

# Rancho Bernardo Senior Services

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[www.ranchobernardoseniorservices.com](http://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](http://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](http://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](http://www.amadasandiegocentral.com)

### **Amir, Sima**

**858-442-2676**

Caregiver/companion and personal care services

### **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](http://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/](http://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](http://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.
- McCarty, Bess** **512-569-1139**  
 Caregiver, holistic health practitioner, counselor, Tai Chi teacher, massage therapist
- Ordbadi, Irandokht (Fay)** **858-774-7556**  
 Caregiver/companion and personal care services
- 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](http://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](http://www.sandiegoshs.com)
- Visiting Angels** **760-736-9934**  
 Provides seniors and adults with needed assistance to continue living at home.  
[www.vangelsnc.com](http://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.