

YOU ARE NOT ALONE, or Y.A.N.A., is an outreach program for citizens living alone, who, for whatever reason, are homebound.

Members of the Senior Volunteer Patrol Program (SVP) monitor the welfare of Y.A.N.A. participants with personal calls and/or visits at their homes regularly. This service is provided *free* of charge.

The SVP is a group of concerned senior citizens, 50 years and older, who volunteer their time to patrol business and residential areas. They are clearly recognizable by their blue and white Sheriff's department uniforms.

It takes only a few minutes to enroll yourself or a loved one in the Y.A.N.A. Program, using the registration form on the back. You will gain peace of mind knowing that the trained men and women of the Senior Volunteer Patrol will be looking out for you or someone you care about.

The Y.A.N.A. Program may not be available in all areas of San Diego County. Check with your local sheriff's station to see if this program is offered in your community.

Additional brochures/request forms can be obtained at your local sheriff's station, substation or community senior centers.

Sheriff's Stations SVP Contact Numbers

Alpine: 619-659-2600
Bonita: 619-472-8634
Encinitas: 760-966-3579
Fallbrook: 760-451-3144
Imperial Beach: 619-498-2487
Julian: 858-694-3321
Lemon Grove: 619-337-2072
Poway: 858-513-2852
Ramona: 760-738-2481
San Marcos: 760-510-5290
Santee: 619-956-4048/4083
Vista: 760-940-4434
Valley Center: 760-751-4405

Senior? Disabled?

Y.A.N.A. Program

You Are Not Alone



San Diego County Sheriff's
Department



San Diego County Sheriff's Department

Y.A.N.A. SERVICE REQUEST FORM

Y.A.N.A. PARTICIPANT _____ BIRTHDATE _____

ADDRESS _____ TELEPHONE _____

REQUESTED BY _____ RELATIONSHIP _____

ADDRESS _____ TELEPHONE _____

PREFERRED METHOD OF CONTACT:

TELEPHONE CALL DAY _____ TIME _____ FREQUENCY _____

PERSONAL VISIT DAY _____ TIME _____ FREQUENCY _____

EMERGENCY CONTACT/ RELATIONSHIP _____

ADDRESS _____ TELEPHONE _____

NAME OF CLOSEST NEIGHBOR _____

ADDRESS _____ TELEPHONE _____

NAME OF ATTENDING PHYSICIAN _____

ADDRESS _____ TELEPHONE _____

WHAT IS YOUR CURRENT HEALTH SITUATION? _____

ANY SERIOUS HEALTH PROBLEMS? _____

ARE YOU ALLERGIC TO ANY DRUGS? _____

COMMENTS: _____

Participation in the Y.A.N.A. Program does not establish a special relationship between the Y.A.N.A. participant and the San Diego County Sheriff's Department. A duty to call you on the phone, respond to your home, or summon emergency aid if you fail to answer your telephone is not established. The Y.A.N.A. agencies and their volunteers will not be liable to you or any person claiming through you, for any act or omission which proximately causes injury or property damage to you or others as a result of your home not being called, or for failure to respond to your home if you do not answer a call.

PARTICIPANT'S SIGNATURE _____ DATE _____

SIGNATURE OF PERSON MAKING REQUEST _____ DATE _____

Volunteer Law Enforcement Contacts

You Are Not Alone (YANA) is a service operated by Law Enforcement Agencies through their Senior Volunteer Patrols. They may assist in well-being checks or telephone reassurance. Call the individual law enforcement agency - listed below for convenience - to find out more.

CENTRAL REGION

Linda Vista	(858) 552-1737	Point Loma	(619) 291-8228
Clairemont	(858) 552-1737	Ocean Beach/	(619) 291-8228
University City	(858) 552-1737	Paradise Hills	(619) 527-3500 OR 527-3578
North Park	(619) 291-8228	Southern	(619) 424-0400
College Grove	(619) 516-3182	Downtown	(619) 685-8207
Mission Valley	(619) 291-8228	San Diego/	(619) 291-8228
Pacific Beach	(858) 552-1737	Hillcrest	
La Jolla	(858) 552-1737		

EAST REGION

Alpine	(619) 659-2600
Descanso	(619) 473-8774
Jacumba	(619) 473-8774
La Mesa PD	(619) 667-1342
El Cajon	(619) 579-3354
Lakeside	(619) 956-4000
Santee	(619) 956-4048
Lemon Grove	(619) 337-2072
Spring Valley	(619) 337-2072

NORTH REGION

Carlsbad	(760) 931-2214	Poway	(858) 513-2800 or (858) 513-2855
Fallbrook	(760) 451-3100 or 3145	Encinitas	(760) 966-3579
Carmel Valley	(858) 523-7021	Ramona	(760) 789-9157
Del Mar	None	San Marcos	(760) 510-5290
Mira Mesa/Miramar/		Vista	(760) 940-4434
Rancho Bernardo	(858) 538-8146	Bonsall	(760) 451-3100 or 3145
Rancho Peñasquitos	(858) 538-8092	Julian	(760) 765-4718
Scripps/ Miramar	(858) 538-8156	Ranchita	(760) 782-3353
Oceanside PD	(760) 435-4763	Escondido	None

SOUTH REGION

National City PD	(619) 339-4423
Chula Vista PD	(619) 476-2417
Paradise Hills	(619) 527-3578
Coronado PD	(619) 522-7350