

community★guide

Options for
children, seniors,
and pets.



TMASF Connects Community Guide

Table of Contents

<u>Finding Facilities</u>	3
<u>Children & Teens</u>	4
➤ <u>Children</u>	4
➤ <u>Teens</u>	5
<u>Adults & Seniors</u>	6
➤ <u>Assessment, Planning, and Care</u>	6
➤ <u>Tax and Financial Planning</u>	8
➤ <u>Transportation and Commuting</u>	9
<u>Pets</u>	12
➤ <u>Daycare and Recreation</u>	12
➤ <u>Pets on Transit</u>	12

Finding Facilities

Entrusting your loved ones with anyone is stressful. California offers a great link to learn about daycare, adoption and other care facilities before you even pick up the phone.

Please [follow this link](#) (California CCLD Facility Search Form) for the one-stop, very best resource on daycare centers in the State of California. Search by zip code or type of facility and see what the Golden State has to say about the care service provider you're considering.

To search the history, licensing status and complaints about a care service provider, visit the State of California's [official licensing page](#). The site is continually updated and offers a great tool for assessing care options.

[California Department of Social Services](#)

Official community care facility ratings by state and federal governmental agencies

[Facility Search Form](#)

Need-to-know search & report about care facilities

[Human Services Agency of San Francisco](#)

San Francisco's Guide to care facilities

Information Hotlines

311 San Francisco's information hotline
211 Nationwide resource and information hotline

Children & Teens

Children

Selecting a care option for your infant, child or teen requires work! There are a myriad of options to assess and questions to be asked before placing your loved one in the care of others.

Generally speaking childcare allows kids to be better prepared for success in school and in life. There are two kinds of daycare centers – commercial care centers and out of home care centers. Both can be equally good if they provide a safe, clean place for kids to learn, and a quality staff with the appropriate training. There's a lot to consider when evaluating childcare centers: safety, values, nutrition, language, personal beliefs. We have identified a few things to look for and a few questions to ask during your visit.

Considering daycare? [Click here](#) for helpful information.

Child Care Professional Resources

[National Association for Child Care Professionals](#)
[Association for the Education of Young Children](#)
[California Association for the Education of Young Children](#)
[National Association of Child Care Resource and Referral Agencies](#)
[California's Childcare Coordinators Association](#)
[California Child Development Administrators Association](#)
[California Community Licensing](#)
[Family Child Care Home Licensing](#)
[California Childcare Resource and Referral](#)
[State of California Department of Justice](#)
[California Children's Administration](#)
[Care.com](#)
[Wu Yee Children's Services](#)
[Children's Council of SF](#)

Child Development 101

Please click here to learn about the stages of [Child Development](#).

Special Delivery & Infant Care

[CCLD Facility Search Forum](#)
[Supporting children help with grants, help with equipment](#)
[Support group and help located in the East Bay](#)
[Support for Families of Children with Disabilities](#)

Healthy Kids

[Child Health and Disability Prevention Program](#)
[National Resource Center for Health and Safety](#)
[Kids Health](#)
[State Child Health Insurance Plan](#)
[California Child Protection Program](#)
[Centers for Disease Control and Prevention](#)
[Baby Proofing and Child Safety at Home](#)

Teens

It's a fact, teens that are engaged in after school activities are also more engaged in school. They tend to perform better academically, have better attitudes about homework, and have higher aspirations for college and life. The teen centers, and community centers, provide adult supervision and offer a great place for kids to socialize with other kids. The links below provide some great options for kids like volunteering, job workshops and computer skills. Find the center that is right for you, depending on your teen's individual interests. While we think this is a good head start, please know this is not a comprehensive list.

