

Alzheimer's Resource Directory

*a guide for family members, caregivers
and health care professionals*



**To find additional information about our
advertisers, simply click on their ad and you will
be directed to their web site. These advertisers
make this directory possible, so please give them
special consideration when making a decision.**

**Greater San Francisco Bay Area
Spring-Summer 2023**



Discover a New Kind of Memory

Watching someone you care about experience symptoms of Alzheimer's dementia can be difficult and emotional, to say the least. But you're not alone.

At Watermark's six Bay Area communities, we embrace your loved one's experiences and challenge traditional assumptions about what is possible.

Certified Dementia Practitioners provide an enhanced level of personhood and support. You can rest assured that your loved one is receiving the care they need, giving you more time to spend together as a family.

We're here for you and your loved ones every step of the way. Call any of Watermark's six Bay Area locations to learn more or request a private tour today.



Memory Care

Senior's and
are not alone.

Each one's unique life
is possible.

Personalized care
is the care they

may.
Life and



THE WATERMARK BY THE BAY

1440 40th Street • Emeryville, CA 94608
510-296-4504

emeryville.watermarkcommunities.com
ASSISTED LIVING • MEMORY CARE
RCFE LICENSE #019200874

THE WATERMARK AT ROSEWOOD GARDENS

35 Fenton Street • Livermore, CA 94550
888-349-5993

rosewoodgardens.watermarkcommunities.com
ASSISTED LIVING • MEMORY CARE
RCFE LICENSE #019200708

THE WATERMARK AT SAN RAMON

12720 Alcosta Boulevard • San Ramon, CA 94583
925-854-0369

sanramon.watermarkcommunities.com
ASSISTED LIVING • MEMORY CARE
RCFE LICENSE #079200962

SAGEBROOK SENIOR LIVING AT SAN FRANCISCO A WATERMARK RETIREMENT COMMUNITY™

2750 Geary Boulevard • San Francisco, CA 94118
415-228-5442

sagebrook.watermarkcommunities.com
ASSISTED LIVING • MEMORY CARE
RCFE LICENSE #385600423

FREMONT HILLS A WATERMARK RETIREMENT COMMUNITY™

35490 Mission Boulevard • Fremont, CA 94536
510-493-9116

fremonthills.watermarkcommunities.com
ASSISTED LIVING • MEMORY CARE
RCFE LICENSE #019200761

LAKESIDE PARK A WATERMARK RETIREMENT COMMUNITY™

468 Perkins Street • Oakland, CA 94610
510-493-9111

lakesidepark.watermarkcommunities.com
MEMORY CARE
RCFE LICENSE #019200529

22-SFO-4187A



The Creeks

Alzheimer's & Dementia Care

"Where our residents get the most out of each day"



- All-Inclusive Pricing with furnished rooms.
- Daily Engaging Activity Program.
- Family owned since 1991.

CEDAR CREEK

15245 National Ave.
Los Gatos, CA
408-356-5636

License # 435201413

OAK CREEK

6127 E. Castro Valley Blvd
Castro Valley, CA
510-889-7515

License # 015601507

WILLOW CREEK

22424 Charlene Way
Castro Valley, CA
510-889-1300

License # 015601256

www.The-Creeks.com

*The support you need.
The care they deserve.*



The Commons
at Dallas Ranch
MBK SENIOR LIVING

Contact us today!
(925) 750-8699

License # 079200575



ASSISTED LIVING • MEMORY CARE | CommonsatDallasRanch.com

The Alzheimer's Association 24/7 Helpline (800.272.3900) is available around the clock, 365 days a year.

Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.

At Kensington Place, we are here for you from the moment your memory care journey begins



At Kensington Place, we promise to love and care for your family as we do our own.

Whether you need information, a compassionate ear, help with planning or immediate services, we will provide support. Two unique tiers of care accommodate challenges common to each stage of memory loss. Couples are welcome, even if care needs are different. Please reach out.

We are ready to give you undivided attention, expertise, privacy and the right level of assistance for as long as necessary.



