

When You Suspect **DEMENTIA**

A Guide to Community Resources



Compliments of

El Dorado County

Senior Day Care Services Program

Alzheimer's Day Care Resource Center

STEP 1: GET A GOOD DIAGNOSIS AND ASSESSMENT

Dementia is NOT a normal part of aging. Therefore, it is essential to obtain a comprehensive assessment to determine the cause of the dementia.

University of California at Davis Alzheimer's Disease Research Center

916-734-5496 alzheimer.ucdavis.edu

The Center accepts Medicare, Med-Cal and private insurance. You do not need a referral from your MD.

Kaiser Permanente Valley Alzheimer's/Dementia Program

916-973-6165 * Must be a Kaiser member

STEP 2: LEARN ALL YOU CAN ABOUT THE DISEASE

Organizations that Want to Help You Include:

Senior Day Care Services/Alzheimer's Day Care Resource Center - Free Lending Library

530-621- 6180 www.edcgov.us/humanservices/AdultDayCare.html

Alzheimer's Foundation of America

866-232-8484 www.alzfdn.org

Alzheimer's Society of Northern California

800-540-3340 www.alzheimersaidsociety.org

Alzheimer's Association - Sacramento Area

800-272-3900 www.alznorcal.org

Del Oro Caregiver Resource Center

800-635-0220 www.deloro.org

Community Health Resource Library

530-295-1056 www.marshallhospital.org/library.cfm

Parkinson's Institute

408-734-2800 www.theipi.org



Try the Internet:

www.caregiver.org

www.alz.org

www.vfvalidation.org

www.alzfdn.org

(see Step 10 for other websites)

Try a Book:

The following books are excellent and available from Senior Day Care's free resource library.
530-621-6180



- ◆ **The 36 Hour Day** by Mace and Robbins
- ◆ **Validation Breakthrough** by Naomi Feil
- ◆ **Will I Be Next?** by Lois Bristow

Attend a Workshop

FREE Caregiver Workshop covering a wide variety of topics. Conducted throughout the County, these workshops cover a variety of topics pertinent to caregivers of individuals with Alzheimer's disease or related dementia.
530-621-6151 - www.edcgov.us/humanservices/FCSP.html.

STEP 3: JOIN A SUPPORT GROUP

Alzheimer's Caregiver Support Group

530-622-3231. Meets the 3rd Thursday of each month at 12:30 p.m. at Green Valley Church, 3500 Missouri Flat Rd., Placerville.

Alzheimer's Support Group/Placerville

1-800-540-3340. Meets the 3rd Monday of each month at Elder Options, 82 Main St., Placerville.

Early Diagnosed Alzheimer's Support Group/Placerville

530-626-6939. Meets 4th Tuesday of each month at 10:30-11:30 a.m. at Elder Options, 82 Main St., Placerville.

Caregivers' Support Groups/Placerville

530-621-6180. "The After 5 Club" meets the 2nd Wednesday night of each month at 5:30 p.m. at the Senior Day Care Center, 935A Spring Street, Placerville.

Caregivers' Support Groups/Placerville

530-621-6180. "My Time" meets the 1st Friday afternoon of each month at 1:30 p.m. at the Placerville Senior Center, 937 Spring Street, Placerville.

Caregiver Support Group/ Georgetown

530-621-6151. Meets 2nd Tuesday of each month at 3:00-4:00 p.m. at Fire Station #61, 6283 Main St. Georgetown.



Parkinson's Support Group/Placerville

530-622-1547. Meets 1st Tuesday of each month at 1:30 p.m., Placerville Senior Center, 937 Spring Street, Placerville.

Parkinson's Support Group/El Dorado Hills

916-933-2465. Meets 1st Tuesday of each month at 11:15 a.m., Four Seasons Community Bldg., Media Room, 3186 Four Seasons Drive, El Dorado Hills.

Stroke Support Group

916-983-5900. Meets 4th Wednesday of each month at 11:00 a.m., at Burger Rehabilitation, 1301 East Bidwell, Folsom.

Stroke Education Group

530-626-2642. Meets 2nd Wednesday of each month at 12:00-1:00 p.m. (Brown Bag Lunch), at Community Health Library, 681 Main St., Placerville.

***STEP 4:* SEEK LEGAL & FINANCIAL ADVICE AS SOON AS POSSIBLE**

Things to consider:

- ◆ **Durable Power of Attorney for Finances**
- ◆ **Durable Power of Attorney for Health Care (DPOAHC)**
- ◆ **How to Plan and Pay for Long Term Care**

For information on what Medi-Cal & Medi-Care covers log onto California Advocates for Nursing Home Reform- www.canhr.org



Seek the Services of a Skilled “Elder Law” Attorney

Because it is their specialty, Elder Law attorneys are the best attorneys to help you plan for public benefits should convalescent care be a possibility in the future.

