

WHAT IS YANA?

(You Are Not Alone)

We want our elderly, disabled and shut-in residents to know they are never alone. The *You Are Not Alone (YANA)* program is a FREE service for people who live within the jurisdiction of the San Diego County Sheriff's Department. It offers peace of mind and a sense of security for those who enjoy their independence, but have no friends or family to check on them regularly. People in the YANA program are able to take care of their own day-to-day needs, but recognize that a medical crisis could render them helpless. The YANA program has been credited with saving the lives of many elderly adults who live alone and have fallen or become sick.



CALL TO ENROLL:

- Alpine Station
(619) 659-2609
- Bonita Community
(619) 472-8520
- North Coastal Station
(760) 966-3579
- Fallbrook Substation
(760) 451-3144/45
- Imperial Beach Substation
(619) 498-2487
- Julian Substation
(760) 765-4780
- Lemon Grove Substation
(619) 337-2072
- Pine Valley Substation
(619) 938-8419
- Poway Station
(858) 513-2852
- Ramona Substation
(760) 738-2416/55
- Rancho San Diego
(619) 660-7021/22
- San Marcos Station
(760) 510-5291
- Santee Station
(619) 956-4083
- Valley Center Substation
(760) 751-4405
- Vista Station
(760) 940-2440



You Are Not Alone



A San Diego County Sheriff's Department Program



San Diego County Sheriff's Department



Keeping the Peace Since 1850
William D. Gore, Sheriff

You Are Not Alone

HOW IT WORKS

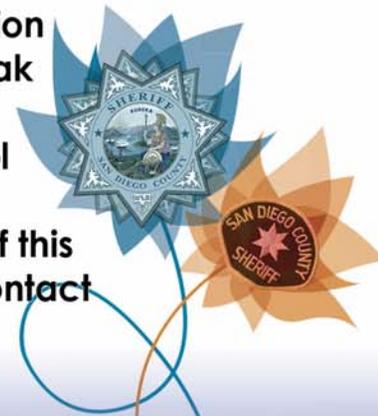
- ✓ Calls are made Monday through Friday before 10:00 a.m.
- ✓ A daily log is kept to verify that contact was made and to note any special requests or information such as doctor visits.
- ✓ If a YANA does not answer after three attempts, Sheriff's Senior Volunteer Patrol (SVP) members will go to the YANA's home to make sure the YANA is not sick, injured or in need of help.
- ✓ If senior volunteers see a problem or still cannot make contact, a deputy is called to the scene and emergency medical help may be summoned.
- ✓ Each YANA gets a weekly personal visit from Sheriff's Senior Volunteer Patrol (SVP) members. This brings a personal touch to the program. For some participants, the visits are the only social contacts they have. During the visit, volunteers check if the YANAs are eating. They also stay aware for basic signs of abuse whether financial, physical or even self-inflicted through general neglect or lack of resources. If needed, referrals are made to the County's Aging and Independence Services, as well as Adult Protective Services.
- ✓ Some Sheriff's Stations and Substations offer birthday, Easter and Holiday Season visits with gift baskets.



HOW TO ENROLL?

The enrollment process is very basic, it simply provides senior volunteers with the information necessary to make the daily phone calls and weekly visits, and for emergency (fire, medical, deputies) personnel to respond and access the enrollee's property should the need arise. All information provided in the application process is kept confidential.

Call the enrollee's nearest Sheriff's Station/Substation and ask to speak to a Senior Volunteer Patrol Coordinator. See the back of this brochure for contact information.



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