The Purpose of this Guide is to help people who are HIV-positive and 50+ get the services they need as well as the services they want in San Francisco. This city is home to a variety of HIV supportive services that cater to people who are 50+. Services not only include basic necessities like food, healthcare, and housing, but also social groups, legal aid, financial assistance, and many other service categories. Thank you for using Positive Resource Center’s Guide to Thrive.

Contents

• **Resources for People who are HIV-Positive **\underline{AND} 50+ with Eligibility Chart (pages 3-5)

• **Resources for People who are HIV-Positive **\underline{OR} 50+ (pages 6-7)

• **Additional Resources **not specific to people who are 50+ or HIV-positive (page 8)

• **Appointment Preparation Worksheet **(page 9)

• **Health Insurance Information Sheet **(page 10)

• **Viral Load Tracker and Notes **(page 11)

**PLEASE NOTE** that many of the organizations listed below require referrals made by case managers. If you are interested in case management, please contact one of the organizations labeled with a blue notepad icon.

For a full list of resources for clients who are HIV-positive, please visit the HIV Health Services Resource Guide available here: [http://sfhivcare.com/#guide](http://sfhivcare.com/#guide)

**DISCLAIMER:** This guide is not exhaustive. Organizations included in this guide specifically serve people who are 50+ and/or HIV-positive San Francisco residents. There are many other organizations that offer a broad spectrum of HIV services and/or broad spectrum support services for people 50+. Additionally, many of these programs have eligibility criteria beyond being 50+ and/or HIV-positive. Please call each organization directly for full program eligibility criteria.

**SPONSORS (DPH, GTZ):** Thank you to the San Francisco Department of Public Health, Getting to Zero San Francisco, and our community partners for making this guide possible.
Resources for People who are HIV-Positive AND 50+ with Eligibility Chart

The following resources offer programs or services specifically focused on people who are HIV-positive AND ALSO over 50. See page 6 for additional resources for people who are HIV-positive OR over 50.

### KEY CATEGORIES

**Red: Basic needs**
- **FOOD**
- **HOUSING**

**Orange: Psychosocial Services**
- **SOCIAL SUPPORT**
- **MENTAL HEALTH SERVICES**
- **SUBSTANCE USE SERVICES**

**Yellow: Health and Wellness**
- **HOLISTIC MEDICINE**
- **FITNESS**
- **WRAPAROUND HEALTHCARE**
- **PHARMACY**
- **URGENT CARE/EMERGENCY ROOM**

**Green: Finances**
- **EMPLOYMENT SERVICES**
- **FINANCIAL ASSISTANCE**

**Blue: Legal/Government**
- **CASE MANAGEMENT**
- **IMMIGRATION**
- **LEGAL AID**

### FINANCIAL ASSISTANCE AND EMPLOYMENT SERVICES

**AIDS Emergency Fund**
12 Grace Street, Suite 300
415-558-6999
Emergency financial assistance and eviction prevention grants.

**Senior and Disabled Housing Subsidy Program, The Q Foundation (formerly AIDS Housing Alliance)**
350 Golden Gate Avenue
415-552-3242
Housing subsidies and rental assistance.

**Lutheran Social Services**
191 Golden Gate Avenue
415-581-0891
Money management and representative payee services for low-income HIV-positive residents of San Francisco.

**Positive Resource Center**
785 Market Street, 10th Floor
415-777-0333
Comprehensive benefits counseling and employment services for people living with HIV/AIDS.

### LEGAL AID

**API Legal Outreach**
1121 Mission Street
415-567-6255
Legal and social services for people 18-59 with a disability and seniors 60+.

**HIV50+ Project, AIDS Legal Referral Panel**
1663 Mission Street, Suite 500
415-701-1100
Legal representation, trainings and educational presentations on housing, insurance, estate planning, etc.

**Positive Resource Center**
785 Market Street, 10th Floor
415-777-0333
Comprehensive benefits counseling and employment services for people living with HIV/AIDS.

### FOOD

**Home-Delivered Meals and Emergency Meal Programs, Department of Aging and Adult Services (DAAS)**
2 Gough, 2nd Floor
415-355-6700
Home delivered meals and emergency meals for seniors and adults with disabilities.

**Project Open Hand**
730 Polk Street
415-447-2300
Meals and groceries for critically ill neighbors and seniors.

### SUBSTANCE USE

**The Stonewall Project**
1035 Market Street
415-487-3100
Harm reduction-based counseling, treatment, and support services for men who have sex with men (MSM).
## SOCIAL SUPPORT

**Elizabeth Taylor 50-Plus Network**  
1035 Market Street, Suite 400  
415-487-3123  
Wellness network for gay, bisexual, and trans men age 50+ in the Bay Area.  

