

San Francisco Reentry Guide

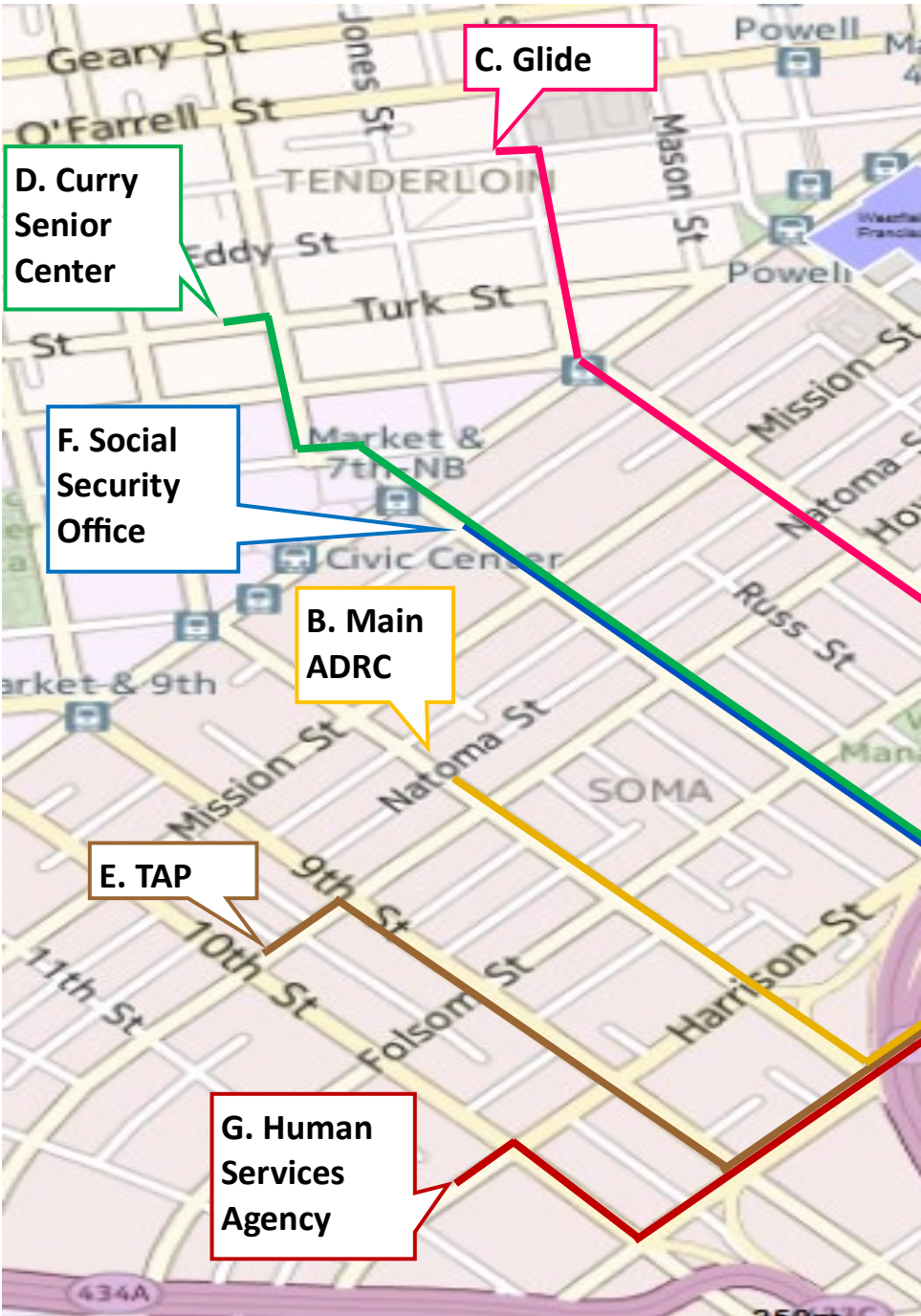
***For Older Adults Returning to the
San Francisco Community***



A publication of the UCSF Division of Geriatrics

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Map of Key Sites (walking route from jail)





Key Sites to Visit After Release

- A. Hall of Justice (County Jails/ Probation/ Court): 850 Bryant St.**
- B. Main ADRC (Case Management): 705 Natoma St. (at 8th St.)**
- C. Glide (Free Clinic/Case Management): 330 Ellis St. (at Taylor St.)**
- D. Curry Senior Center (Free Clinic): 333 Turk St. (at Leavenworth St.)**
- E. TAP (Mental Health Referrals): 1380 Howard St. (at 10th St.)**
- F. Social Security Office: 90 7th St. (at Mission St.)**
- G. Human Services Agency: 1440 Harrison St. (at 10th St.)**

**A. County Jails/
Probation Office**

THIS GUIDE: Table of Contents

What it is: a guide to help you return to the San Francisco community from the SF County Jail

Who it is for: San Francisco jail inmates around age 50 or older

Part 1: Getting Started

Things to think about before you leave jail or right after you leave jail.

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Information in this guide is accurate as of July 2014.

Part 2: List of Resources

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- **Permanent Housing** (page 50)
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- **Transportation** (page 56)
- **Food**—Locations and schedules change each month. For current information on food, call **800-870-3663** to find available meals/groceries.

Part 3: Important Health Information

- **Health Tips for Older Adults and Recommended Exercises** (page 60)
- **Medication List, Appointment Worksheets, Notes** (page 68)

Please note: There are many more resources than the ones listed in this guide. This guide is to help you get started.

Don't be afraid to ask questions—Every organization listed here can help you find other resources for help.

The First 48 Hours After Jail

Important things to do and information to keep in the first 2 days after jail:

<input type="checkbox"/> Court Date	
Court Address	
Date and Time Court dates often change! Write down new dates and times.	
General Court Information	415-551-4000

<input type="checkbox"/> Get proof of incarceration	
Place	County Jail 3, 6th Floor, 850 Bryant St.
Hours <u>Get right after release</u> (need for many things, including benefits)	Open 24/7 1) Bring ID and fill out form after release 2) Return in 24 hours to pick up proof of incarceration

☐ **Get a temporary ID**

Place	850 Bryant St., Room 475
Hours <u>Get right after release</u> (Need for access to many resources, including free clinics)	<i>Mon-Fri, 8am-5pm</i>

☐ **Contact the Probation Department**
(If you are on probation)

Place	850 Bryant St., Room 200
Hours <u>Contact immediately after release to schedule a meeting with your probation officer</u>	<i>Mon-Fri 8am-5pm</i> (If you are released outside of hours, contact as soon as possible)
Phone	415-553-1706

☐ **Meet with your Probation Officer**
(If you are on probation)

Place	
Date and Time	
Contact Name	
Phone	

☐ **Visit a free medical clinic/ fill prescriptions**

(Clinics are better than emergency rooms for help with medications and shorter waits)

Clinic

If you are not assigned to a clinic yet, see *Medical Care* (page 34) to choose one

Date and time

OR Drop-in hours

(Call and make appointment for shorter wait)

Phone

☐ **Reserve a shelter bed**

(Many shelters have food)

Shelter

See *Shelters* (page 48) to find a reservation center

Phone

(for general info)

3-1-1

☐ **Meet with a case manager**

(Work with them to create your reentry plan)

Organization

See *Recommended Organizations*
(page 28)

Date and time

(Make appointment
for shorter wait)

Contact Name

Phone

☐ _____(Other)

Place

Date and Time

Contact Name

Phone

☐ _____(Other)

Place

Date and Time

Contact Name

Phone

Part 1. Making a Plan:

Things to Think About

Making a reentry plan can be difficult. There are a lot of things to take care of and sometimes it is hard to know where to start.

Here are some things to think about.

Try to be on time to all appointments. If you meet someone helpful, write down their name and phone number (and use it!).

- ***How do I find a safe place to sleep tonight?***

To reserve a bed in a shelter, see **Shelters** (page 48). Try getting into a shelter with services for older adults like Glide or The Sanctuary.

- ***Where can I get food?***

The handouts in this guide have a full list of free meals and pantries in the city. Call **800-870-3663** to find the location for meals/ groceries nearest you.

