

# Dementia resources

## A comprehensive guide to caregivers

There are many ways that patients and family members meet the important needs that arise from the stressors of memory loss. Many turn to extended family, friends, and religious groups for help, social involvement, and support. Others become involved with various organizations in the community.

### Education

#### Community class offerings for dementia caregivers

[mydoctor.kp.org/ncal/health-guide/dementia-caregiver-education-classes](https://mydoctor.kp.org/ncal/health-guide/dementia-caregiver-education-classes)

#### Kaiser Permanente Health Education

Health Education Department offers a variety of classes to assist you with maintaining good health and managing health conditions. We also offer one on one health coaching with a skilled health educator to assist you improve your sleep, reduce stress, increase physical activity, quit smoking, or eat better.

Contact your local Health Education Department to find out more about the classes and services which are right for you.

#### Oakland

510-752-6150

#### Richmond

510-307-2210

#### Pinole

510-243-4020

### Nutritional services

If you are worried about maintaining a healthy diet, our dietitian team may be able to help. Ask your doctor if a nutrition consultation is right for you and they can send a referral.

### Behavioral medicine

Behavioral Medicine Clinic (BMC) offers people support around stress, anxiety, depression, grief, etc. We offer solution focused support, and our sessions are 25 to 30 minutes long. On average we meet with people 1 to 6 times. If someone is needing more support than that, a referral to psychiatry is best.

#### What kind of health concerns are seen?

The BMC helps the patient reduce symptoms associated with various chronic medical conditions, and cope better with these conditions. A few of these are: headaches, insomnia, high blood pressure, asthma, diabetes, pain, and irritable bowel syndrome.

The BMC works with the primary care doctor and the patient to develop behavioral change plans for lifestyle modifications. The BMC also helps develop skills to effectively manage emotional or behavioral difficulties such as anxiety, bereavement, depression, and stress.

## Community resources

### AARP Prepare to Care: A Caregiving Planning Guide for Families

[www.aarp.org/caregiving/prepare-to-care-planning-guide/](http://www.aarp.org/caregiving/prepare-to-care-planning-guide/) (printable resource)  
1-877-333-5885 (request by mail)

Prepare to Care resource guides are designed to help develop and implement a caregiving plan for a loved one or friend. The guides include:

- Information on how to have vital conversations.
- Ways to assess your loved one's needs
- Tips for organizing important documents
- A roundup of federal and national resources
- Information on caring for yourself
- Checklists, medication charts and contact lists

Languages available: English, Spanish, Chinese

### Area Agency on Aging provides senior information and resource referrals

General Services:	1-800-510-2020
Alameda:	510-577-3530
Contra Costa:	925-229-8434

## Alzheimer's Association

925-284-7982 or 1-800-272-3900

[www.alz.org/norcal](http://www.alz.org/norcal)

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research. Their mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. The following services are provided:

- Education
- Support groups
- Referral service
- 24/7 Telephone Helpline at 1-800-272-3900
- MedicAlert and safe return programs
- Respite services



## Family Caregiver Alliance (FCA)

415-434-3388 or 1-800-445-8106

[www.caregiver.org/family-care-navigator](http://www.caregiver.org/family-care-navigator)

Family Caregiver Alliance was the first community-based nonprofit organization in the country to address the needs of families and friends providing long-term care at home. FCA now offers programs at national, state, and local levels to support and sustain caregivers. Services provided include:

- Support groups
- Referrals for legal and financial services
- Respite care
- Social worker services
- Education and support
- Family consultation
- Referrals to therapists who specialize in working with dementia caregivers.
- One-time free legal consultation with qualified elder law attorney

## Ethnic Elders Care Network

[www.ethnicelderscare.net](http://www.ethnicelderscare.net)

A resource for caregivers of ethnic elders with Alzheimer's and related disorders that aims to improve access to care that is culturally appropriate. The Ethnic Elders Care Network provides articles and research, tips and advice, and links to additional resources.

## Institute on Aging

415-750-4111

[www.ioaging.org/services](http://www.ioaging.org/services)

For those with memory loss looking for compassionate advice and support to deal with their stressors, the Institute on Aging has a 24-

hour toll-free Friendship line at 1-800-971-0016. This is an accredited crisis line in the country for people 60 and older. This allows for a daily ten-minute call where you can get compassionate advice and support to deal with your stressors. The Institute on Aging also has additional resources for home care, support services, social day programs, psychology and counseling services, community and living services, and more.

## Adult day care/adult day health care centers

These centers are designed to not only provide social and recreational services, but nursing care as well (especially for seriously incapacitated Alzheimer's persons who have special care needs), and various forms of therapy and restorative or maintenance treatments, where needed. It also allows for caregivers to receive a much-needed break from caregiving responsibilities.