KENSINGTON PLACE

A Memory Care Community

REDWOOD CITY

— North Atherton —

Devoted Exclusively to Residents with Memory Loss



RCFE #
415600964

(650) 363-9200 | 2800 El Camino Real, Redwood City, CA | www.KensingtonPlaceRedwoodCity.com

At Kensington Place Redwood City, Our Promise is to love and care for your family as we do our own. And we do. Our memory care programs are thoughtfully designed, clinically comprehensive, personalized, and able to accommodate couples, even if their needs are different.

Two tiers of memory care address needs common to each stage of loss and are appropriate for:

Early- to middle-stage loss: We help residents participate in daily routines and activities that help them feel safe, secure and successful in the Connections neighborhood.

Middle- to late-stage loss: We provide residents with higher levels of clinical care that increase comfort and reduce agitation in the Haven neighborhood. We are ready to help you no matter how far along you are in your memory care journey. Whether you need information, a compassionate ear, help with planning or immediate services, we will provide whatever support you need as soon as you or a loved one begins to struggle with memory loss. If you or a loved one is currently experiencing memory loss, or if you simply have questions that need fast answers, then call us. Reach out to Anja Jakubovic, Director of Sales & Marketing, at ajakubovic@kensingtonsl.com or (650) 363-9200.

Table of Contents

Introduction

Definitions	Page 7
-------------------	--------

Housing

Alzheimer's/Memory Care Residences.....	Page 8-12
Residential-Elderly.....	Page 12
Skilled Nursing/Rehabilitation	Page 14

Adult Day Services, Home Health, Home Care & Hospice

Adult Day Health Care.....	Page 15
Adult Day Care.....	Page 15-17
Home Health Care.....	Page 17
Home Care.....	Page 17-19
Hospice.....	Page 19

Care Management, Social Services & Assessment

Care Management	Page 20
Social Services.....	Page 20
Assessment & Diagnosis	Page 21

Legal

Attorneys.....	Page 21-22
----------------	------------

Support Groups

Support Group Information.....	Page 22
--------------------------------	---------

Informational Articles

Long Distance Care Giving.....	Page 24-27
10 Signs and Symptoms of Alzheimer's and Dem.....	Page 29-30

Selected Definitions

Alzheimer's Residence - State licensed facilities either totally dedicated to Alzheimer's/dementia (AD) residents or report a designated/secure unit within their facility.

Residential-Elderly - State licensed facilities who report that they accept Alzheimer's/dementia patients (either early stage or later stages in Alzheimer's designated units).

Skilled Nursing Facility - State licensed facilities who report that they accept Alzheimer's/dementia patients (either early stage or later stages in Alzheimer's designated units).

Placement Services - Organizations that specialize in finding appropriate facilities for individuals with Alzheimer's or other dementias.

Adult Day Health Care - Licensed adult day care for those requiring health assistance. Must have a nurse on site.

Adult Day Care - Licensed adult day care offers supervised activities, socialization and nutrition to those who do not need health assistance. Nurse is not required to be on site.

Assessment/Diagnostic Services - Multi-Disciplinary organizations that have training, equipment and experience to assess individuals and diagnose Alzheimer's or other dementia. Usually affiliated with a hospital, medical facility or university.

Home Health Care - State licensed agencies providing various home care services often including skilled nursing services..

Home Care - Provide non-medical, in-home care services (state licensing not required).

Support Groups - Groups often specialize. Call before attending.

