



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, and incontinent 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 Heart Home Care

619-736-4677 ext.1002

Cynthia Hernandez, Client Relations

Provides home 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

Amir, Sima

858-442-2676

Caregiver/companion and personal care services

Aurea, Rebecca

858-722-8605

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

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
- Hood, Rod** **760-936-5242**
 Personal Assistant/Wellness Coach
- 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**
- 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
- 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.