**Honoring Our Experience**  
415-674-4706  
GCassin@Shanti.org  
Retreats and workshops for long-term survivors that honor the healing power of community.  

**Let’s Kick ASS (AIDS Survivor Syndrome)**  
4111 18th Street, #5  
415-999-2788  
A movement for HIV long-term survivors to reclaim their lives, end isolation, and envision a future.  

**Openhouse**  
65 Laguna Street  
415-296-8995  
Housing, housing resources, and social support for LGBT seniors.  

**Pets Are Wonderful Support (PAWS)**  
3170 23rd Street  
415-979-9550  
Assistance for people who are chronically ill, frail, or isolated by disease or age to maintain companion animals.  

**Shanti Project**  
730 Polk Street  
415-674-4700  
Several social support groups and care navigation to enhance quality of life.  

**Westside Community Services**  
1153 Oak Street  
415-431-9000  
AIDS case management and home care services.  

## MENTAL HEALTH

**Sí a la Vida, Instituto Familiar De La Raza**  
2919 Mission Street  
415-229-0500  
Mental health and substance use counseling and peer advocacy.  

**UCSF Alliance Health Project**  
1930 Market Street  
415-476-3902  
Mental health crisis services, psychiatry, psychotherapy, groups, neuropsychological testing, substance use counseling, and case management services.  

## HEALTHCARE

**50+ Silver Project, UCSF 360 Wellness Center**  
350 Parnassus Avenue, Suite 908  
415-353-2119  
HIV treatment, primary care, pharmacy services, geriatrician support, telemedicine, and psychiatry.  

**Golden Compass, Ward 86**  
995 Potrero Avenue, 7th Floor  
415-206-2473  
Multidisciplinary medical care and social support for people 50+ who are HIV-positive.  

**Laguna Honda Hospital and Rehabilitation Center**  
375 Laguna Honda Boulevard  
415-759-2300  
24-hour medical support, with specialized treatment for AIDS dementia.  

**Maitri**  
401 Duboce Avenue  
415-558-3010  
Compassionate residential care for people in need of hospice or 24-hour respite care. Referrals through medical provider.  

**Tenderloin Health Services**  
330 Ellis Street  
415-674-6140  
Primary care, urgent care, chronic disease management, HIV testing and education.
## Eligibility Chart for Resources on Pages 3-4

<table>
<thead>
<tr>
<th>Organization</th>
<th>Medicare-funded</th>
<th>Medi-Cal-covered</th>
<th>Healthy SF-covered</th>
<th>Covered CA</th>
<th>Uninsured or Sliding Scale</th>
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**DISCLAIMER:** The eligibility criteria above reflects basic eligibility. The organizations listed above may have additional criteria not listed here.
Resources for People who are HIV-Positive OR 50+

These organizations serve clients of different backgrounds, but often focus on clients who are HIV-positive OR 50+.

**SOCIAL SUPPORT**

30th Street Senior Center  
225 30th Street  
415-550-2210  
Largest multipurpose senior center with health, wellness, fitness, case management, and meal programs.

Catholic Charities  
65 Beverly Street  
415-334-5558  
Adult day services and care, case management, and senior center services.

Healing Waters  
167 Fell Street  
415-552-1190  
Weekend river rafting and camping trips for people living with HIV.

Rita de Cascia, Catholic Charities  
1652 Eddy Street  
415-202-0941  
Intensive, coordinated case management services to women and children impacted by chronic illness and homelessness.

Senior Center Without Walls  
www.seniorcenterwithoutwalls.org  
1-877-797-7299  
Promotes social interaction and community via groups held over the phone.

**MENTAL HEALTH**

Baker Places  
Multiple Locations  
415-864-1515  
Crisis, transitional, and residential housing for people who are mentally ill, have HIV/AIDS, or have issues with substance use.

Felton Institute  
1500 Franklin Street  
415-474-7310  
Intensive case management, geriatric outpatient mental health services, older day support center, and senior peer recovery center.

**SUBSTANCE USE**

South Van Ness Adult Behavioral Health Services  
755 South Van Ness Avenue  
415-642-4580  
Case management and mental health services.

BAART  
1111 Market Street  
415-863-3883  
433 Turk Street  
415-928-7800  
Treatment centers and primary care clinics for opioid use disorder treatment and rehabilitation.

Baker Places  
Multiple Locations  
415-864-1515  
Crisis, transitional, and residential housing for people who are mentally ill, have HIV/AIDS, or have issues with substance use.

Golden Gate for Seniors, C.A.T.S.  
1171 Mission Street  
415-626-7553  
Residential recovery facility designed to help residents achieve a more meaningful life without drugs and alcohol.

A Woman’s Place  
1049 Howard Street  
415-487-2140  
Twenty-four hour supportive residential services offering emergency DV shelter, 90-day shelter beds, substance use treatment, and long-term transitional housing for self-identified women.

