



TMASF CONNECTS

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	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
Finding a Nursing Home	Explore nearby Elder Care

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](#)

[EveryChild California](#)

[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](#)
[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](#)

Teen Hotlines

[California Youth Line](#)

1-800.843.5200

[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](#)

[Making the Move to Assisted Living](#)

Broad-based Resources

[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 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](#)

[Care Facilities County List Capacity](#)

[California Foundation for Independent Living Centers](#)

[Care.com](#)

[C4A](#)

[ElderLinkCare](#)

[Family Caregiver Alliance](#)

[Financial Resources for Seniors](#)

[Medi-Cal](#)



Adult and Senior Care Links, cont'd

[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](#)

[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](#)



Planning Ahead, cont'd

[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 Health & Human Services Agency](#) 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. For Accessibility and Fares for specific Transit Agencies, please refer to the [commute section](#) on our website.

San Francisco

[Department of Aging & Adult Services](#)
[Office on the Aging](#)
[Paratransit](#)

Alameda

[Agency on Aging](#)
[Paratransit](#)

Contra Costa

[Area Agency on Aging](#)
[Paratransit](#)

Marin

[Area Agency on Aging](#)
[Division of Aging](#)
[Paratransit](#)

Napa

[Area Agency on Aging](#)
[Paratransit](#)

San Mateo

[Area Agency on Aging](#)
[Commission on Aging](#)
[Paratransit](#)

Santa Clara

[Department on Aging and Adult Services](#)
[Paratransit](#)

Solano

[Area Agency on Aging](#)
[Paratransit](#)

Sonoma

[Area Agency on Aging](#)
[Paratransit](#)

Pets

Daycare & Recreation

Dog Daycare/Kennel Locaters

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

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](#)

[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.