- ***How will I get around the city?***

See **Transportation** (page 56) for a list of places that give free muni tokens. Many muni drivers will let you on their bus if you show them your jail bracelet.

- ***Do I need medical or dental services?***

Yes, visiting a physician is very important. See **Medical Care** (page 34).

- ***How will I get my medicines?***

Most medical clinics in this guide will help you get and manage your medicines. Ask staff for help and bring your **Medication List** (page 68).

- ***Do I need benefits? How do I turn them back on?***

Benefits will help you access resources (including medical care). Your benefits may have been turned off while you were in jail. To turn them back on or enroll for the first time, see **Benefits** (page 24).

- ***Should I seek addiction treatment?***

If you have ever had an addiction or are currently tempted to use, see **Alcohol and Drug Treatment** (page 44).

- ***What paperwork do I need to access resources?***

Check the “Additional Notes” columns in our List of Resources to see what you will need for each service. See **Getting Started: Jail Records, ID and Benefits** (page 17) for help getting the paperwork you need.

- ***What about long-term housing?***

Start looking right away. See **Permanent Housing** (page 50).

- ***I want help with all of this. Can anyone give me advice?***

Yes! Visit our **Recommended Organizations** (page 28). Ask the staff what services are available to you.

QUICK NOTE: OVERDOSE

You may have used drugs in the past and you may be tempted to use again when you get out. It's important to know that:

- You probably **do not** have the same tolerance for drugs or alcohol you had when you went into jail—even if you were only in jail for a short time.
- A lot of overdoses happen when people use after not using for a while—even if it was just a short time. Most overdoses happen within the first 3 days of someone leaving jail.
- Mixing drugs is dangerous, like mixing downers and uppers (heroin and cocaine) or downers with other downers (alcohol/ pruno, pills, benzos [like Xanax] and opiates [heroin]).
- Using by yourself increases your risk because no one will be able to help you if you are in trouble.
- Mixing alcohol or pruno with any drug, including prescription drugs, is dangerous.

For more information on preventing overdoses, you can contact the **Harm Reduction Coalition** in Oakland by calling 510-444-6969, extension 16. They can also tell you where the nearest narcan (naloxone) treatment program is.

Adapted from Getting Out and Staying Out, A publication of the Reentry Council of the City & County of San Francisco

QUICK NOTE: SUPPORT LINES

Here are some free 24/7 telephone hotlines. They can answer questions about getting the things you'll need. These are for non-emergencies.

If it's an emergency, call 911.

Number	Description
1-415-752-3778 <i>After hours:</i> 1-800-971-0016	Institute on Aging's Crisis Hotline. For crisis and <u>social support</u> including suicidal feelings, grief, and depression.
415-970-4000	Mobile Crisis Team. For <u>psychiatric crises</u> .
800-273-TALK (8255)	Veterans Crisis Line
1-800-510-2020	The Department of Aging and Adult Services: <u>Information, Referral and Assistance.</u>
2-1-1 <i>(7-1-1 for the hearing impaired)</i>	Can call toll free from any phone for <u>services information</u> (for example, location and hours of shelters or clinics).
3-1-1	Call toll free from any phone for information on all <u>local government services</u> .
5-1-1	Call toll free from any phone for <u>transportation information</u> (for example, MUNI info).

SF Adult Probation

415-553-1706

850 Bryant St. (at 7th St.), Room 200

Mon-Fri 8am-5pm

Note: AB109 officers, the Sex Offender Unit, the Homeless Unit, and CASC are at 564 6th St.

You need to **contact your probation officer as soon as you are released** (the next day if you are released after 5pm).

- Be ready to provide them with your full name and birthday.
- Get to your first appointment on time.
- Try to stay calm. Your probation officer can help you develop a reentry plan.

Do not leave your first appointment without:

1. Understanding the conditions of your probation.
2. Knowing what you need to do to comply with any stay away, registration, weapons or search conditions.
3. **Taking advantage of how your probation officer can help you!** Tell him or her what you need and ask if they can help you. (See next page)

Examples of things your probation officer can help you with:

- ⇒ Can provide MUNI tokens, hygiene kits, meal and clothing vouchers
- ⇒ Can provide help getting your California ID from the DMV for a reduced fee
- ⇒ Can sometimes give you a referral for senior service programs at places like the **Curry Senior Center** (page 33) *(If your probation officer is willing, they can call the program and speak with a case manager for a few minutes to make it easier for you to get their services.)*
- ⇒ Can sometimes enroll you in a job training program
- ⇒ Can tell you if you are eligible for services at the **Community Assessment and Services Center** (CASC)? (See next page)
- ⇒ Can provide recommendations for emergency or permanent housing or where to go for medical care

Community Assessment and Services Center (CASC)

415-489-7300

564 6th St. (between Bryant St. and Brannan St.)

MTThF 8am-8pm, Wed 8am-5pm

The CASC is a **one-stop community reentry center** for formerly incarcerated adults under the supervision of the SF Adult Probation Department.

CASC Services include:

- Case management
- Transitional aftercare planning
- Mental health services
- Substance abuse services
- Cognitive behavioral treatment groups
- Employment readiness training
- Charter school
- Vocational training

Please talk to your SF Adult Probation Department, Deputy Probation Officer about CASC services.

Getting Started: Jail Records

How to get your jail records when you get out:

1. **Record of Arrest and Prosecution (RAP) Sheet.** You may have a local, state, and/or federal RAP sheet. You are responsible for making sure it's correct. To get your local San Francisco RAP sheet and for information on how to get your state and/or federal RAP sheet, bring your ID or jail bracelet to:

San Francisco Hall of Justice
850 Bryant Street
Identification Bureau, Room 475
Mon-Fri, 8am-3pm

2. **Proof of jail time.** If you were in jail for more than 30 days and less than 1 year, you may need a letter to restart any benefits. You can get the letter during business hours at **850 Bryant, Sixth Floor.**
3. **Jail Medical Records.** You can get a copy of your Jail Medical Records from **850 Bryant, Basement Room G-24.** Cost: \$15.00 + 25 cents/page. You can also ask your doctor to call the jail and request a copy (this is usually free).

Getting Started: Getting your ID

You will need a picture ID to get services at most organizations in the city, including benefits. Some organizations will accept your jail bracelet or temporary ID for a first visit—so **keep your jail bracelet until you get a picture ID.**

Temporary ID

The Police Department will give you a temporary ID. Visit them at **850 Bryant St, Room 475 (fourth floor)** after you are released.

Eventually, it will be helpful to have your:

1. Birth Certificate (Certified Copy)
2. Social Security Card
3. California Drivers License or ID Card

Getting Your Birth Certificate

If you were born in San Francisco:

Go to the Department of Public Health at:
101 Grove Street, Room 105 (Civic Center)
Mon-Fri 8am- 4pm (call 3-1-1)
It will cost \$14 and take around 30 minutes.

Have your: Full Name at Birth, Date of Birth, Mother's Maiden Name, Father's Full Name, Place of Birth (Hospital name, if known)

If you were born in California, but outside of San Francisco:

Go to the Recorder's Office in the county you were born in. *Call the County office first* to make sure this is possible and that you have what you need before you travel.

You can also request your birth certificate by mail (60 days to process) by sending a letter to:

California Department of Health Services
Office of Vital Records—M.S. 5103
P.O. Box 997410
Sacramento, CA 95899-7410

In your letter, include:

- Check or money order for \$14 made out to California Department of Health Services
- Birth Certificate Application and Sworn Notarized Statement (available at Department of Public Health, 101 Grove St, Room 105)
- Written request for a *certified copy* of birth certificate (include your mailing address)

If you were born outside of California:

Call the Recorder's Office in your home county.

Getting Started: ID

Getting Your Social Security Card

The Social Security Card is free. You need two things to get your Social Security Card:

A complete SS-5 Form

You can get this form and complete it at the Social Security Office (next page). If you do not know some of the information the form asks you for, check “unknown” or ask for help. You will need to provide an address where you can receive your social security card by mail in 7 to 14 days.