They may be staffed with nurses, physical therapists, speech, and occupational therapists and/or social workers, and often have activity directors and other staff to assist them. Consequently, they can be expensive. However, they can also provide important assistance when necessary. Under certain conditions, Medi-Cal may cover part or the total cost of adult day health care centers only. Many facilities also offer "sliding scale," or adjustable fees for service based upon your income.

Therefore, if your funds are limited, you may want to discuss payment options further with the facilities themselves. The cost of adult day health care, as of March 2024 is \$150 per day (Alzheimer's Services of the East Bay).

### **Alzheimer's Services of the East Bay Adult Day Health Care Program**

2320 Channing Way  
Berkeley 94704  
510-644-8292  
[www.aseb.org](http://www.aseb.org)

### **Family Bridges Hong Fook (2 locations)**

275 14th St.  
Oakland 94612  
510-839-9673 (Chinese and Korean Services)

1388 Harrison St.  
Oakland 94612  
510-302-0460 (Vietnamese Services)  
[www.familybridges.org/hong-fook-cbas-centers/](http://www.familybridges.org/hong-fook-cbas-centers/)

## **Research participation**

If you are interested in clinical trials, visit:

### **UCSF Brain Registry:**

[www.brainhealthregistry.org](http://www.brainhealthregistry.org)

### **Alzheimer's Association Trial Match:**

[www.alz.org/alzheimers-dementia/research-progress/clinical-trials](http://www.alz.org/alzheimers-dementia/research-progress/clinical-trials)

### **NIH clinical trials search:**

[www.clinicaltrials.gov/](http://www.clinicaltrials.gov/)

### **California:**

[www.clinicaltrials.gov/search?cond=Dementia&country=United%20States&state=California&locStr=California,%20United%20States](http://www.clinicaltrials.gov/search?cond=Dementia&country=United%20States&state=California&locStr=California,%20United%20States)

## **Dental assistance**

Referral sources for dental care.

### **Alameda County Dental Society (resource for finding low-cost dental options)**

[www.alamedacds.org](http://www.alamedacds.org)

### **Berkeley Dental Society (referrals in Albany and Berkeley)**

510-644-9800  
[www.berkeleyds.org](http://www.berkeleyds.org)

### **Blende Dental Group**

Private pay for service dental care for patients who have special needs and also offers home dental care.

415-563-4261  
[www.blendedentalgroup.com](http://www.blendedentalgroup.com)

### **Life Long Medical Care**

Provides health, dental and social services to low-income persons regardless of ability to pay.

510-981-4100  
<https://lifelongmedical.org/>

## **Emergency response services**

### **Medical alert monitoring**

In the event of a fall or an emergency, help is available at the push of a button. Medical Alert Monitoring Systems connects you to a trained associate who can send help quickly; 24 hours a day, seven days a week.

### **LifeStation**

1-877-744-2389  
[www.lifestation.com](http://www.lifestation.com)

### **Vital Link**

1-800-752-5522  
[www.vital-link.com](http://www.vital-link.com)

### **Medic Alert + Safe Return ID Bracelet**

Alzheimer's Association  
3675 Mt. Diablo Blvd, Suite 250  
Lafayette 94549  
1-800-432-5378  
[www.alz.org/help-support/caregiving/safety/medicalert-with-24-7-wandering-support](http://www.alz.org/help-support/caregiving/safety/medicalert-with-24-7-wandering-support)

## Friendly visitors/telephone reassurance programs

Provides non-emergency support calls for socially isolated seniors.

### Alameda Friendly Visitors

510-748-0342

[www.alamedamealsonwheels.org](http://www.alamedamealsonwheels.org)

### Covia, Well Connected or Social Call (formerly Senior Center Without Walls)

1-877-797-7299 (group activities & friendly conversation)

[www.covia.org/services/well-connected/](http://www.covia.org/services/well-connected/)

### Family Bridges (for socially isolated Cantonese or Mandarin speaking seniors)

510-763-9017

[www.familybridges.org](http://www.familybridges.org)

### J-Sei Friendly Visitors & Callers

510-654-4000, extension 13

[www.j-sei.org/seniorservices/services](http://www.j-sei.org/seniorservices/services)

### Lavender Seniors of the East Bay (support for LGBTQ seniors)

510- 882-2286

[www.lavenderseniors.org/programs-services](http://www.lavenderseniors.org/programs-services)

### Senior Companion Program (Oakland seniors)

510-238-3121

## In-home care

In Home Supportive Services (IHSS) Programs (for those who have Medi-Cal).

Alameda County: 510-577-1800

Contra Costa County: 925-229-8434

[www.cdss.ca.gov/in-home-supportive-services](http://www.cdss.ca.gov/in-home-supportive-services)

### Private duty caregivers

Contact Memory Care social worker for home care resource directory.

## Legal assistance

### Alameda County Bar Association

510-302-2222

[www.acbanet.org/](http://www.acbanet.org/)

### Bay Area Legal Aid

Eligibility: Low-income Californians

Oakland: 510-250-5270;

Walnut Creek: 925-219-3325;

Toll-free: 1-800-551-5554

[www.baylegal.org/](http://www.baylegal.org/)

### California Advocates for Nursing Home Reform (CANHR)

Referral service for legal services specializing in elder law issues, fact sheets and resources on elder abuse (including financial abuse).

