

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

Elite Home Care

Daniel Williams, Owner

858-397-2097

Non-medical caregiver agency providing services, such as bathing, meal preparation, medication reminders, transportation, errands & shopping, and socializing.

www.Elite-HomeCare.com/

- 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
- Isabella, Jeanne** **619-382-0671**
 Caregiver/companion and personal care services
- Johnson, Dominga** **858-442-2624**
 Caregiver/companion and personal care services
- Keepsake Companions** **858-227-9440**
- Lopez, Albertina** **858-945-3799**
 Provides services such as: cooking, house cleaning, shopping, laundry, driver, and pet care. Over 25 years' experience, 11 years with the same patient.
- Ordbadi, Irandokht (Fay)** **858-774-7556**
 Caregiver/companion and personal care services
- 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.
- Sage Health System – Sage Care** **858-771-1020**
 Personal In-home Service including ambulation, bathroom assistance, grooming and wardrobe, medication, housekeeping, meal preparation, and shopping.
- 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
- Versari, Marcia** **858-663-9704**
 Provides services such as: cooking, light house cleaning, shopping, laundry, appointments, and medications. Over 30 years' experience in caregiving services.