2. Proof of your U.S. Citizenship and Identity. This can be done with one of these:

- Birth Certificate
- U.S. Passport
- U.S. Driver’s License
- Certificate of Citizenship

If you don’t have one of these, you might be able to use an Employee ID card, School ID card, Health insurance card, or U.S. Military ID. Ask for help if this is the case.

You can get your Social Security Card at the following locations in San Francisco:

Social Security Office (Mission District)
1098 Valencia Street (at 22nd Street)
San Francisco, CA 94110
Mon-Fri, 9am-4:30pm (1-800-772-1213)

Social Security Office (Downtown San Francisco)
90 7th Street, Annex First Floor (at Mission Street)
San Francisco, CA 94103
Mon-Fri, 9am-4:30pm (1-800-772-1213)

Social Security Office (Financial District)
560 Kearny Street (at Sacramento Street)
San Francisco, CA 94103
Mon-Fri, 9am-4:30pm (1-800-772-1213)

If you are not a U.S. Citizen, you must provide your current immigration documents at the Social Security Office.

Getting Started: ID

Getting Your CA State ID or Driver's License

These are issued by the Department of Motor Vehicles (DMV). The two closest locations are:

San Francisco DMV Office
1377 Fell Street (at Baker Street)
San Francisco, CA 94117
1-800-777-0133

Daly City DMV Office
1500 Sullivan Avenue
Daly City, CA 94015
1-800-777-0133

To reduce wait time, make an appointment at the DMV online by going to www.dmv.ca.gov. Click on the yellow tab that says “online services” then select “Schedule Online Appointment”. Click “Office Visit Appointment” and follow the instructions.

Make sure you have everything you need before you go to the DMV. To find out what you need, call the DMV (800-777-0133) or see the next page. **Your probation officer can help you apply for a reduced fee (\$8.00) for a California ID.**

To get ID from the DMV you need 4 things:

- 1. Proof of Your Address.** This any piece of official mail that has been sent to you (in your name) at the address where you are staying. Try to bring something official, like a letter from a healthcare provider, phone company, or the department of probation or parole.
- 2. Proof of Birthdate.** Your Birth Certificate or Passport is best. If you are a recent parolee, your valid I-94 stamped “Parole or Parolee” or Certification from the California Department of Corrections will also work.
- 3. Social Security Card Verification.** If you used to have an ID and are getting a new copy, you only need your social security number. If this is your first time applying for an ID, you will need your social security card.
- 4. Completed form “DL 44”.** You can get this form at any DMV office or have it mailed to you by calling 1-800-777-0133.

Beware: The DMV can be frustrating. Waits can be long and it can take multiple visits to accomplish your goal. Stick with it.

Getting Started: BENEFITS

While you were in jail, your benefits may have been turned off. Use the following information to turn benefits back on or enroll for the first time.

- ⇒ For employment benefits, see **Employment** (page 54)
- ⇒ For veterans benefits, see **Resources for Veterans** (page 52)

Healthy San Francisco

This is for healthcare in the network of San Francisco clinics. To be eligible, you must be: a San Francisco resident, not eligible for Medi-Cal, uninsured for the last 90 days. To check eligibility, call **3-1-1** or the **Healthy SF Hotline**. Note: **You will be asked to select a clinic for primary care appointments. You must go to that clinic for all primary care visits.** See **Medical Care** (page 34) to choose the best clinic for you. You can switch clinics after 9 months (when you enroll again).

How to Apply/ Contact Information

To apply, schedule an appointment at a clinic near you by calling **Healthy SF Hotline: 415-615-4588**
Hours: *Mon-Fri 8:30am-5:30pm*

Bring these to your appointment:

- ID
- Proof of residency
- Proof of income and assets

CalFresh (Food Stamps)

Food funds for low-income, homeless, and elderly. Exclusions apply for certain felony convictions, including certain drug related convictions—call for more information.

How to Apply/ Contact Information

For information/ to apply, call: 415-558-1001

Or visit an office:

1. 1235 Mission St. (at 8th St.)

Mon-Fri 8am-12pm and 1-5pm

2. 3120 Mission St. (near Cesar Chavez St.)

Mon-Fri 8:30am-12pm and 1-5pm

Medi-Cal

Medical, dental, and vision coverage for low income adults. Priced according to income.

How to Apply/ Contact Information

For information, call: 415-777-9992 or 888-558-5858

To sign up, visit:

Human Services Agency:

415-863-9892

1440 Harrison St.

Mon– Fri 8am-5pm

It is a quick process and you do not need documentation. You only need to know your SSN.

Getting Started: BENEFITS (cont'd)

Note on County Adult Assistance Program (CAAP):

Getting cash through General Assistance (CAAP) is usually faster than enrolling in Social Security. You can enroll in General Assistance first then begin enrolling in other programs (Social Security, MediCal, etc.)

County Adult Assistance Program (CAAP)

Program Descriptions

Personal Assisted Employment Services (PAES):

Training and education for lasting employment. If you get this, an employment plan is created. It may include job workshops and substance abuse treatment.

General Assistance (GA):

If you cannot get or do not want PAES, you can try GA. GA will provide money and ask if you can participate in a community service program.

Both programs (PAES and GA) can give you:

- Free Muni passes/ tokens for job-related activities
- Shelter reservations and housing resources

How to Apply/ Contact Information

For information: 1-800-772-1213

To apply visit a **District Office** below:

1. Downtown. 90 7th. St. (at Mission) Annex 1st Floor.
1-866-964-5051
2. Mission. 1098 Valencia (at 22nd St.) 1-866-755-6823
3. Financial District. 560 Kearny St. (at Sacramento St.)

Note on Social Security Administration Benefits:

Enrolling can be complicated and frustrating.

Sometimes, it involves long waits and paperwork.

Start as soon as you can.

If you need help enrolling for the first time or enrolling after being denied, visit the **Volunteer Legal Services Program** first. **They will help you free.**

Volunteer Legal Services Program:

1360 Mission St. (at 10th St.), 2nd Floor, Room 201

Drop-ins: *Tuesdays 1:30-4pm*

415-575-3130

Social Security Administration Benefits

Program Descriptions

Medicaid: state-run benefits for SSI candidates

Medicare: medical benefits for 65+.

People under 65 may qualify for certain disabilities or end-Stage Renal Disease.

SSI: monthly payments for low-income aged, blind, and disabled

SSDI: monthly payments for aged, blind and disabled who have worked and paid taxes

How to Apply/ Contact Information

For information: 1-800-772-1213

To apply visit a **District Office** below:

1. Downtown. 90 7th. St. (at Mission) Annex 1st Floor.
1-866-964-5051
2. Mission. 1098 Valencia (at 22nd St.) 1-866-755-6823
3. Financial District. 560 Kearny St. (at Sacramento St.)

Getting Started:

Recommended Organizations

Three organizations that offer many resources on a drop-in basis are listed briefly here and in more detail on the following pages. These places can help you create your reentry plan.

Organization	General Information
Glide <i>See page 32</i>	415-674-6032 (<i>Walk-In Center/ Shelter</i>) 330 Ellis St. (at Taylor St.) Medical clinic, case management, housing/ shelter assistance, support groups and much more.
Canon Kip Senior Center <i>See pages 29-31</i>	415- 487-3300 705 Natoma St. (at 8th St.) ADRC services and more
Curry Senior Center <i>See page 33</i>	415-885-2274 (<i>call first, drop-ins for medical clinic only</i>) 333 Turk St. (at Leavenworth St.) Medical clinic, case management, housing assistance, support and social programs, mental health services

Aging & Disability Resource Centers

(ADRCs)

If you are **age 60+**, ADRCs will help you connect with many services in the city. **Their help is free.**

They can help you with:

- Transportation, housing and food
- Dental & medical care
- Employment & Training
- Medicare assistance, counseling and advocacy
- Translation services, including help with paperwork, applications, and forms

ADRCs can help you access most resources in this guide. If you are age 60 or older, you should visit an ADRC to become familiar with what they provide.

All services are offered at their **main site**: Canon Kip Senior Center. During certain days/ times, these services are also offered at other sites across the city (next page).

