



Resources, Assistance,
& Referrals for Seniors
and Adults with
Disabilities

The Aging and Disability Resource Center (ADRC) provides:

Information and Referrals to:

Para transit and SF Muni Transportation Services
PG&E Low-Income Home Energy Assistance Program
SFPUC Customer Assistance Program (CAP)
Assistance to apply for discounted meals via SFChampss
Food Pantries/ Access to Free Groceries
Cal fresh Services
Applications for MediCal and Medicare
In-home support services (IHSS)
Case management through the Department of Disability and Aging
Services (DAS)
Community and Home Injury Prevention Program for Seniors
(CHIPPS) Services
Adult Day Center: Cognitive and Physical Impairments
and so much more ...

For more information, please contact:



(415) 334-5558

(415) 801-4784



speng@catholiccharitiessf.org
ybucay@catholiccharitiessf.org



SAN FRANCISCO HUMAN SERVICES AGENCY

**Department of Disability
and Aging Services**