Senior Legal Services Program

530-621-6154. Must be over 60 years to use. Free service though donations are encouraged.

Del Oro Caregiver Resource Center

1-800-635-0220 (for a referral). May pay for a 1-1/2 hour consultation with an Elder Law attorney.

Alzheimer's Aid Society

800-540-3340 (toll free). Maintains a list of Elder Law Attorneys.

To Learn More About What Medi-Cal and Medi-Care Cover:

California Advocates for Nursing Home Reform www.CANHR.org.

To Learn More About Veteran's Benefits:

Call 530-889-7968 or e-mail: veterans@placer.ca.gov

STEP 5: GET ASSISTANCE WITH DEVELOPING A PLAN OF CARE

There are so many decisions to be made. With the help of the following agencies, you can make informed decisions. For FREE assistance, contact:

Partners in Care

530-344-0700. A comfort care program dealing with end of life issues. No income eligibility requirements.

Family Caregiver Support Program

530-621-6151. Individuals must be 60 years of age or older.

Del Oro Caregiver Resource Center

1-800-635-0220. No income eligibility requirements.

MSSP Program

530-621-6150. Individuals must be over 65, eligible for Medi-Cal & in need of convalescent care.

STEP 6: LEARN ABOUT THE CONTINUUM OF CARE OPTIONS

IN-HOME CARE SERVICES

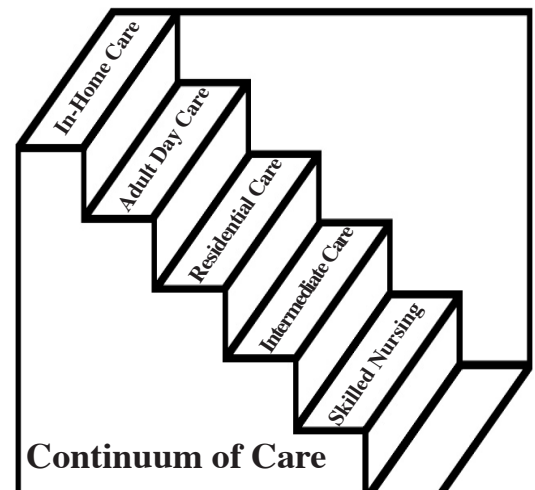
Provided by individuals or agencies, in-home care is the first step in the continuum of care.

In-Home Supportive Services

530-642-4800. Coordinates In-Home Supportive Services for low income elderly & disabled persons.

Family Caregiver Support Program

530-621-6151. FCSP will provide you with the tools and information you need to hire someone. Maintains a registry of private individuals; available on line at: www.edcgov.us/humanservices/FCSP.html



**For locating private in-home care agencies, please refer to the yellow pages. Most agencies are listed under "Home Health Services."*

ADULT DAY CARE SERVICES

Next in the continuum of care is adult day services. Adult day care provides care and supervision out of the home in a facility designed to meet the special needs of people with dementia. The level of care and services provided at adult day care centers vary tremendously. Most provide activities, snacks, a noon meal, and assistance with personal care. Not covered by Medi-Cal or Medi-Care but is covered by most Long Term Care Insurance policies.



Senior Day Care Services / Alzheimer's Day Care Resource Center / Placerville

530-621-6180. The warm, nurturing and friendly setting offers a world of activity for body, mind and spirit helping adults to remain active and involved in the world around them. Participants enjoy activities designed to add meaning to their lives, improve mental and physical functioning and increase their sense of worth. SDC provides assistance with medications, ambulation, toileting, and personal care; curb-to-curb transportation is available. Affordable daily fee for services.

www.edcgov.us/humanservices/AdultDayCare.html



** Coming Soon: An additional Senior Day Center in El Dorado Hills located at 990 Lassen Blvd.*

RESIDENTIAL CARE FACILITY FOR THE ELDERLY (RCFE)

The third step in the continuum of care are RCFE's, non-medical facilities providing 24-hour supervision, meals, assistance with medication & limited activities. There are over 40 such facilities in EDC, each varying on the type of resident they will take. Costs range from \$1800 to \$8000/mo. Care at a RCFE is NOT covered by Medicare or MediCal. It IS covered by SSI (Supplemental Security Income) although few facilities in EDC will accept SSI recipients. There are several in the Sacramento area.