Canon Kip Senior Center	Languages
415- 487-3300 705 Natoma St. (at 8th St.) <i>Mon-Fri 8:30am-4:30pm</i> <u>ID</u> : needed. Jail bracelet and temporary ID accepted.	English, Tagalog, Cantonese, Mandarin, Spanish & Russian on certain days and times (call for schedule)

Canon Kip Senior Center **(ADRC main site)**

705 Natoma St.

415- 487-3300

Drop-in: *Mon– Fri 8:30am– 3:00 pm*

Age: 60+

I.D.: Required. Will accept temporary ID or jail bracelet and will help you get permanent ID.

General Services

In addition to regular ADRC services (listed on the previous page), Canon Kip also offers other free services for seniors. This includes:

- Hot lunches *Mon-Fri 11:30 am*, first come first serve
- Case management for housing and social services for low-income adults over age 60 (appointment needed)
- Access to computer lab, exercise classes, social activities, and occasional field trips
- Support groups, including one for homeless seniors currently held *Tuesdays 8:30 am*
- CHEFS: employment training in food services

Other Sites **(neighborhood in parentheses)**

ADRC services are offered at these sites during the listed *days/ times*. Call the main ADRC number (415-487-3300) for information on languages offered at each site.

Independent Living Resource Center (SOMA)

649 Mission St. 3rd Floor (at New Montgomery St.)

Tuesday 9:30am-3:30pm

Bayview Hunters Point Multi-Purpose Senior Citizens Center (Bayview Hunters Point, Visitacion)

1706 Yosemite (at 3rd St.)

Tuesday 10am-1pm

SF Senior Center (Tenderloin, Civic Center)

481 O'Farrell St. (at Jones St.)

Thursday 10am-2pm

Visitacion Valley Senior Center (Visitacion, Bayview Hunters Point)

66 Raymond Ave. (at San Bruno Ave.)

Monday 10am-1pm

Sunset Senior Center (Inner Sunset, Haight-Ashbury)

1290 5th Ave. (at Irving St.)

Tuesday 10am-12:30pm

Bayanihan Community Center (SOMA, Tenderloin)

1010 Mission St. (at 6th St.)

Thursday 1pm-2:30pm

Glide

330 Ellis St. (at Taylor)

Age: All ages

ID: Not necessary. They will help you get your ID. Jail bracelet and/or temporary ID is helpful.

Walk in Center: 415-674-6032

MTWTh 8:30 am-1 pm, F 8:30 am– 2 pm

Services Offered

- Case management
- Meals (separate time for seniors)
- Emergency shelter and shelter referrals
- Support programs
- Mental health and substance abuse treatment
- Getting ID and Turning on benefits

Note: Waits for a case manager are longer later in the day. Come *9:30-10am* for shorter waits.

Health Clinic: 415-674-6140

MTWTh 8:30 am-5 pm, F 8:30am– 12:30 pm

This clinic can meet most medical needs

- New patients: call ahead to make an appointment (you may have to wait 1-2 weeks). See a case manager at the Walk in Center first to make the intake process easier.
- Returning patients: call for an appointment or walk-in. Usual walk-in wait time is 2 hours.

Curry Senior Center

333 Turk St. (At Leavenworth St.)

415-885-2274

Mon-Fri 9am-5 pm

Age: Varies—55+ for clinic, 60+ for other services

I.D.: Required. Will accept temporary ID and help you get permanent ID.

Note:

- **There is usually a wait-list for new clients.** Please call before visiting to confirm they can accept you.
- **A referral from your probation officer may help you move ahead on the wait-list.** If willing, they can call and speak with a case manager for a few minutes to give you a referral and help you access services sooner.
- **You do not have to be an enrolled client to visit the health clinic.** Anyone can go to the health clinic. It doesn't matter if you are on the wait-list.

Services Offered

They specialize in serving seniors with case management. Services include:

- Meals and housing
- Support groups and social programs
- Mental health and medical services
- Referrals to partner organizations that also specialize in serving older adults

Health Clinic

Appointment only: *Mon-Fri 9 am– 5 pm*

Drop-in Urgent Care: *Tues 1-2pm and Fri 9-11am*

Part 2. List of Resources: Medical Care

As you get older, you are more likely to have several medical conditions at once. You should visit a clinic regularly.

There are many San Francisco clinics that will treat you for little or no cost. Those listed here specialize in serving older adults and can help you manage your health.

If a clinic does not work for you, ask them about other clinics that might serve you better. It may take multiple visits to find the right clinic for you.

To get medical equipment like canes or other health supplies, ask your doctor or contact

ReCares (next page).

Note: If it is too difficult for you to leave the house and visit a clinic due to your health, you may qualify for the **Institute on Aging Multipurpose Senior Services Program.**

This service provides comprehensive care to low-income adults age 65+ who are:

- 1) Currently housed (including SROs)
- 2) Nursing home eligible
- 3) Need to be treated at home to remain independent

Call 415-750-4111 to see if you qualify.

How to use the clinic system in San Francisco

- There are many clinics in the city. They are not all on this list. **These clinics will treat you and help you fill prescriptions for little to no cost and have shorter waits than hospital emergency rooms.**
- Many require that you live in a specific district, a referral, or an appointment for new patients. To avoid being turned down and/or long wait times, **call the clinic before visiting, especially if you are a new patient.** ADRCs and other **Recommended Organizations** (page 28) can also help you with these special requirements.
- **If you have a non-emergency situation that is still urgent,** most clinics here have a Drop-In Urgent Care Clinic that you can visit without calling first
- **If you are already assigned to a clinic** through Healthy SF or another benefits program, you most go to that clinic for Primary Care appointments. However, **you can still go to any Drop-In Urgent Care Clinic** for urgent situations.
- If you do not have health insurance and need to enroll in Healthy SF, clinics marked with the Healthy SF symbol can enroll you.



To enroll, make an appointment at that clinic and bring proof of: 1) ID 2) San Francisco residency 3) Income and Assets

Organization	General Information
Glide Health Services <i>See Recommended Organizations</i>	415-674-6140 330 Ellis St. (at Taylor St.) <u>Returning patient:</u> Appts Only: <i>MTWTh 8:30 am-5pm, F 8:30am-12:30 pm</i> <u>Drop-in:</u> (can be 2hrs—come early!): <i>M 8:30 am, 12:30pm, T 8:30am, W 8:30am, 12:30pm, Th, 12:30pm</i> <u>New patient:</u> Call for appointment
Curry Senior Center Health Clinic <i>See Recommended Organizations</i>	415-885-2274 333 Turk St. (at Leavenworth St.) Appts Only: <i>Mon-Fri 9am-5 pm</i> Drop-in Urgent Care: <i>T 1-2pm, F 9-11am</i>
HealthRight 360 <i>Several other locations—Call for more info</i>	415-391-9686 1520 Stockton St. <i>Mon-Fri 8:30am-5:30pm, Sat 8:30am-12pm, 1-5pm</i>
Tom Waddell Urban Health	415-355-7400 <u>Urgent Care:</u> (drop-in) 50 Ivy St. (at Van Ness) <i>Mon-Fri 8am-6:30 pm and Sat 9am-5 pm</i> <u>Primary Care:</u> (limited drop-ins) 230 Golden Gate Ave. (at Leavenworth) <i>Mon-Fri 8 am –5 pm</i>

Additional Notes

Ages: All ages

Medical or Dental: Medical

Payment: No insurance/ payment required

ID: Not necessary, jail bracelet or temporary ID helpful

Services: Primary care, urgent care



Ages: 55+

Medical or Dental: Medical

Payment: No insurance/ payment required

ID: Required. Will accept temporary ID.