**HEALTHCARE**

AIDS Healthcare Foundation  
San Francisco  
518A Castro Street  
415-552-2814  
Healthcare related to HIV management and access to specialists, medications, and services for wrap-around medical care.

API Wellness Center  
730 Polk Street  
415-292-3400  
Wraparound medical care, case management, and social support for people of color and the LGBTQ population.

Castro-Mission Health Center  
3850 17th Street  
415-934-7700  
HIV clinic providing medical services and counseling to people with HIV/AIDS/ARC.

Curry Senior Center  
333 Turk Street  
415-885-2274  
Wraparound health clinic and general care for the elderly.

San Francisco City Clinic  
356 7th Street  
415-487-5500  
Free or low-cost diagnosis and treatment of sexually transmitted diseases.

Tom Waddell Urban Health Clinic  
230 Golden Gate Avenue  
Urgent Care Facility: 50 Ivy Street  
415-355-7400  
Health clinic for non-urgent medical appointments.

Clinica Esperanza  
240 Shotwell Street  
New Client Inquiries: 415-552-1013 x 2234  
Bi-lingual, compassionate medical care and supportive services for people who are HIV-positive.

**DENTAL AND VISION**

OneSight Program  
3251 20th Avenue  
415-566-9292  
Free pair of eyeglasses and an eye exam.

Ryan White Dental Clinic  
50 Ivy Street  
415-335-7527  
2401 Keith Street  
415-671-7066
University of Pacific Ryan White Dental Program
155 Fifth Street, Second Floor
Specialty Clinic
415-929-6448
Preventative treatment, same-day emergency dental care, fillings, root canals, dentures, and oral surgery for people living with HIV.

FOOD

CHAMPSS Program
731 Sansome Street, Suite 10
415-677-7600
Provides seniors with healthy, dietician-approved meals at two locations in the city.

GLIDE
330 Ellis Street
415-674-6043
Nutritious meals, 364 days a year, to the city’s poor, homeless and hungry.

Meals on Wheels
1375 Fairfax Avenue
415-920-1111
Home delivered meals, nutrition counseling, social worker visits, and volunteers to help seniors who are 60+ with miscellaneous tasks.

St. Anthony’s
150 Golden Gate Avenue, 2nd Floor
415-241-2600
Nutritious meals and diet and nutrition counseling to marginalized individuals and families.

Supplemental Food Program, SF-Marin Food Bank
Call 2-1-1 for locations and requirements.
Provides a monthly box of quality USDA food to low-income seniors, at least 60 years of age. 15 distribution days in SF.

HOUSING RESOURCES AND SUBSIDIES

To find open housing, apply to a lottery, or check lottery results, visit S.F.’s Housing Portal at https://housing.sfgov.org.

Community Living Fund, Institute on Aging
2 Gough Street
415-355-6700
Transition assistance for lower income San Francisco County residents to help achieve independence outside of hospitals and care facilities.

Dolores Street Community Services
938 Valencia Street
415-282-6209
52-unit supportive housing site for formerly homeless individuals with special needs and homeless men/women with disabling HIV/AIDS.

Housing Subsidy Program, San Francisco AIDS Foundation
1035 Market Street, 4th Floor
415-487-8079
Makes housing more affordable by subsidizing rental payments.

Marty’s Place
1165 Treat Avenue
415-399-0943
Housing for low-income people living with HIV/AIDS.

Rafiki Coalition On AIDS
601 Cesar Chavez Street
415-615-9945
11-bed transitional house for residents dealing with HIV/AIDS, homelessness, substance abuse, and/or mental health concerns.

LENSAL AID

Bay Area Legal Aid
1800 Market Street, 3rd Floor
415-982-1300
Free civil legal assistance, including legal advice and counsel, effective referrals, and legal representation.

Health Insurance Counseling and Advocacy Program (HICAP)
601 Jackson Street, 2nd Floor
415-677-7520
Medicare counseling for people 65+ who have Medicare, people soon to be eligible for Medicare, and people eligible for Medicare due to a disability.

Legal Assistance to the Elderly
701 Sutter Street, 2nd Floor
415-538-3333
Provides free, full-scope representation to elderly and disabled residents.

Positive Resource Center
785 Market Street, 10th Floor
415-777-0333
Comprehensive benefits counseling and employment services for people living with HIV/AIDS.

EDUCATION

City College of San Francisco
50 Phelan Avenue
415-452-5839
Offers free cognition, arts and crafts, physical fitness, computers, literature, and music classes.

ElderCollege Program, San Francisco State University
1600 Holloway Avenue
415-405-7700
Advancement of personal education by attending regular SF State courses with instructor approval. Fee is $55 per semester.