For FREE help with placement, call:

Alzheimer's Aid Society of CA: 916-448-7001

Long Term Care Ombudsman: 530-642-4860

Senior Care Solutions: 1-916-965-5565

The Senior Connection: 1-888-334-3490

INTERMEDIATE CARE FACILITY (ICF)

ICF's provide skilled nursing supervision, supportive care and planned activities. Covered by Medi-Cal. There are no ICFs in El Dorado County and only a few in Sacramento.

For *FREE* help with placement, call:

Alzheimer's Aid Society of CA: 916-448-7001

Senior Care Solutions: 1-916-965-5565

The Senior Connection: 1-888-334-3490

SKILLED NURSING FACILITIES (SNF)/CONVALESCENT HOSPITALS)

The last step in the continuum of care, SNF's (convalescent hospitals) provide 24 skilled hour nursing care, social services and planned activities. Cost ranges from \$120 to \$200 or more per day. The five (5) levels of care are covered by Medi-Cal. The three SNF's on the west slope in El Dorado County are:

El Dorado Care Center: 530-622-6842

Placerville Pines Care Center: 530-622-3400

Gold Country Health Center: 530-621-1100

For *FREE* help with placement, call:

Long Term Care Ombudsman: 530-642-4860

Senior Care Solutions: 916-965-5565

To Apply for Long Term Care Medi-Cal:

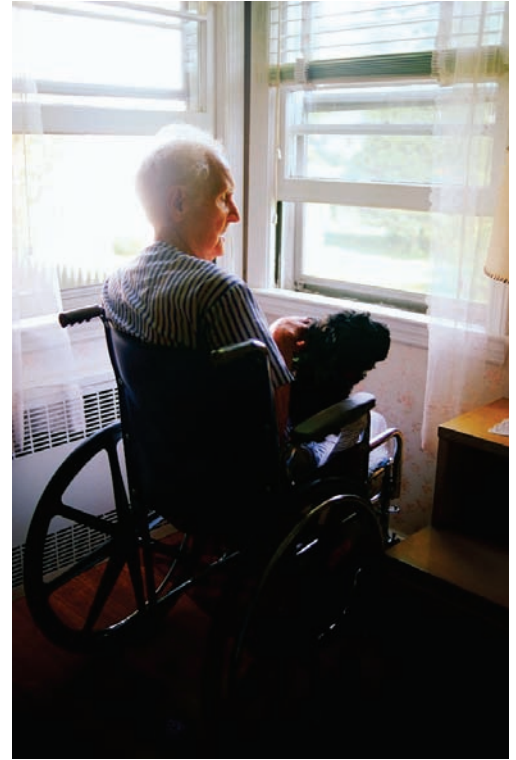
El Dorado County Social Services Office

530-642-7305. Contact Kim Szarmach

**To Learn More About what Medi-Cal and
Medi-Care Cover:**

California Advocates for Nursing Home Reform

www.CANHR.org.



***STEP 7:* PROTECT THE INDIVIDUAL WHO HAS THE
POTENTIAL TO WANDER AWAY FROM HOME**

It is imperative that the individual who wanders or has the potential to wander away from you be enrolled in or or both of the following programs:

Elder ID Program

530-621-6180. Pertinent information and a picture of the participant is kept on file with local law enforcement agencies and Senior Day Care Services. Should the person wander, all pertinent information for the search is already in the hands of those who need it. *FREE* service.

CARE TRAK Program

530-621-6180. In addition to Elder ID program, individuals are given a bracelet-type device to wear on their wrist or ankle that transmits a specific radio frequency unique to them. Trained search and rescue personnel use a special device to target the individual's specific radio frequency and his/her location. The system has cut normal search times from hours or days to less than 30 minutes!

STEP 8: GET RESPITE (A BREAK)

Taking a break from your caregiving responsibilities is as important as making certain your care recipient gets to the doctor when needed. If your family, church or others are unable to give you regular breaks, try these resources:

Senior Day Care Services: 530-621-6180

Family Caregiver Support Program: 530-621-6151

Del Oro Caregiver Resource Center: 800-635-0220

Senior Information and Assistance: 530-621-6369

Residential Care Facilities: *Usually listed in the yellow pages under "Assisted Living Facilities."*

In-Home Care Agencies: *Usually listed in the yellow pages under "Home Health Services."*

STEP 9: INVESTIGATE OTHER RESOURCES

Active Aging Program

(530) 621-6255. Provides exercise classes and blood pressure checks throughout the community to adults 60 years of age and older.

Adult Protective Services

(530) 642-4800. Provides assistance to elderly and dependent adults who are functionally impaired, unable to meet their own basic needs or are victims of abuse, neglect, or exploitation.

California Telephone Access Program

800-806-1191. Provides FREE specialized telephone equipment to any qualifying California resident with a disability that makes using the telephone difficult.