Services: Primary care, urgent care, advice nurse (phone)

Ages: All

Medical or Dental: Medical and dental

ID: Not necessary, jail bracelet or temporary ID helpful

Other services: mental health, vision, pharmacy, bilingual



Ages: All ages

Medical or Dental: Medical and dental

Payment: No insurance/ payment required

ID: not necessary, jail bracelet or temporary ID helpful

Services: primary care, urgent care, dental

Other Services: substance abuse, mental health, HIV support, shelters, LGBT focus on Tuesdays (new patients 2-4 pm, appointments 5-8pm)



Medical (continued)

Organization	General Information
Southeast Health Center	415-671-7000 2401 Keith St. (at Armstrong St.) <i>MTThF 8am -5pm,</i> <i>Wed 8am-12pm, 2-5pm</i> Drop-in Nurse Clinic: <i>MTThF 12:30-3pm</i>
Transitions Clinic <i>At Southeast Health Center (above)</i>	415-671-7087 Ron Sanders <i>or</i> Juanita Alvarado (case managers) 2401 Keith St (Southeast Health Center) <i>Th 8am-5pm and F 8am-12pm</i> (Appointment only; No drop-ins)
UCSF Community Dental Clinic	(415) 476-1891 707 Parnassus Avenue Hours change—call in advance or get a referral/ appointment through a partner shelter (including Glide and Multi-Service Center)
Medical Supplies and Equipment	
ReCares	415-487-5405 63 Dorland St. (at Dolores St.) <i>Th 10 am -1 pm</i>

Additional Notes

Ages: All ages

Medical or Dental: Medical

Payment: No insurance/ payment required

ID: Required

Services: Medical, advice nurse, Transitions clinic (below)



Ages: All ages

Medical or Dental: Medical

Payment: No insurance / payment required

ID: You will need proof that you were recently in **prison**

Services: Comprehensive health services for people recently released from **prison**. Contact within two weeks of release if interested.



Ages: all ages

Medical or Dental: Dental

Payment: No insurance/ payment required

ID: required

Services: General dentistry (including cleaning, extractions, dentures, etc.)

*Complicated cases will be referred to the UCSF Student Clinic (same location). New patient visits cost \$12.

Free durable and disposable medical equipment (for example, canes, walkers, etc). All items have been donated and are gently used. Visit them on Thursdays between 10am-1pm or call for more information.

Medical (continued)

Organization	General Information
HIV Services	
<p>Note for HIV+ Women: WORLD (Women Organized to Respond to Life-threatening Disease) provides supportive resources for HIV+ Women. They are in Oakland near BART. To learn more, call 510-986-0340 or visit www.womenhiv.org</p>	
Positive Health Program at SFGH	<p>415-206-2400 (24/7) phone/emergency consultation SFGH, Bldg 80, Ward 86 Routine Appts and Drop-in Urgent Care: <i>Mon-Fri 8am-5pm</i> Evening Clinic, Scheduled Appts: <i>MW 5-8pm</i></p> <p><i>SFGH has many other clinic services, call for more information</i></p>
Opioid Replacement Therapy Clinics	
Methadone Clinic at SFGH	<p>415-208-8412 SFGH, Bldg 80, Ward 80 <i>Mon-Fri 7am-2pm</i></p> <p><i>SFGH has many other clinic services, call for more information</i></p>
OBIC	<p>415-552-6242 1380 Howard St. Second Floor</p>

Additional Notes

Ages: All ages

Payment: No insurance/ payment required (they can help you enroll)

ID: Required



Services: HIV testing, HIV family clinic, substance abuse counseling, social services, case management

Note: If you are HIV+ and not already enrolled in a program, it is helpful to get a referral while in jail (i.e. through the Forensics AIDS Project)

(Multiple clinics, information can change)

Ages: All ages

Payment: No insurance/ payment required (they can help you enroll)

ID: Required



Services: Opioid Replacement Therapy w/ methadone

Ages: All ages

Payment: Insurance required, must be eligible for public health in San Francisco

ID: Required

Services: Opioid Replacement Therapy w/ buprenorphine (must tolerate buprenorphine to qualify)

Mental Health Care

Mental health issues can impact your physical health and daily life and should be addressed. Most mental health clinics require referrals or have restrictions.

To get started, first visit or contact the Treatment Access Program (TAP) (below) for a referral. They can also help with referrals for substance abuse treatment.

Treatment Access Program (TAP)

General Information

San Francisco Behavioral Health Center

24/7 Access Lines: 415-255-3737 or 888-246-3333

1380 Howard St. (at 10th St.)

Mon-Fri 8:00-4:30 (Drop-ins accepted)

Visit 8:30-8:45am to avoid long waits

Additional Notes

Ages: All ages

Payment: No insurance/ payment required

ID: not necessary; jail bracelet or temporary ID helpful

Services: Referrals to mental health treatment. Request a program that serves older adults, like the

Senior Full Service Wellness Program (below).

Senior Full Service Wellness Program

Family Service Agency

1010 Gough St.

415-474-7310

Program

Director:

Jon-David Settell

Free mental health and substance abuse service for older adults.

They may have a waiting list. Call to ask about the waiting list or for more information on services.

If you need treatment and don't have a referral, try visiting one of the outpatient clinics below. Tell them that you were recently released from jail and you have a mental illness that needs immediate help. Showing your jail bracelet will help. **For immediate help, call the TAP 24/7 Access Line: 888-246-3333.**

Outpatient Mental Health Clinics (for adults Age 60+)	
<i>Clinic</i>	<i>General Information</i>
Geriatric Outpatient Mental Health Services <i>Family Service Agency</i>	415- 474-7310 1010 Gough St. (at Eddy St.) <i>Mon-Fri 9am-5pm</i>
Geriatric Services West <i>Family Service Agency</i>	(415) 386-6600 6221 Geary Blvd. (at 26th Ave.) <i>Mon– Fri 9 am-5 pm</i>
Central City Older Adults Program Director: Charles Rivera	415-558-5900 90 Van Ness St. (at Franklin St.) <i>Mon– Fri 8:30 am -5 pm</i> (need a referral for drop-ins)
Southeast Mission Geriatric Services	415-337-2400 3905 Mission St. (at College Ave.) <i>Mon– Fri 8:30 am- 5 pm</i> (no drop-ins; call first)

Alcohol and Drug Treatment

Drug and alcohol use may be caused by physical, mental, or emotional stress and can greatly affect your daily life. Although it might be temporary, it can easily become an addiction and should always be treated.

For Alcohol and/or Drug Treatment, it is best to contact Treatment Access Program (TAP) first (below). Some alcohol and drug treatment centers require a referral for free services.

Treatment Access Program (TAP)

General Information

San Francisco Behavioral Health Center

24/7 Access Lines: 415-255-3737 or 888-246-3333

1380 Howard St. (at 10th St.)

Mon-Fri 8:00-4:30 (Drop-ins accepted)

Visit *8:30-8:45am* to avoid long waits

Additional Notes

Ages: All ages

Payment: No insurance/ payment required

ID: not necessary; jail bracelet or temporary ID helpful

Services: Referrals to mental health treatment. Request a program that serves older adults, like the Senior Full Service Wellness Program (page 42)

Alcoholics Anonymous and **Narcotics Anonymous** offer free membership and group support at over 700 meetings in the area. To find out more about these resources, call 415-674-1821, visit www.aasf.org, or email health@aasf.org.

Other Programs	Additional Notes
Family Services Agency	
415- 474-7310 1010 Gough St. (at Eddy St.)	They have multiple programs for seniors, including the <u>Senior Full Service Wellness Program</u> (page 42). Call to find location for your needs.
Glide Health Services	
415-674-6140 330 Ellis St. (at Taylor St.) <i>Mon-Fri 8:30 am-5pm</i> (drop-ins accepted)	Counseling, support groups, and 90 day recovery program. <i>See Medical Care (page 34) for more information</i>
Tom Waddell Health Center	
415-355-7400 50 Ivy St. (at Van Ness Ave.) <i>Mon-Fri 8 am -8 pm and</i> <i>SatSun 9 am - 5 pm</i> (drop-ins accepted)	LGBT focus on Tuesdays. <i>See Medical Care (page 34) for more information</i>

Support Groups and Counseling

These places help people that are struggling with many things, including the loss of a loved one, difficult relationships, or the stress of reentry. Seeking support can help protect and improve your health.

Always call before joining a support group to confirm the schedule has not changed.