San Francisco Public Library
100 Larkin Street
415-557-4400
Free classes on topics such as computers, tai chi, economics, software, and much more.

SF Connected
1650 Mission Street, 5th Floor
415-355-3555
Free computer tutoring and support to seniors and adults with disabilities.
Additional Resources

The following resources are not dedicated to people who are HIV positive OR 50+, but can be valuable tools to these groups.

PET AND SERVICE ANIMAL ASSISTANCE

Assistance Dog Special Allowance Program
916-657-2628
Provides monthly payment of $50 for people with a guide, signal, or service dog.

Brown Dog Foundation
www.browndogfoundation.org
Funding to people with a sick pet who cannot afford treatment due to unforeseen circumstances.

NON-URGENT MEDICAL SERVICES

Drug Take Back Kiosk, Department of Public Health
1380 Howard Street, Room 130
415-255-3659
Free personal prescription medication disposal.

Positive Being
415-821-6477
Massage therapy for people who are HIV-positive.

Safe Medicine Disposal, San Francisco Department of the Environment
415-252-3800
Free disposal of prescription medications.

CELL PHONE SERVICES

California Lifeline Program
www.californialifeline.com
Provides discounted home phone and cell phone services to qualified households.

OTHER LEGAL SERVICES

AIDS Legal Referral Panel
Notary Services
415-701-1100

San Francisco Public Defender
555 7th Street
415-553-1671
Legal representation for those charged with a crime who are unable to afford an attorney.

Second Chance Legal Clinic
415-814-7610
Assists people who are experiencing barriers to employment and housing due to past arrest and conviction records.

Traffic Ticket Amnesty Program
415-551-8550
Program for reduction of traffic ticket costs.

PSYCHIATRIC CRISIS LINES

Psychiatric Emergency Services:
415-206-8125

SF DPH Mobile Crisis Team:
415-970-4000

SF Suicide Prevention:
415-781-0500

Westside Community Crisis:
415-355-0311

EMERGENCY SHELTER

DIAL 311

Glide Walk-In Center:
415-674-6012

Mission Neighborhood Resource Center:
415-869-7977

Multi-Service Center (MSC) South:
415-597-7960

United Council of Human Services, The Bayview Hunters Point Multiservice Center:
415-671-1100

Emergency Numbers

Government Aid

CalFresh (monthly food benefits):
415-558-4700

County Adult Assistance Programs
(financial assistance for adults):
415-558-2227

Medi-Cal (free or low-cost health care coverage):
855-355-5757

Social Security (financial assistance for seniors and people with disabilities):
1-800-772-1213

Looking for a service not listed in our guide?
Contact the Department of Aging and Adult Services Intake Hotline:
415-355-6700

Housing

Community and Home Injury Prevention Project for Seniors (CHIPPS):
628-206-7627
Department of Public Health program created to promote awareness of, make corrections for, and provide resources about common household injuries that older people experience.

Department of Building Inspections:
415-558-6088
Helps senior and disabled tenants with safety inspections, securing improvements and upgrades in their rental units.

San Francisco Housing Authority:
415-715-5200
Mayor’s Office on Housing:
415-701-5500
Appointment Preparation Worksheet

What should you bring for your first appointment?

When going to an appointment at a new organization, try to bring as many items listed below as possible.

(  ) Documentation of HIV Status
(  ) Valid identification (driver’s license, SF city ID card, passport etc.)
(  ) Proof of residency
(  ) Proof of income, if any
(  ) Insurance card, if any
(  ) List of questions you would like to ask

Please note: this list is neither exhaustive nor is every item crucial for every single appointment. When scheduling an intake appointment, ask the scheduler for a list of required documentation.

Appointment Organizer

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<thead>
<tr>
<th>Appointment Name</th>
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Health Insurance Information Sheet

Before scheduling a medical appointment, make sure you know your health insurance information. Use this page to keep track of your plan and policy information.

**Type of Health Insurance:**

( ) Medicare

( ) Medi-Cal

( ) Covered CA

( ) Other Private Insurance

( ) AIDS Drug Assistance Program (ADAP)

( ) Office of AIDS Health Insurance Premium Payment (OA-HIPP) Program

( ) Other:__________________________________________________________________________________________

My Policy Number:__________________________________________________________________________________

Health Insurance Customer Call Center:_______________________________________________________________

Pharmacy (Name, Address, Phone):___________________________________________________________________

___________________________________________________________________________________________________
Keeping your viral load low keeps you healthy and significantly lowers the risk of transmitting HIV to sexual partners. Keep track of your viral load with our viral load tracker.

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<th>Appointment Date</th>
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**Notes**

Write any notes you have for your appointments here:

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Thank you to the San Francisco Department of Public Health and Getting to Zero San Francisco for funding this project.