

GUIDE TO THRIVE

For People
Over 50
and Living
with HIV

Community Health Services
Mental Health Services
Housing
HIV+ 50+
Psychosocial Pharmacy
Health and Wellness
Finances
Immigration
Employment Services
Wrap Around Health Care
Positive Resource Center
Social Support
HIV+ San Francisco Pharmacy
Fitness
Getting to Zero
Legal/Government
Legal Aid
Urgent Care
Basic Needs
Finances
Community
Employment Services
Health and Wellness
Fitness
Housing
Holistic 50+
Pharmacy
Community
Community
Finances
SAN FRANCISCO
Case Management
Social Support
Food
Urgent Care
Pharmacy
Food
Social Support
Employment Services
Community
Fitness
Positive Resource Center
HIV+
Financial Assistance
Pharmacy
Food
Fitness
Health and Wellness
Psychosocial

POSITIVE
RESOURCE
CENTER



www.GettingToZeroSF.org

Key

Many service organizations mentioned in this guide have several focus areas. Use the following key to identify services available at each service organization.

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

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

Our Guide to Thrive is divided into several sections:

- [HIV 50+ Services Quick Reference](#) with resources aimed at residents of San Francisco who are HIV-positive and over 50 (pages 3-4).
- [Quick Reference Eligibility Chart](#) for organizations listed on our quick reference (page 5).
- [Full Spectrum Guide to Thrive](#) for people who are either over 50 or HIV-positive (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).

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.

HIV 50+ Services Quick Reference

Below are service providers that focus on serving people who are HIV-positive AND over 50.

KEY CATEGORIES

Red: Basic needs



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CASE MANAGEMENT



IMMIGRATION



LEGAL AID

HOUSING RESOURCES

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.



FINANCIAL ASSISTANCE AND EMPLOYMENT SERVICES

AIDS Emergency Fund

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



Housing Emergency Financial Assistance, Q Foundation (formerly known as AIDS Housing Alliance)

350 Golden Gate Avenue
415-552-3242
Housing subsidies and rental assistance.



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.



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.



FOOD

DAAS Home-Delivered Meals and Emergency Meal Programs

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.



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
Social support 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 abuse 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.



SUBSTANCE USE

The Stonewall Project

1035 Market Street
415-487-3100
Harm reduction-based counseling, treatment, and support 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.



Quick Reference Eligibility Chart

	Private Insurance	Medicare and/or Medi-Cal	Healthy SF	Covered CA	Uninsured or Sliding Scale	Letter of Diagnosis	SF Resident	50+	60+	Specific Limits Income
50+ Silver Project, UCSF 360 Wellness Center	●	●		●				●		
AIDS Emergency Fund						●	●			●
API Legal Outreach						●			●	
DAAS Home-Delivered Meals and Emergency Meal Programs										●
Dolores Street Community Services						●	●			
Elizabeth Taylor 50-Plus Network								●		
Golden Compass, Ward 86	●	●	●	●	●	●		●		
HIV50+ Project, AIDS Legal Referral Panel								●		
Housing Emergency Financial Assistance, Q Foundation										●
Laguna Honda Hospital and Rehabilitation Center	●	●				●	●			
Let's Kick ASS (AIDS Survivor Syndrome)								●		
Lutheran Social Services						●	●			●
Pets Are Wonderful Support (PAWS)						●	●		●	●
Positive Resource Center						●	●			
Project Open Hand							●		●	
Shanti Project										
Sí a la Vida, Instituto Familiar De La Raza		●				●	●			●
Stonewall Project							●			
Tenderloin Health Services		●		●	●					
UCSF Alliance Health Project		●					●			●
Westside Community Services	●	●	●	●	●	●	●	●	●	●

DISCLAIMER: The eligibility criteria above reflects basic eligibility. The organizations listed above may have additional criteria not listed here.

Full Spectrum Guide to Thrive

The following guide covers resources for people who are either HIV-positive OR 50+.

For more information on eligibility criteria for these programs, please contact each organization directly.

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.



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.



South Van Ness Adult Behavioral Health Services

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



SUBSTANCE USE

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.



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

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

15 distribution days in SF
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.



HOUSING RESOURCES AND SUBSIDIES

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.



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.



LEGAL 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 for 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

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.

Emergency Numbers

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

Housing

Department of Building Inspections:
415-558-6088

San Francisco Housing Authority:
415-715-5200

Mayor's Office on Housing:
415-701-5500

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

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.

- () Letter of Diagnosis
- () 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

Appointment Name	Appointment Date	Notes

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): _____

Viral Load Tracker

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.

Appointment Date	Viral Load

Notes

Write any notes you have for your appointments here:

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POSITIVE RESOURCE CENTER

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San Francisco, CA 94103
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fax 415.777.1770
www.positiveresource.org



facebook.com/positiveresource



@posresource



positiveresourcecenter.wordpress.com