

Rancho Bernardo Senior Services

16769 Bernardo Center Dr. Suite K-14
San Diego, CA 92128

Tel: (858) 487-2640
Email: rbsenserv@att.net

www.ranchobernardoseniorservices.com

CAREGIVERS

Accredited Home Care

800-974-1234 ext.211

Can assist with activities of daily living, including ambulation, bathing, meal preparation, incontinence care.

www.accreditednursing.com

A Dignified In-Home Care, Inc.

619-900-4819

Provides assistance with activities of daily living. Also provides specialized care including dementia & Alzheimer's care, stroke recovery care, post-surgical care, etc.

www.dignifiedinhomecare.com

All You Knead

858-774-4575

Theresa Morales, Owner

Provides home care services, home care management/consulting, companion care, respite care services.

Amada Senior Care

858-866-9005

Provides professional caregivers 24/7 and includes medication reminders, meal preparation, light housekeeping, bathing & hygiene assistance, transportation.

www.amadasandiegocentral.com

Cura Home Health

760-746-5568

In home services, including emotional encouragement, bathing/personal care, meal preparation, transportation, light homemaker services, grocery shopping,

www.curahomehealth.net

Harmony In-Home Care Services

858-449-2609

Meriam Foster, Director/Owner

Provides companionship, bathing, mobility/transfer assistance, meal preparation, dementia care, light housekeeping, laundry services, transportation, etc.

www.harmonyinhomecareservices.com

- Johnson, Dominga** **858-412-2624**
 Caregiver/companion and personal care services
- JS Home Care** **213-354-3503**
Jennie Salazar, Care Manager
 Caregiver/companion and personal care services
www.inhomeseniorcareservice.com
- Keepsake Companions** **858-227-9440**
Elise Wagner Johnston **858-729-4999**
 Specialize in retirement communities, assisted living, board and care homes, Alzheimer's & dementia care, skilled nursing facilities.
www.keepsakecompanions.com
- PACS-Personal Assistant Concierge Services** **303-915-0637** (call or text)
Allie Mendoza
 Provides elder caregiver/caretaker, moving assistance, personal driver, shopper, errand service, meal preparation, home organizing, light cleaning.
- St. Paul's PACE** **1-833-PACE NOW**
Carla McLaughlin **619-677-3825**
 A medical, social and home care program exclusively for seniors.
www.stpaulspace.org
- Seniors Helping Seniors** **858-774-8194**
 Provides a full range of in-home services, including personal care, companionship, and home maintenance support services from seniors who enjoy helping.
www.sandiegoshs.com
- Visiting Angels** **760-736-9934**
 Provides seniors and adults with needed assistance to continue living at home.
www.vangelsnc.com