After School Care and Extracurricular Activities

[Larkin Street Youth Services](#)
[San Francisco Community Music Center](#)
[Boys and Girls Clubs of San Francisco](#)
[YMCA CAMPS](#)
[San Francisco Diller Teen Fellows](#)
[Teen Center at the San Francisco Library](#)
[Jewish Community Center San Francisco](#)
[Japanese Community Youth Center](#)
[San Francisco Institute for Adolescence](#)
[Tri-City Voice: Free After School Program for Teens](#)
[San Francisco Zoo](#)
[Peer Court](#)
[Obtain your Work Permit](#)
[Youth Employment Opportunities in City Government](#)
[Bernal Heights Neighborhood Center](#)
[Randall Museum](#)
[Exploratorium](#)
[Academy of Science](#)
[The Sharon Art Studio](#)
[TeenLifeSF](#)

Teen Hotlines[California Youth Line](#)

800.843.5200

[More Crisis Hotlines](#)**Adults & Seniors**

While thinking about adult care for an elderly parent usually inspires guilty feelings in the adult child, it actually offers loads of benefits for everyone. Whether you choose out-patient care or nursing home care, the health-related benefits are obvious. But daycare also provides a renewed feeling of autonomy and independence, plus increased opportunities for companionship and recreation.

Adult daycare also allows the primary caregiver to get back to the things in life that may have taken a backseat – running errands, personal time, better concentration at work and a renewed sense of relaxation when you get home.

By the time you need to assess daycare options for aging folks, it's likely you may also be in your mid-years. AARP offers a world of information for every stage of life, click here to learn more.

Assessment, Planning, and Care**Assessing Family Needs**[HelpGuide](#)**Broad-based Resources**[Department of Aging and Adult Services](#)[Eldercare Locator](#)[California Department on Aging](#)[Department of Social Services and Adult Protective Services](#)[San Francisco Department of Human Services](#)

Adult and Senior Care Links

[AARP](#)
[Aging Services of California](#)
[Aging Workforce News](#)
[American Society on Aging](#)
[California Area Agencies on Aging](#)
[California Association of Public Authorities for IHSS](#)
[California Council on Gerontology and Geriatrics](#)
[California Department of Aging](#)
[California Volunteers](#)
[Care Facilities County List Capacity](#)
[California Foundation for Independent Living Centers](#)
[Care.com](#)
[C4A](#)
[DisabilityInfo.gov](#)
[ElderCarelink](#)
[Family Caregiver Alliance](#)
[Medi-Cal](#)
[National Association of Area Agencies on Aging](#)
[San Francisco Senior Center](#)
[Senior Surf](#)
[Sharon Art Studio](#)
[Alzheimer's Association](#)
[The Department of Health Care Services](#)
[Search for a Facility](#)
[Adult Day Program Regulations](#)
[Paying for Senior Care](#)
[Living Senior- Senior Living Options in San Francisco](#)
[GeriCareFinder](#)

San Francisco Resources

[Curry Senior Center](#)
[Institute on Aging](#)
[San Francisco Adult Protective Services](#)
[San Francisco Office of Aging](#)
[SF Get Care](#)

Senior Services

[San Francisco Department of Human Services](#)
[San Francisco Adult Protective Services](#)
[Elder Abuse: Warning Signs, Risk Factors, Prevention, and Help](#)

In-Home vs. Facility

[Benefits of In-Home Care](#)

Family Support

[Family Caregiver Alliance](#)

[Institute on Aging](#)

[Alzheimer's Association](#)

Planning Ahead

Certified Financial Planners — [Financial Planning Association](#) offers links to advisors to help you maximize your resources. For assistance with low income needs of seniors, please visit the agencies in each county for more information.

[Alameda County Area Agency on Aging](#)

[Contra Costa County Area Agency on Aging](#)

[Marin County Division Of Aging](#)

[Napa-Solano Area Agency on Aging](#)

[San Francisco Department of Aging and Adult Services](#)

[San Joaquin County Department of Aging and Community Services](#)

[San Mateo County Aging and Adult Services](#)

[Silicon Valley Council on Aging](#)

Tax and Financial Planning**United States Social Security Administration**

For an interesting and informative history of Social Security that may help de-mystify benefits, [click here](#). Looking ahead – visit the [Social Security Benefit Calculator](#).

If you need access to benefit information for another person, contact a Social Security Representative Monday through Friday: 7:00 AM – 7:00 PM at: 1-800-772-1213.

If you are deaf or hard-of-hearing, call our toll-free TTY number: 1-800-325-0778.

The [Social Security Administration](#) offers a wide array of webinars to help various groups understand various issues (click on the webinar option).

[California Office of Health Information Integrity](#) offers entry into the world of California services and funding ideas.