Abrevation Definitions

AAS	Accepts All Stages of Alzheimer's
AES	Accepts Early Stage Alzheimer's Only
ADU	Have Designated Alzheimer's Unit
ASU	Have Secure Alzheimer's Unit
RC	Respite Care
ADC	Adult Day Care
ADHC	Adult Day Health Care
M	Accepts Medicare
MC	Accepts MediCal
EL	Elder Law
EP	Estate Planning
MI	Works With MediCal Issues
HC	Home Care
HHC	Licensed Home Health Care

Alzheimer's/Memory Care Residences

Alameda

Alameda

Elders Inn

1721 Webster St.

510-521-9200

AAS, ASU, ADU, RC

Albany

Belmont Village of Albany/UC Berkeley

1100 San Pablo Avenue

510-525-4554

AAS, ADU, ASU, RC

Golden Age Senior Living

201 Sweet Rd

510-522-3812

AAS, RC

Castro Valley

Accent Gardens Care Home I

21771 Tanglewood Dr.

510-582-6658

AAS, ADU, ASU, RC

Carefield Castro Valley

19960 Santa Maria Ave.

510-582-2765

AAS, ADU, ASU, RC

See our ad on back cover.

Oak Creek

6127 E. Castro Valley Blvd.

510-889-7515

AAS, ASU, RC

See our ad on page 4.

Willow Creek Alzheimer's & Dementia Care

22424 Charlene Way

510-889-1300

AAS, ASU, RC

See our ad on page 4.

Emeryville

Watermark By The Bay

1440 40th Street

510-594-8800

AAS, ADU, ASU, RC

See our ad on page 2 & 3.

Fremont

Ægis Gardens

36281 Fremont Blvd.

510-738-3890

AAS, ADU, ASU, RC

Ægis Living Fremont

3850 Walnut Ave.

510-824-8443

AAS, ADU, ASU, RC

Brookdale at Atherton Court

38035 Martha Ave.

888-378-3078

AAS, ASU, RC

Fremont Hill

35490 Mission Blvd.

510-584-3908

AAS, ADU, AASU, RC

See our ad on page 2 & 3.

Fremont Village

38801 Hastings St

510-792-5411

Hayward

St. Regis Memory Wing

23950 Mission Blvd.

510-881-7888

AAS, ASU, ADU, RC

Livermore

Tiffany Gardens

790 Holmes St.

925-371-3090

AAS, ASU, RC

Watermark at Rosewood Gardens

35 Fenton St

925-443-7200

AAS, ADU, ASU, RC

See our ad on page 2 & 3.

Oakland

AgeSong at Lake Merritt

1800 Madison St.

510-903-3600

AAS, ADU, ASU, RC

Alzheimer's/Memory Care Residences (continued)

Lakeside Park

468 Perkins St.

510-444-4684

AAS, ASU, RC

See our ad on page 2 & 3.

Bellaken Garden & Skilled Nursing
Center

2780 26th Ave.

510-536-1838

AAS, ADU, RC, MC, M, Skilled
Nursing

Pacifica Senior Living Oakland Heights

2361 E. 29th St.

510-534-3637

AAS, ADU, ASU, RC

Pleasanton

The Parkview

100 Valley Ave.

925-461-3042

AAS, ADU, ASU, RC

Carefield Pleasanton Memory Care

4115 Mohr Ave.

925-461-8409

AAS, ADU, ASU

See our ad on back cover.

San Leandro

Rosegate

1345 Clarke St..

510-483-0150

AAS, ADU, ASU, RC.

Union City

Pacifica Senior Living Union City

33883 Alvarado - Niles Rd.

510-489-3800

AAS, ADU, ASU, RC

Contra Costa

Antioch

Commons At Dallas Ranch

4751 Dallas Ranch Road

925-754-7772

AAS, ADU, RC

See our ad on page 4.

Concord

Courtyards at Pine Creek

1081 Mohr Lane

925-798-3900

AAS, ASU, ASU, RC

Danville

Brookdale Danville

400 W. El Pintado Rd.

925-838-3020

AAS, ASU, RC

The Reutlinger Community

4000 Camino Tassajara

925-964-2062

AAS, ADU, ASU

Moraga

Ægis Living Moraga

950 Country Club Dr.

925-261-4573

ASU, AAS, ADU, RC

Pinole

Pinole Senior Village

2850 Estates Avenue

510-758-1122

AAS, ADU, ASU, RC

Pleasant Hill

Ægis Living Pleasant Hill

1660 Oak Park Blvd.

925-261-7121

AAS, ADU, ASU, RC

Chateau Poet's Corner

540 Patterson Blvd.

925-287-8750

Pleasant Hill Care Home

75 Taylor Blvd

510-813-0583

AAS, ASU, RC, MC, M

(Continued on page 10)

Alzheimer's/Memory Care Residences (continued)

Contra Costa (continued)

Redwood City

Kensington Place
2800 El Camino Real
650-363-9200
AAS, ASU, RC
See our ad on page 5.