Crisis Intervention

CALL 9-1-1. If your loved one becomes a threat or is a serious danger to him/herself or others.

El Dorado Center for the Visually Impaired

530-626-6715. Training in adaptive methods for accomplishing tasks of daily life.

El Dorado Transit

530-642-5383. Provides "Dial-A-Ride" which is curb-to-curb transportation & PASS routes throughout El Dorado County.

Elder Care Locator

800-677-1116. Nationwide. Be prepared with zip code & exactly what you want. www.eldercare.gov/eldercare/public/home.asp

Friendly Visitor Program

530-621-6167. A volunteer program that provides home visits to individuals who might otherwise have no outside contact.

Health Insurance Counseling and Advocacy Program (HICAP)

530-621-6150. Provides free assistance for seniors with questions and problems on Medicare, supplemental insurance, long-term care insurance, & reverse mortgage annuities.

Health Rights Hotline

888-354-4474 (toll free). A free, independent source of information and assistance for health care consumers.

Home Delivered Meals/Meals on Wheels

530-621-6160. Hot, nutritious lunches delivered to medically/physically disabled individuals 60 and older. Eligibility is based on assessment by program staff. The suggested donation is \$3.00 per meal.

Legal Assistance

530-621-6154. Legal assistance with Social Security, SSI, Wills, Trusts, and Real Property. Attorney on site. Residents over 60.

Long Term Care Ombudsman

530-642-4860. A confidential service provided to residents of long term care facilities to assist in resolving problems concerning patients rights, medical care and abuse.

Medic Alert

1-800-432-5378. A worldwide emergency Medical ID program.

Physician's Finder

530-676-0777. To find a doctor who accepts your HMO or Medicare.

Preventive Dental Care Center

530-622-3430. Accepts Medi-Cal.

Public Guardian

530-642-4800. Provides services that are defined by the Probate Division of the Superior Court.

Response Ability

800-261-1390. Personal emergency response system available 24 hours day/7days a week. By pushing the "Help Button" on the waterproof pendant you are instantly connected to the emergency response system.

Senior Information & Assistance

530-621-6369. Provides information about services available to senior citizens in El Dorado County.

Senior Health Education Program (SHEP)

530-621-6151/621-6255. Provides educational training workshops and weekly exercise classes for those 60 years and older.

Senior Peer Counseling

530-621-6304. For someone to help you through a difficult or challenging time in your life.

Senior Times Newsletter

530-621-6255. A monthly newsletter containing a calendar of event, senior news, articles of interest.

Snowline Hospice

530-621-7820. Not just for cancer. Support groups and classes on how to deal with loss and grief.

Social Security Office

800-772-1213. 334 Placerville Dr., Placerville.

State Bar Hotline

888-460-7364. To report trust scams.

Veterans' Services

530-889-7968. Assist with explaining and obtaining Veterans' Administration benefits.

Y.A.N.A. (You Are Not Alone)

530-621-6255. FREE daily "check-in" telephone reassurance service for ill, elderly or frail adults.

STEP 10: WEBSITES TO INVESTIGATE

www.CAHNHR.org

California Advocates for Nursing Home Reform – What Medi-Care/Medi-Cal cover

www.benefitscheckup.org

Helps determine benefits you are eligible for.

www.nfcacares.org

National Family Caregivers Association

www.aoa.gov/AoARoot

Administration on Aging

www.alzonline.net

Alzheimer's Caregiver Support Online

www.agelessesign.com/newsltr.htm

Latest info on Alzheimer's disease & dementias.

www.alzstore.com

Lot of great items to help you care for your dementia patient.

www.stroke-info.com

Offers information and support for individuals affected by a stroke.

www.alzfdn.org

Alzheimer's Foundation of America for information & financial assistance.

www.link2care.net

Offers information on every facet of caregiving for dementia.

www.nia.nih.gov/alzheimers

This website will help you find current, comprehensive Alzheimer's disease information & resources from the National Institute on Aging.



Pharmaceutical Company Web Sites

www.alzheimersdisease.com

Sponsored by Novartis, the manufacturer of Exelon.

www.aricept.com

Sponsored by Eisai, Inc. (Pfizer), this web site provides information on Aricept.

www.rasadayneer.com

Ortho McNeil Neurologics, makers of Rasadayne maintains this web site.

Senior Day Care Services of El Dorado County Alzheimer's Day Care Resource Center

Placerville
935A Spring Street,
Placerville, CA 95667

El Dorado Hills - coming soon
990 Lassen Lane,
El Dorado Hills, CA 95762

Phone 530-621-6180 ♦ FAX 530-295-0729

www.edcgov.us/humanservices/AdultDayCare.html