Understanding Tax Implications

Get to know the [IRS Website](#) and use their search engine – adult day care, and benefits – [Publication 554](#) (2008) is the Tax Guide for Seniors and [IRS Publication 503](#) .

It's always a good idea to understand the implications of your financial decisions. As you plan or as you manage the affairs of another person, making the most of those resources is essential to avoiding costly tax mishaps.

[Click here](#) for the California Certified Public Accountant (CalCPA) society and their consumer guide to finding a qualified professional. If you are caring for another person outside of California, please visit the [American Institute of Certified Public Accountants](#) for a state listing of professional societies.

[Click here](#) for more information about public accountants in California.

[California Society of Enrolled Agents](#) also offers a search service to find a qualified EA.

Transportation and Commuting

This section focuses on services offered in each SF Bay Area county to assist the elderly and those in need of paratransit assistance.

San Francisco

[Department of Aging & Adult Services](#)

[Office on the Aging](#)

[Paratransit](#)

[AC Transit](#)

[Fares](#)

[Accessibility](#)

[BART](#)

[Fares](#)

[Accessibility](#)

[Caltrain](#)

[Fares](#)

[Accessibility](#)

[Golden Gate Transit](#)

[Fares](#)

[Accessibility](#)

[SamTrans](#)

[Fares](#)

[Accessibility](#)

[SF Bay Ferry](#)

[Fares](#)

[Accessibility](#)

[SFMTA/Muni](#)

[Fares](#)

[Accessibility](#)

Alameda

Agency on Aging		
Paratransit		
AC Transit	Fares	Accessibility
BART	Fares	Accessibility
Capitol Corridor	Fares	Accessibility
Emery Go-Round		Accessibility
SF Bay Ferry	Fares	Accessibility
SFMTA/Muni	Fares	Accessibility
UC Berkeley Shuttle		Accessibility
West Berkeley Shuttle		Accessibility

Contra Costa

Area Agency on Aging		
Paratransit		
AC Transit	Fares	Accessibility
BART	Fares	Accessibility
County Connection	Fares	Accessibility
Golden Gate Transit	Fares	Accessibility
Tri Delta	Fares	Accessibility
WestCat Lynx	Fares	Accessibility

Marin

Area Agency on Aging		
Division of Aging		
Paratransit		
Golden Gate Transit	Fares	Accessibility
Marin Transit	Fares	Accessibility

Napa

Area Agency on Aging		
Paratransit		
Napa County VINE	Fares	Accessibility

San Mateo

Area Agency on Aging		
Commission on Aging		
Paratransit		
BART	Fares	Accessibility
Caltrain	Fares	Accessibility
SamTrans	Fares	Accessibility

Santa Clara[Department on Aging and Adult Services](#)[Paratransit](#)[Caltrain](#)[Fares](#)[Accessibility](#)[VTA](#)[Fares](#)[Accessibility](#)**Solano**[Area Agency on Aging](#)[Paratransit](#)[Capitol Corridor](#)[Fares](#)[Accessibility](#)[Fairfield-Suisun Transit](#)[Fares](#)[Accessibility](#)[SF Bay Ferry](#)[Fares](#)[Accessibility](#)[SolTrans](#)[Fares](#)[Accessibility](#)[Vacaville City Coach](#)[Fares](#)[Accessibility](#)**Sonoma**[Area Agency on Aging](#)[Paratransit](#)[Santa Rosa City Bus](#)[Fares](#)[Accessibility](#)[Sonoma County Transit](#)[Fares](#)[Accessibility](#)

Pets

Daycare & Recreation

Dog Daycare/Kennel Locaters

[Top Pet Sitting Services in San Francisco](#)

[Care.com](#)

[See Fido](#)

Pet Care and Resources in San Francisco

[S.F. Hound Lounge Dog Daycare](#)

[Dog Walking Service](#)

[Fog City Dog Lodge](#)

[Feline Wishes and Caviar Dreams](#)

[Professional Pet Pal](#)

[Dogwalks.com](#)

[Little Budha's Dog Walking & Pet Sitting](#)

[Citizen Hound](#) – **San Francisco Dog Walking Service** (serving Marina, Cow Hollow, Presidio, Pacific Heights, Lower Pac Heights, Lower Haight, Russian Hill, Laurel Heights)

Pet Care and Resources outside Downtown San Francisco

[The Cats Inn](#)

[San Francisco Area Dog Day Care Listings](#)

[k9playtimesf Dog DayCare](#)

Pooch Parks

[San Francisco Dog Parks](#)

[California Off-Leash Dog Parks](#)

[DogFriendly.com](#)

Pets on Transit

Rules vary about public transportation and pets. Please visit the website of the transportation service provider that you will be riding BEFORE bringing your pet to work.