San Ramon

The Watermark At San Ramon
12720 Alcosta Blvd
925-725-1485
See our ad on page 2 & 3.

Walnut Creek

Heatherwood Alzheimer's A. L.
1315 Mt. Pisgah Rd.
925-939-2833
AAS, ADU, ASU, RC

Marin

Bolinas

Sam's House
38 Wharf Rd.
415-868-2866
AAS, RC

Kentfield

Windchime of Marin
1111 Sir Francis Drake Blvd.
415-482-4100
AAS, ASU, RC

San Rafael

Harmony House
233 West End Ave.
415-258-1560
AAS, ASU, RC

Monterey

The Cottages of Carmel
26245 Carmel Rancho Blvd
831-620-1800
AAS, ADU, ASU, RC

San Francisco

San Francisco

AgeSong at Laguna Grove Care
415-318-8670
AAS, ADU, ASU, RC

Cypress at Golden Gate
1601 19th Ave.
415-664-6264
AAS, ADU, ASU

Providence Place
2456 Geary Blvd.
415-359-9700
AAS, March '18 ASU, ADU, RC

Rhoda Goldman Plaza
2180 Post St.
415-345-5072
AAS, ADU, ASU

Sagebrook Senior Living.
2750 Geary Blvd.
415-346-0658
AAS, AES, ADU, ASU, RC
See our ad on page 2 & 3.

San Mateo

Belmont

Silverado Belmont Hills Silverado
1301 Ralston Avenue
650-654-9700
AAS, ADU, RC, ADC

Burlingame

Burlingame Villa
1117 Rhinette Ave.
650-344-7074
AAS, ASU, ADU

Colma

Penninsula Reflections
205 Collins Ave
650-731-4670
AAS, ASU, R

Alzheimer's/Memory Care Residences (continued)

Daly City

Home Sweet Home
1560 Bryant St.
650-992-2727
AAS, ASU, RC, ADC

Pacifica Senior Living Mission Villa
995 East Market St.
650-756-1995
AAS, RC

Menlo Park

Canyon House
16 Coleman Place
650-322-2022
AAS, ASU, RC

Corinthians of Menlo Park
800 Roble Ave.
650-322-4100
AAS, ASU, RC

Meadow Gardens of Menlo Park
800 Roble
650-322-4100
AAS, ASU, RC

San Carlos

Bayview Villa
777 Bayview Dr.
650-596-3489 AAS
ADU, ASU, RC

San Carlos Elms-The Grove
707 Elm St.
650-595-1500
ASU, RC

San Mateo

Atria Hillsdale
2883 S. Norfolk Street
650-378-3000
AAS, ADU, ASU, RC

South San Francisco

Áegis Living San Francisco
2280 Gellert Blvd.
650-273-9725
AAS, ADU, ASU, RC

Santa Clara

Gilroy

Merrill Gardens at Gilroy
7600 Isabella Way
408-842-0113
AES, ADU, ASU

Los Gatos

**Cedar Creek Alzheimer's &
Dementi Care Center**
15245 National Ave.
408-356-5636
AAS, ADU, ASU
See our ad on page 4.

Palo Alto

Palo Alto Commons -Meadow Wing
4075 El Camino Way
650-494-0760
AAS, ADU, ASU

San Jose

Atria Willow Glen
1660 Gaton Dr.
408-266-1660
AAS, ADU, ASU, RC

Saratoga

Saratoga Retirement Community
14500 Fruitvale Ave.
408-741-7777
AES, ADU, ASU

(continued on page 12)