415-974-5171

1-800-474-1116

[www.canhr.org](http://www.canhr.org)

### East Bay Community Law Center

510-548-4040

[www.ebclc.org/](http://www.ebclc.org/)



## Housing and Economic Rights Advocates (HERA)

Housing advocacy, financial and debt, consumer scams, estate planning, medical debt for low-moderate income Californians.

Languages: English, Chinese (Cantonese & Mandarin), Filipino, Korean, Russian, Spanish, Vietnamese

510-271-8443

[www.heraca.org](http://www.heraca.org)

## Legal Assistance for Seniors

510-832-3040

[www.lashicap.org/](http://www.lashicap.org/)

## Ombudsman Program, California Department of Aging

Alameda County: 510-638-6878

Costa County: 925-685-2070

[empoweredaging.org](http://empoweredaging.org)

## Protective services

If you or your loved one has concern about elder abuse or neglect or self-neglect, contact the social worker or one of the services below.

### Adult Protective Services

Alameda County: 510-577-1900

Contra Costa County: 1-877-839-4347

[www.cds.ca.gov/adult-protective-services](http://www.cds.ca.gov/adult-protective-services)

## Safety and fall prevention

### Center for Independent Living

Berkeley: 510-841-4776

### Re-Cares

Provides redistributed wheelchairs, walkers, and other medical equipment for free.

510-251-2273 (Oakland)

[www.recares.org](http://www.recares.org)

### Mount Diablo Falls Prevention Program

Provides home safety evaluation and minor home safety repair if you meet criteria.

925-937-8311

### Hartford "Safe Driving for a Lifetime, At the Crossroads" booklet

[www.ewcstatic.thehartford.com/thehartford/the\\_hartford/files/CMME/cmme-crossroads.pdf](http://www.ewcstatic.thehartford.com/thehartford/the_hartford/files/CMME/cmme-crossroads.pdf)



## Meals

### Meals-on-Wheels Programs

Alameda residents: 510-865-6131

Albany residents: 510-524-9124

Berkeley residents: 510-981-5250

Contra Costa residents

West County 510-412-0166

Central & East County 925-937-8607

Far East County 925-625-4545

Emeryville residents: 510-596-3730

Oakland residents: 510-460-5855

### Project Open Hand

510-622-0221

[www.openhand.org/get-meals/how-apply](http://www.openhand.org/get-meals/how-apply)

### Meals (private home delivery meal)

Mom's Meals Nourish Care Program

1-888-860-9424

### Home on the Range Meals

510-452-1787

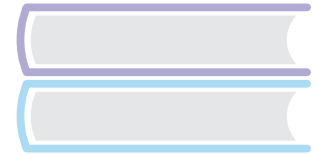
[www.homeontherangemeals.com/](http://www.homeontherangemeals.com/)



## Veterans services

### County services

Alameda: 510-577-1926  
Contra Costa: 925-313-1481



## Support groups

### Kaiser Permanente East Bay Dementia Care Partner Zoom in/call in Support Groups

- 4th Tuesday of each month 10:30 a.m. to noon for spouses (open discussion)
- 4th Thursday of each month 10:30 a.m. to noon for family (non-spouse) & friend care partners (open discussion)

To register: please contact Heather Gray at [hgray1@alz.org](mailto:hgray1@alz.org)

Facilitator: LoWanda Moore, MSW, 510-752-7682  
Open to members and non-members. Free.

### Oakland Center for Spiritual Living Caregiver Support Group

Emotional and spiritual support group for those in a caregiving relationship with a loved one.

5000 Clarewood Drive  
Oakland, CA 94618  
510-547-1979  
Language: English

## Transportation

### Paratransit

For persons with disabilities who cannot independently use regular AC Transit bus service some or all of the time. An application is required, and trips must be prearranged. Paratransit is a curb-to-curb service. Caregivers are able to ride as well.

East Bay Paratransit: 510-287-5040  
Richmond Paratransit: 510-307-8026

\*Talk to a social worker for alternate transportation options.

## Books

1. Alzheimer's/Dementia Interactive Activity Books for Patients and Caregivers
2. Caregiver's Path to Compassionate Decision Making: Making Choices for Those Who Can't
3. Coping with Behavior Changes in Dementia: A Family's Caregiver Guide
4. The Mindful Caregiver
5. The 36-Hour Day

## Videos

1. Alzheimer's, the 36-hour day: the Complete Journey Check your local library for a copy of this video in DVD.
2. Complaints of a Dutiful Daughter. DVD 1994; Film maker: Deborah Hoffman
3. Positive approach to care DVD's Find at [www.teepasnow.com](http://www.teepasnow.com)