Organization	General Information
OMI Family Resource Center	415-406-1370 156 Broad St. (at Capitol Ave.) Drop-ins for other services: <i>MWTh 11am-4pm; F 11am-1pm</i> Grandparent support group: <i>Monday 11am-12pm</i>
Canon Kip Senior Center	415-487-3300 705 Natoma St.
Center for Elderly Suicide Prevention & Grief Counseling	Hotline: (800) 971-0016 3575 Geary Blvd. (at Palm Ave.) Drop-in: <i>Sat 10:30am-12pm</i>
Glide Foundation <i>Men In Progress</i>	415-771-8420 330 Ellis Street (at Taylor St.) Contact: Ray White or Darius Kittles Group Meetings: <i>Mon 3-6pm</i>
Senior Ex-Offender Program	415-822-1444 1706 Yosemite St. (at 3rd St.) Drop-ins: <i>MWF 9-11:30 am</i>

To speak with someone immediately, call one of the 24/7 support lines on page 12. Hotline: (800) 971-0016

Additional Notes

Ages: All ages

Services: Focus on rebuilding/ fostering family bonds.

Other Services: comprehensive case management, muni tokens, copiers, computers, food pantry

Support group for homeless seniors: *Tuesday 8:30 am*
*See **Shelters** (page 48) for more information*

Ages: All ages

Services: Several support groups for grief and depression, counseling, and 24 hr friendship hotline

Ages: All ages

Services: A support group that offers help with a number of challenges including post-incarceration support. The group will also refer you to similar resources if needed.

Ages: 50+

Services: Individual-group and family reentry counseling and case management post-release

Other Services: housing, direct referrals to many programs (including employment, mental health, substance abuse, education, and health)

Shelter

There are over 60 shelters in San Francisco. Many shelters, including most of the organizations listed here, also provide food. Some, like **The Sanctuary** and **Glide** (next page), also have special services for older adults.

How to use the shelter system in San Francisco

To access a shelter, you must 1) have a CHANGES profile and 2) reserve a bed in person at one of the **four reservation centers** (next page). Beds fill up fast—reserve early in the morning!

If you **do not** have a CHANGES profile:

Visit a reservation center to make one. No identification card is required but they will take your picture and a digital finger image (this is not a fingerprint and cannot be linked to other databases).

If you **do** have a CHANGES profile:

You can put yourself on a waitlist for long-term reservations by **calling 3-1-1**. A long-term reservation means you will have a shelter bed for 90 days. **You can call and put yourself on the waitlist while still in jail.**

Warning: only do this if you will be released soon.

Once you get off the waitlist, you must claim it in person within ten days. If you are still in jail after ten days and cannot claim it, they will give the bed to someone else and you will move back to the bottom of the waitlist.

Shelters with services for older adults	General Information
Glide <i>See table below</i>	Meals for seniors only: <i>Mon-Fri 7:30-8am</i> Other meals: <i>Mon-Fri 8-9am, 12-1:30pm, 4-5:30pm</i>
The Sanctuary	201 8th St. (at Howard St.), <i>next to Canon Kip ADRC</i> Shelter is for seniors only and <u>open 24/7</u>

Shelter Reservation Centers	General Information and Reservation Hours
Glide	415-674-6012 330 Ellis St. (at Taylor St.) <i>Daily 7-11 am and 4-9 pm</i>
MSC South Drop-In	415-597-7960; 525 5th St. (at Bryant St.) <i>Daily 5pm to 1am</i>
Mission Resource Center	415-869-7977 165 Capp St. (at 17th St.) <i>Mon-Fri 7am-12pm and 2-7pm; Sat 7am to 12pm</i>
United Council of Human Services Resource Center	415-671-1100 2111 Jennings St. (at Van Dyke Ave.) <i>Daily 7-9 am and 7-9 pm</i>

Permanent Housing

The organizations below can help you find housing (permanent or temporary). Many of them also help with transportation. The first 3 organizations shown here specialize in working with seniors. There are more housing resources than what is listed here.

For most housing opportunities, you will need to prove that you live in San Francisco and that you have some form of income *or* benefits. Many housing providers will then ask other questions and nearly all will have waiting lists.

Organization	General Information
Family Service Agency Geriatric Services	415- 474-7310 <i>See Mental Health (page 42)</i>
Canon Kip Community House	415- 487-3300 <i>See <u>ADRCs</u> (page 29)</i>
Senior Ex-Offender Program	415-822-1444 <i>See Alcohol and Drug Treatment (page 44)</i>
Tenderloin Housing Clinic	415-771-2427 473 Turk St. (at Larkin) <i>Mon-Fri 9:30am-4pm</i>
Community Housing Partnership (CHP)	415-929-2470 Many Locations (call first)
Project Homeless Connect	855-588-7968 25 Van Ness Ave., Suite 340 <i>MWTTh 8:30am-5pm; F 7am-2pm</i>

Unlike shelters, housing programs are not part of a single network. Many San Francisco housing organizations do not talk to each other. You should **visit multiple organizations and put yourself on several waiting lists for all housing programs you are interested in.**

It is very difficult to find affordable housing in San Francisco. Start looking as early as possible, always ask service providers and case managers where else you can look, and don't give up.

Additional Notes
Housing assistance, job and employment counseling.
Housing and budgeting assistance Specialized for disabled seniors <i>Connected with Canon Kip Senior Center</i>
Provides some transitional housing for older adults who have recently left jail or prison.
If you are homeless or staying in a shelter, you may qualify for their <i>Master Lease Program</i> . The program provides subsidized housing and case management.
Permanent Housing, Assistance getting ID, Case Management, Job Training and other services as needed.
Helps homeless adults transition to housing and provides connections to a variety of hard-to-reach services like benefits, clothing, food, and addiction treatment.

Resources for Veterans

If you are a veteran, there is a wide variety of excellent resources available to you in the city. However, keeping track of locations and hours is difficult. If you want to use veteran services, the easiest thing to do is to first visit the **VA Downtown Clinic** (below). At the Downtown Clinic, you can speak with a staff member to figure out what VA services you need and how to get them. Other programs to ask about are listed here.

VA Downtown Clinic (visit here first)	
415-281-5100 401 3rd St. (At Harrison) <u>General:</u> <i>Mon-Fri 8 am– 4:30 pm</i> <u>Drop-in for medical:</u> <i>Mon-Fri 8am</i> <u>Drop-in for social work:</u> <i>Mon-Fri 8-11 am</i>	This is a comprehensive homeless center that provides many services, including medical, therapy, and housing. Free transportation to VA Medical Center

Veterans Justice Outreach
An outreach program to help veterans who have been incarcerated get the treatment and services they need to stay out of jail. Services include housing assistance, health care, mental health, and employment.
How to Get Connected
Contact: Elizabeth Brett 415-281-5116; San Francisco VA Med Center Downtown Clinic 401 3rd St. Call for appointment and to confirm eligibility

**For immediate help, call
Veterans Crisis Line (24/7): 1-800-273-TALK (8255)**

Veterans Benefits

If you've served in the US Military, you may be eligible for a variety of benefits. There are multiple locations for these services. To get more information on programs and enrollment, call or visit one of the **Veterans Service Offices**

How to Apply/ Contact Information

Call or visit a **Veterans Service Office:**

1. 27B Van Ness Ave. 415-503-2000 or 800-807-5799

Hours: *Mon-Fri 9am-12pm and 1-4pm*

2. 4150 Clement St. Bldg. 2 Room 169. 415-379-5613

Hours: *MTWTh 7:30am-4 pm*

Swords to Plowshares

Provides the following resources to veterans: Health and social services, Supportive housing, Employment and training, and Legal Assistance.

How to Get Connected

To get started, visit their **Frontline Drop-In Center:**

415-252-4788

1060 Howard St. (at Russ St.)

Drop-in: *MTWTh 9-11:30am*

Appointments only: *MTWTh 1-5pm and F 9am-5pm*

Employment

Many of the organizations listed in this guide also provide employment counseling and training. If they don't, most organizations can at least refer you to an employment service. These organizations include our **Recommended Organizations** (page 28) and those listed in **Permanent Housing** (page 50) .

