Options for children, seniors, and pets.
TMASF Connects Community Guide

Table of Contents

Finding Facilities 3

Children & Teens 4
- Children 4
- Teens 5

Adults & Seniors 6
- Assessment, Planning, and Care 6
- Tax and Financial Planning 8
- Transportation and Commuting 9

Pets 12
- Daycare and Recreation 12
- Pets on Transit 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
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

<table>
<thead>
<tr>
<th>Agency on Aging</th>
<th>Fares</th>
<th>Accessibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>AC Transit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BART</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Capitol Corridor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emery Go-Round</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SF Bay Ferry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SFMTA/Muni</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UC Berkeley Shuttle</td>
<td></td>
<td></td>
</tr>
<tr>
<td>West Berkeley Shuttle</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Contra Costa

<table>
<thead>
<tr>
<th>Area Agency on Aging</th>
<th>Fares</th>
<th>Accessibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>AC Transit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BART</td>
<td></td>
<td></td>
</tr>
<tr>
<td>County Connection</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Golden Gate Transit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tri Delta</td>
<td></td>
<td></td>
</tr>
<tr>
<td>West Cat Lynx</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Marin

<table>
<thead>
<tr>
<th>Area Agency on Aging</th>
<th>Fares</th>
<th>Accessibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Division of Aging</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Golden Gate Transit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marin Transit</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Napa

<table>
<thead>
<tr>
<th>Area Agency on Aging</th>
<th>Fares</th>
<th>Accessibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Napa County VINE</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## San Mateo

<table>
<thead>
<tr>
<th>Area Agency on Aging</th>
<th>Fares</th>
<th>Accessibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>BART</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caltrain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SamTrans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>County</td>
<td>Agency</td>
<td>Service</td>
</tr>
<tr>
<td>-----------------</td>
<td>---------------------------------</td>
<td>--------------------</td>
</tr>
<tr>
<td>Santa Clara</td>
<td>Department on Aging and Adult Services</td>
<td>Paratransit</td>
</tr>
<tr>
<td></td>
<td>Caltrain</td>
<td>Fares</td>
</tr>
<tr>
<td></td>
<td>VTA</td>
<td>Fares</td>
</tr>
<tr>
<td>Solano</td>
<td>Area Agency on Aging</td>
<td>Paratransit</td>
</tr>
<tr>
<td></td>
<td>Capitol Corridor</td>
<td>Fares</td>
</tr>
<tr>
<td></td>
<td>Fairfield-Suisun Transit</td>
<td>Fares</td>
</tr>
<tr>
<td></td>
<td>SF Bay Ferry</td>
<td>Fares</td>
</tr>
<tr>
<td></td>
<td>SolTrans</td>
<td>Fares</td>
</tr>
<tr>
<td></td>
<td>Vacaville City Coach</td>
<td>Fares</td>
</tr>
<tr>
<td>Sonoma</td>
<td>Area Agency on Aging</td>
<td>Paratransit</td>
</tr>
<tr>
<td></td>
<td>Santa Rosa City Bus</td>
<td>Fares</td>
</tr>
<tr>
<td></td>
<td>Sonoma County Transit</td>
<td>Fares</td>
</tr>
</tbody>
</table>
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
Pet Policy
Pet Policy
## Contra Costa

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Pet Policy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AC Transit</strong></td>
<td>Alameda-Contra Costa Transit District</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>BART</strong></td>
<td>Rail serving Peninsula, SF, Alameda, Contra Costa</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>County Connection</strong></td>
<td>Bus serving Contra Costa County</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>Golden Gate Transit</strong></td>
<td>Bus serving SF, Marin, Sonoma, and Contra Costa</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>Tri Delta Transit</strong></td>
<td>Bus serving Alameda and Contra Costa Counties</td>
<td>Pet Policy</td>
</tr>
</tbody>
</table>

## Marin

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Pet Policy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Golden Gate Transit</strong></td>
<td>Bus/Ferry serving SF, Marin, Sonoma</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>Marin Transit</strong></td>
<td>Bus serving Marin County</td>
<td>Pet Policy</td>
</tr>
</tbody>
</table>

## Napa

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Pet Policy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Napa County VINE</strong></td>
<td>Bus serving Napa County</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>American Canyon Transit</strong></td>
<td>Shuttle serving American Canyon</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>St. Helena Shuttle</strong></td>
<td>Shuttle serving St. Helena</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>Yountville Trolley</strong></td>
<td>Shuttle serving Yountville</td>
<td>Pet Policy</td>
</tr>
</tbody>
</table>

## San Francisco

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Pet Policy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PresidioGo</strong></td>
<td>Shuttle serving San Francisco</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>SFMTA/ Muni</strong></td>
<td>Bus and rail serving San Francisco</td>
<td>Pet Policy</td>
</tr>
</tbody>
</table>

## San Mateo

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Pet Policy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BART</strong></td>
<td>Rail serving Peninsula, SF, Alameda, Contra Costa</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>Caltrain</strong></td>
<td>Rail serving South Bay, Peninsula, and SF</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>SamTrans</strong></td>
<td>Bus serving Peninsula to and from SF</td>
<td>Pet Policy</td>
</tr>
</tbody>
</table>

## Santa Clara

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Pet Policy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Caltrain</strong></td>
<td>Rail serving South Bay, Peninsula, and SF</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>Capitol Corridor</strong></td>
<td>Rail serving Santa Clara, Alameda, and Solano</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>VTA</strong></td>
<td>Bus and rail serving Santa Clara County</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>Menlo Park Shuttle</strong></td>
<td>Shuttle serving Menlo Park</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>Stanford Marguerite</strong></td>
<td>Shuttle serving Stanford campus</td>
<td>Pet Policy</td>
</tr>
</tbody>
</table>

## Solano

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Pet Policy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Capitol Corridor</strong></td>
<td>Rail serving Santa Clara, Alameda, and Solano</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>Fairfield-Suisun Transit</strong></td>
<td>Bus serving the cities of Fairfield and Suisun</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>SF Bay Ferry</strong></td>
<td>Ferry serving SF, Alameda, Solano, South SF</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>SolTrans</strong></td>
<td>Bus serving Solano County</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>Vacaville City Coach</strong></td>
<td>Bus serving the city of Vacaville</td>
<td>Pet Policy</td>
</tr>
</tbody>
</table>

## Sonoma

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Pet Policy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Petaluma Transit</strong></td>
<td>Bus serving the city of Petaluma</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>Santa Rosa City Bus</strong></td>
<td>Bus serving the city of Santa Rosa</td>
<td>Pet Policy</td>
</tr>
<tr>
<td><strong>Sonoma County Transit</strong></td>
<td>Bus and shuttle services in Sonoma County</td>
<td>Pet Policy</td>
</tr>
</tbody>
</table>

---

*Note: The table continues with similar entries for each region listed.*