type: none"> Access services from Uber, Doordash, and Instacart without a smartphone

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Onward Rides onwardrides.com	800-700-4797	<ul style="list-style-type: none"> • Private pay door to door transportation • Drivers are trained to provide some minor physical assistance, and have CPR and First Aid certifications
JJ Transport Jjmedicaltransportservices.com	(650) 580-1027	<ul style="list-style-type: none"> • Private pay door to door transportation for those who have mobility limitations requiring transportation in a wheelchair or gurney • Can take people up and down stairs
Aero Med Transport	650-267-1392	<ul style="list-style-type: none"> • Private pay door to door transportation for those who have mobility limitations requiring transportation in a wheelchair or gurney • Can take people up and down stairs

Medical Alert Systems

These medical alert systems can make the home safer by providing individuals with a way to call for help in the event of a fall or other medical emergency. These can be especially helpful for those who experience falls and live alone.

Life Alert	(800) 982-0332	lifealert.net
Lifeline	(800) 543-3546	lifelinesys.com
Life Station	(855) 212-6236	lifestationadvantage.com
Vital Link	(800)752-5522	vital-linkinc.com

Kaiser Resources

These Kaiser departments may be helpful to some patients and families.

Addiction Medicine and Recovery Services (AMRS)	(415) 833-9400
Health Education	(415) 833-3450
Member Services	(800) 464-4000
Release of Medical Information (ROMI) Office	(415) 833-3778

Additional Resources

These additional resources may be helpful to some patients and families.

Bay Area Legal Aid baylegal.org	(800) 551-5554
California Advocates for Nursing Home Reform (CANHR) canhr.org	415-974-5171 OR (800) 474-1116

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San Francisco Disability and Aging Services (DAS) sfhsa.org/about/departments/department-disability-and-aging-services-das	(415) 355-6700
Family Caregiver Alliance (FCA) caregiver.org	(415) 434-3388
Institute on Aging (IOA) ioaging.org	(415) 750-4111
Legal Assistance to the Elderly laesf.org	(415) 538-3333

Mental Health Resources

These additional resources may be helpful to some patients and families.

Suicide and Crisis Hotline	988 or 1-800-273-8255
Veterans Crisis Line	call 1-800-273-TALK (8255) and press 1; or text 838255
Crisis Text Line	text the word 'Home' to 741-741
SF 24/7 Crisis Line	(415) 781-0500 Or text to (415) 200-2920

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