There are also government-sponsored programs that prepare you for employment, match you with an employer, and provide complimentary benefits. These are listed below. On the right page is a program that works with criminal justice involved individuals (“ex-offenders”).

County Adult Assistance Program (CAAP)

Programs

Personal Assisted Employment Services (PAES):

Training and education for lasting employment.

General Assistance (GA):

Money for participation in a community service program (if able).

How to Apply/ Contact Information

See **Benefits** (page 24) for more information

SF Reentry Program Navigator

Description

Program in partnership with Goodwill's Comprehensive Access Point (CAP). Provides employment services for individuals with a criminal record.

How to Apply/ Contact Information

1. Before enrolling, must first attend a **Goodwill Comprehensive Access Point (CAP) Orientation**

Comprehensive Access Point:

415-575-4570

1500 Mission St. (at 11th St.)

Orientation Hours: *Mon-Fri 10am*

2. After CAP Orientation, attend a **Reentry Program Navigator Orientation** to enroll in program. There are several dates and locations and you must **register 2 days in advance**.

Call 415-575-4570 to register and find an upcoming orientation near you.

Transportation (Map on first page)

Getting around the city to visit the places in this guide can be difficult. Luckily, many of the key organizations are walking distance from the jail (see map at beginning of booklet). There are also a few places where you can get free Muni Tokens (below). Finally, there are discounted public transportation monthly passes for seniors and low-income individuals.

Organizations that offer free Muni Tokens
San Francisco Adult Probation Office
OMI Family Resource Center
CAAP program (including PAES and GA)
Discounted Passes
SF Muni Monthly Pass for Seniors (Age 65+, \$23/ month) and Low-Income (\$33/month)
BART Green Ticket for Seniors (Age 65+, \$9 for a ticket with \$24 value)

San Francisco Paratransit

SF Paratransit offers door-to-door transportation for people with disabilities. It costs \$2.00 per one-way trip. To see if you are eligible and what services are available, call: 415-351-7000

General Information

415-553-1706

850 Bryant Street, Room 200; Hours: *Mon– Fri 8am-5pm*

2 muni tokens/ person. Call first to make sure they haven't run out.

415-406-1370

156 Broad St.

*See **Support Groups** (page 46) for more information*

Muni tokens for employment-related travel only.

*See **Employment** (page 54) for more information*

General Information

Must bring: 1) completed application 2) proof of residency 3) proof of income to 1 South Van Ness Ave (at Market) to purchase a pass.

Note: There are specific application dates according to last name. Confirm your day to apply at this website:

<http://www.sfmta.com/getting-around/transit/fares-passes/low-income-lifeline-pass>

Tickets sold at booths in these BART stations: Embarcadero, Civic Center, Montgomery

Part 3. Important Health Information: Health Tips for Older Adults

Health and Aging Basics

As you get older, managing your health becomes very important. Change is difficult, and the changes that come with aging can be challenging.

The key is to **be proactive**. Don't wait until you have a serious health problem to visit a clinic doctor:

- Stay informed about your health

- Visit the same clinic doctor when possible

- Pay attention to your body

- Discuss any concerns or changes with a doctor

- The Emergency Room is not a clinic and is best for emergency care only

Maintain a balanced lifestyle, try your best to:

- Exercise (i.e. walking)
- Be social—hang out with people who are positive influences

Any of the **Medical Clinics** (page 34) or **Recommended Organizations** (page 28) in this guide can help you find support and stay active—even if you have a disability or have trouble getting around. The following sections cover some important health issues you should be aware of.

If you have any questions, visit a clinic and ask a doctor.

Falls

Falls are the most common cause of injury in older adults. Having trouble with the activities listed below may mean you are at risk for falling.

Tell a doctor if it is hard for you to:

- a) Eat, b) Shower, c) Get dressed,
- d) Get in or out of bed,
- e) Use the bathroom (including sitting down or getting up from the toilet)

Also tell a doctor if it is hard for you to
(in the community):

- a) Take your medicines when you are supposed to,
- b) Keep track of money, c) Use buses or public transportation to get around, d) Get food

The following **tips** can help you keep moving, stay safe, and avoid dangerous falls.

Talk to a doctor: make a fall prevention plan with them.

If you fall, describe how it happened—share if you were dizzy or what medications you were taking.

Exercise: this affects almost all parts of your health.

Regularly doing the simple exercises on the following two pages will help you maintain your strength and balance. Ask your doctor for more easy exercises.

Stay away from potential hazards: many things can make you trip or slip. As you get older, it is harder to catch yourself. Avoid slippery floors and use handrails and ramps when possible.

Use aids if necessary: including canes and walkers.

Recommended Exercises—Fall Prevention

(Can perform in a small space with a chair as your aid)

Place one leg forward, bent,
other leg behind and straight.
Lean forward keeping back
heel flat.

Hold 30-60 seconds
while counting out loud.

Repeat with opposite leg.

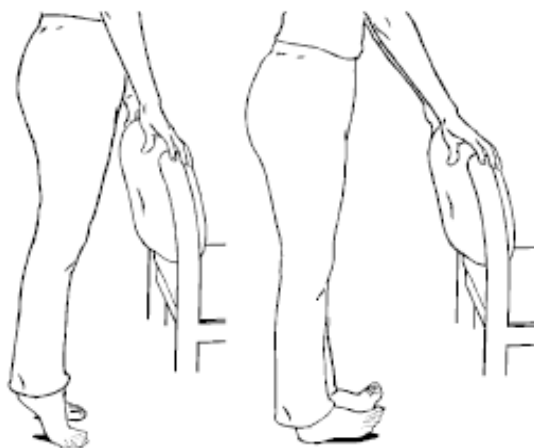
Repeat 5 times.
Do 2 sessions per day.



Holding stable object, raise knee
to hip level, then lower knee.
Repeat with other knee.

Repeat 10 times.
Do 2 sessions per day.



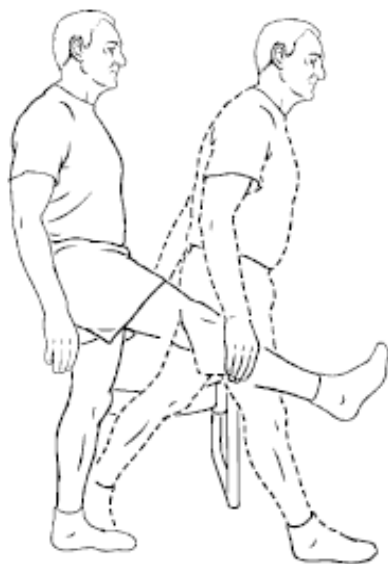


Gently rise up on toes, then roll back on heels.

Repeat 10 times. Do 2 sessions per day.

Holding on to a sturdy object, swing one leg out as far as possible, taking a big step.

Repeat with other leg.



Repeat 10 times.

Do 2 sessions per day.

Recommended Exercises—Fall Prevention (cont'd)

Holding on to support, lift one leg up while maintaining balance over single leg. Progress to removing hands from support surface for longer periods of time.

Hold 30-60 seconds.

Repeat 10 times
per session.

Do 2 sessions per day.

To advance this exercise, you can perform standing on a pillow.



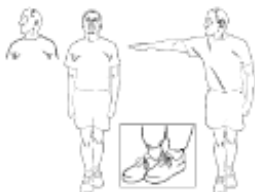
With feet a few inches from wall, lean as much of back against the wall as possible. Gently squat down 2-4 inches, keeping back against wall.

Hold 30 seconds while
counting out loud.

Repeat 10 times.

Do 2 sessions per day.



