Community Guide
TMASF Connects Community Guide

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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

Facility Search Form

Human Services Agency of San Francisco

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

Association for Early Learning Leaders
Association for the Education of Young Children
California Association for the Education of Young Children
Child Care Aware of America
California’s Child Care Coordinators Association
California Child Development Administrators Association
California Community Licensing
California Childcare Resource and Referral
State of California Department of Justice
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
The Morgan Project – therapeutic fun for children with disabilities
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
Child Abuse Central Index
Centers for Disease Control and Prevention
Baby Proofing and Child Safety at Home
A Parent’s Guide to First Aid

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
The Mix 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
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
Making the Move to Assisted Living

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
Boomer’s Roadmap to Aging in Place
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
ElderLinkCare
Family Caregiver Alliance
Financial Resources for Seniors
Medi-Cal
National Association of Area Agencies on Aging
National Council for Aging Care
Nutrition Guide for the Aging and Elderly
Retirement Business Ideas
San Francisco Senior Center
Senior Surf
Sharon Art Studio
Veteran Benefits for Seniors
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
Senior Health Resources

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.
Social Security Disability Insurance (SSDI) is available for the disabled.

**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
  - BART Fares
  - Caltrain Fares
  - Golden Gate Transit Fares
  - SamTrans Fares
  - SF Bay Ferry Fares
  - SFMTA/Muni Fares

Accessibility
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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
Wag! Dog Walking
Rover Dog Walking and Sitting
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
Wag Hotels
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
SF Bay Ferry

Alameda-Contra Costa Transit District
Rail serving Peninsula, SF, Alameda, Contra Costa
Rail serving Santa Clara, Alameda, and Solano
Ferry serving SF, Alameda, Solano, South SF
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