Alameda

[AC Transit](#)

[BART](#)

[Capitol Corridor](#)

[Emery Go Round](#)

[SF Bay Ferry](#)

[Wheels](#)

[UC Berkeley Shuttle](#)

[West Berkeley Shuttle](#)

Alameda-Contra Costa Transit District

Rail serving Peninsula, SF, Alameda, Contra Costa

Rail serving Santa Clara, Alameda, and Solano

Shuttle serving Oakland, Emeryville, Berkeley

Ferry serving SF, Alameda, Solano, South SF

BART Connections in Alameda County

Shuttle serving UC Berkeley campus

Shuttle serving West Berkeley

[Pet Policy](#)

[Pet Policy](#)

[Pet Policy](#)

[Pet Policy](#)

[Pet Policy](#)

Contra Costa[AC Transit](#)[BART](#)[County Connection](#)[Golden Gate Transit](#)[Tri Delta Transit](#)

Alameda-Contra Costa Transit District

Rail serving Peninsula, SF, Alameda, Contra Costa

Bus serving Contra Costa County

Bus serving SF, Marin, Sonoma, and Contra Costa

Bus serving Alameda and Contra Costa Counties

[Pet Policy](#)[Pet Policy](#)[Pet Policy](#)[Pet Policy](#)[Pet Policy](#)**Marin**[Golden Gate Transit](#)[Marin Transit](#)

Bus/Ferry serving SF, Marin, Sonoma

Bus serving Marin County

[Pet Policy](#)**Napa**[Napa County VINE](#)[American Canyon Transit](#)[St. Helena Shuttle](#)[Yountville Trolley](#)

Bus serving Napa County

Shuttle serving American Canyon

Shuttle serving St. Helena

Shuttle serving Yountville

[Pet Policy](#)[Pet Policy](#)[Pet Policy](#)[Pet Policy](#)**San Francisco**[PresidioGo](#)[SFMTA / Muni](#)

Shuttle serving San Francisco

Bus and rail serving San Francisco

[Pet Policy](#)**San Mateo**[BART](#)[Caltrain](#)[SamTrans](#)

Rail serving Peninsula, SF, Alameda, Contra Costa

Rail serving South Bay, Peninsula, and SF

Bus serving Peninsula to and from SF

[Pet Policy](#)[Pet Policy](#)[Pet Policy](#)**Santa Clara**[Caltrain](#)[Capitol Corridor](#)[VTA](#)[Menlo Park Shuttle](#)[Stanford Marguerite](#)

Rail serving South Bay, Peninsula, and SF

Rail serving Santa Clara, Alameda, and Solano

Bus and rail serving Santa Clara County

Shuttle serving Menlo Park

Shuttle serving Stanford campus

[Pet Policy](#)[Pet Policy](#)[Pet Policy](#)**Solano**[Capitol Corridor](#)[Fairfield-Suisun Transit](#)[SF Bay Ferry](#)[SolTrans](#)[Vacaville City Coach](#)

Rail serving Santa Clara, Alameda, and Solano

Bus serving the cities of Fairfield and Suisun

Ferry serving SF, Alameda, Solano, South SF

Bus serving Solano County

Bus serving the city of Vacaville

[Pet Policy](#)[Pet Policy](#)[Pet Policy](#)[Pet Policy](#)**Sonoma**[Petaluma Transit](#)[Santa Rosa City Bus](#)[Sonoma County Transit](#)

Bus serving the city of Petaluma

Bus serving the city of Santa Rosa

Bus and shuttle services in Sonoma County

[Pet Policy](#)[Pet Policy](#)[Pet Policy](#)