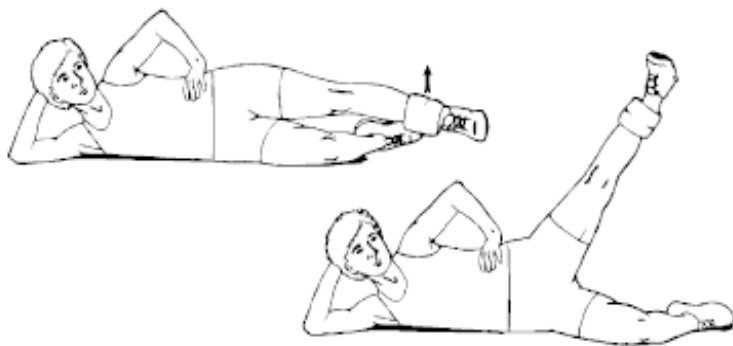


Stand feet next to each other, one slightly in front:

1. Look right 5 times.
2. Look left 5 times.
3. Look up 5 times.
4. With right arm, reach right, left, forward, and back.
5. With left arm, reach left, right, forward, and back.

When you can perform this easily and without losing your balance, stand heel to toe.

Repeat 5 times. Do 2 sessions per day.



Top leg straight, sweep leg upward as far as possible.
Complete all repetitions to one side. Repeat on other side.

Do 2 sets. Complete 10 repetitions.

Health Tips for Older Adults (cont'd)

Memory and Brain Function

As you get older, some changes to your memory and how you think are normal and others are not. It is important to keep track of changes and talk about them with your doctor. The sooner your doctor knows about a change that is not normal, the better they can take care of it.

Some important things to know:

- Changes in how you feel, act, and sleep could be important. Bring them up with your doctor. Examples of changes include missing appointments or trouble remembering recent events
- If you are taking several medications at once, they can affect your mind. Tell your doctor if you think your medicine is changing your cognition/ memory
- Drugs and alcohol can also create these changes

Not treating memory and brain function changes can affect your safety. It can also lead to repeat arrests.

Depression (feeling sad or down more than normal)

Older adults experience depression for a variety of reasons. If you think you are depressed, seek help right away. Tell your doctor. Untreated depression can affect your health and memory and make your daily life more difficult. (continued on next page)

Depression (cont'd)

Stay social and active—attend support groups or activities at one of our **Recommended Organizations** (page 28). If you are a veteran or have PTSD (experienced trauma), you are more at risk for depression and dementia (memory loss). Tell your doctor about any changes, including if some past memories are becoming more vivid than recent ones.

Medication Management (using your medicine the right way)

You may have to take several medications at once. Keep a list of when and how to take your medications. You can write this down in the **Medication List** (page 68) in this guide and ask the staff at clinics for help with this or visit a pharmacy and talk about it with the pharmacist.

Important tips:

- Some medications can have negative effects if taken together.

Even if it's not a prescription (i.e. vitamins), they can interact badly with other medications

- Your needs can change over time, just because a certain dose made you feel better before doesn't mean it works today—it is normal for your doctor to adjust a dose.
- Your doctor might not know that the medicine you take makes you feel sick—Tell them right away.
- DO NOT mix medications with drugs, alcohol and other substances. This is extremely dangerous.

Health Tips for Older Adults (cont'd)

Alcohol and Substance Use

If you had alcohol and substance addictions before jail, seek help right when you are released!

Please see our **Quick Note on Overdose** (page 12) and list of organizations for **Alcohol and Drug Treatment** (page 44) for more information.

Remember, as you age:

- Your tolerance for drugs and alcohol is less
- You are at higher risk for overdose
- Mixing drugs and alcohol with your medications is dangerous
- Substance use can make age-related health problems worse and lead to new health problems

Quick Tips for Managing your Health in Jail

Managing your health in jail is very challenging. Although the focus of this guide is to help you stay healthy in the community, here are some quick tips to remember while in jail.

Partner with the jail health staff to create a care plan. Ask a clinician about the health topics discussed in this guide and how to address these issues in jail.

(continued on next page)

Quick Tips for Managing your Health in Jail (cont'd)

Stay Active. Exercise your body and mind. You can do the exercises on page 60 in your cell. It also helps to stay social and read (you can read this guide!). Laying or sitting down in your cell for too long can make you feel drowsy and worsen health symptoms.

Form a reentry plan. Use your time in jail wisely. Think about how you will take care of your health issues in the community. Go through this guide with jail health staff and discharge planners. Thinking ahead will make everything easier once you are released.

Communicate. People around you may not understand what health challenges you are facing.

Tell jail health staff about new health issues. Health staff have unique ways to help you. For example, if you are in the top bunk and have difficulty getting in or out of bed, they may be able to make a note on your medical record and get you a bottom bunk.

Tell deputies if age-related health issues are creating difficult situations—they have no other way of knowing this. For example, if arthritis forces you to walk slowly or if you must request using the bathroom more often because you're having trouble holding urine. To prevent other people from knowing, try telling them you have sensitive information to share and see if they will step into a quieter area.

My Medication List

You can use this list to keep track of all of your medications. It would be most helpful if you bring this list with you to all of your doctor’s appointments and have your doctor fill it out with you.

Name of Medicine	What It Is For	Color and Shape	Date Started
1)			
Notes/Questions for your primary care nurse or			
2)			
Notes/Questions for your primary care nurse or			
3)			
Notes/Questions for your primary care nurse or			

Doctor and Clinic	Dosage	Instructions
doctor (i.e. if the medicine makes you sick):		
doctor (i.e. if the medicine makes you sick):		
doctor (i.e. if the medicine makes you sick):		

My Medication List (cont'd)

Name of Medicine	What It Is For	Color and Shape	Date Started
4)			
Notes/Questions for your primary care nurse or			
5)			
Notes/Questions for your primary care nurse or			
6)			
Notes/Questions for your primary care nurse or			
7)			
Notes/Questions for your primary care nurse or			

Doctor and Clinic	Dosage	Instructions
doctor (i.e. if the medicine makes you sick):		
doctor (i.e. if the medicine makes you sick):		
doctor (i.e. if the medicine makes you sick):		
doctor (i.e. if the medicine makes you sick):		

My Medication List (cont'd)

Name of Medicine	What It Is For	Color and Shape	Date Started
8)			
Notes/Questions for your primary care nurse or			
9)			
Notes/Questions for your primary care nurse or			
10)			
Notes/Questions for your primary care nurse or			
11)			
Notes/Questions for your primary care nurse or			

Doctor and Clinic	Dosage	Instructions
doctor (i.e. if the medicine makes you sick):		
doctor (i.e. if the medicine makes you sick):		
doctor (i.e. if the medicine makes you sick):		
doctor (i.e. if the medicine makes you sick):		

My Appointments

You can keep track of future appointments here. It might help to have a staff member write down information for your next appointment for you.

Appointment Type (i.e. medical)	
Place (i.e. Glide)	
Date and Time	
Contact (name of person you are visiting or someone helpful)	
Phone	

Appointment	
Place	
Date and Time	
Contact	
Phone	

Appointment	
Place	
Date and Time	
Contact	
Phone	

If you meet someone you think is helpful, remember to write down their name and phone number!

Appointment	
Place	
Date and Time	
Contact	
Phone	

Appointment	
Place	
Date and Time	
Contact	
Phone	

Appointment	
Place	
Date and Time	
Contact	
Phone	

Appointment	
Place	
Date and Time	
Contact	
Phone	

Notes

[illegible]

[illegible]

More Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

More Information

The annual “Services for Seniors and Adults with Disabilities” guide developed by the San Francisco Department of Aging and Adult Services Intake Program is an excellent source of information regarding community resources for older adults in San Francisco and informed this guide.

The 2013 version of this guide can be found at:

[http://www.sfhsa.org/asset/
SeniorsAdultswithDisabilities/Guide_2013.pdf](http://www.sfhsa.org/asset/SeniorsAdultswithDisabilities/Guide_2013.pdf)

The San Francisco Reentry Council publishes a guide to community reentry for those leaving the San Francisco jail. This guide is over 200 pages and includes comprehensive information on housing, employment, benefits, medical treatment, and other important areas of support.

You can find this guide online as well at:

<http://sfreentry.com/resource-guide/>

To find resources near you with your mobile phone, visit www.link-sf.com. This website was designed for mobile phones to help homeless and low-income San Francisco residents locate nearby resources.

Authors

Marielle Bolano, Cyrus Ahalt MPP,
and Brie Williams MD, MS
from the UCSF Division of Geriatrics

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