Alzheimer's/Memory Care Residences (continued)

Santa Clara (continued)

Sunnyside Gardens
1025 Carson Dr.
408-730-4070
AAS, ADU, ASU, RC

Sunnyvale

Crescent Oaks Memory Care
147 Crescent Ave.
408-730-4004
AAS, ADU, ASU, RC

Santa Cruz

Aptos

Aegis Living Aptos
125 Heather Terrace
831-888-1790
AAS, ADU, ASU, RC

Other Areas

Carmichael

Aegis Living Carmichael
4050 Walnut Ave
916-891-49

Corte Madera

Aegis Living Corte Madera
5555 Paradise Drive
415-851-6081
AAS, ADU, ASU, RC

Napa

Aegis Living Napa
2100 Redwood Rd
707-415-8809
AAS, ASU, RC

Residential Elderly

Alameda

Livermore

Livermore Manor Alzheimer's
3356 East Ave.
925-447-8770

Pleasanton

Eden Villa - Pleasanton
4115 Mohr Ave.
925-461-8409
AAS, ADU

San Leandro

Carlton Plaza of San Leandro
1000 East 14th St.
510-636-0660

Contra Costa

Danville

Danville Courtyard
836 El Quanito Dr
925-285-4959
AAS, RC

Marin

Novato

Creekwood Senior Home
830 Tamalpais Ave.
415-897-2661
AES, RC

San Mateo

Burlingame

Mills Estate Villa
1733 California Dr.
650-692-0600
AES, RC

Montara

Three Bells of Montara
1185 Acacia St.
650-728-5483
AES, RC

Santa Clara

San Jose

Belmont Village of San Jose
500 S. Winchester Blvd
408-984-4767
AES, ADU, ASU, RC



2022 Alzheimer's Disease Facts and Figures



1 in 3

seniors live with Alzheimer's or another dementia

Over **11 million** Americans

provide unpaid care for people with Alzheimer's or other dementias



These caregivers provided more than 16 billion hours of care at nearly

\$272 billion



In 2020, COVID-19 contributed to a

17% increase in Alzheimer's and dementia deaths

In 2022, Alzheimer's and other dementias will cost the nation

\$321 billion

By 2050, these costs could rise to nearly

\$1 trillion

Between 2000 and 2013, deaths from heart disease have decreased **7.3%**

It kills more than breast cancer and prostate cancer

combined

while deaths from Alzheimer's disease have increased **145%**

More than **80%** of Americans know little or are not familiar with mild cognitive impairment (MCI), which can be an early stage of Alzheimer's.

© 2022 Alzheimer's Association. All rights reserved. Alzheimer's Association is a not-for-profit 501(c)(3) organization.

alzheimer's 
association

Alzheimer's is the only disease among the top 10 causes of death in America that can not be prevented or cured.

Skilled Nursing/Rehabilitation

Alameda

Castro Valley

Redwood Convalescent Hospital, Inc.
22103 Redwood Rd.
510-537-8848
AES, RC, MC, M

Fremont

Park Central Nursing Center
2100 Parkside Drive
510-797-5300
AES, MC, M

Hayward

Hayward Hills Healthcare Center
1768 B Street
510-538-4424
AES, RC, M, MC

Livermore

Silver Oak Manor
788 Holmes St.
925-447-2280
ASU, M, MC

Contra Costa

Concord

Windsor Manor Rehabilitation
Center of Concord
3806 Clayton Rd.
925-689-2266
AES, RC, MC, M

Danville

The Reutlinger Community Living
4000 Camino Tassajara
925-648-2800
ADU, ASU

Pleasant Hill

SunBridge Rosewood Care Center
1911 Oak Park Blvd.
925-935-6630
ADU, ASU, RC, MC, M

Marin

Novato

Novato Healthcare Center
1565 Hill Rd.
415-897-6161
AAS, ADU, ASU, RC, MC, M

San Francisco

San Francisco

Golden Gate Healthcare Center
2707 Pine Street
415-563-7600
AAS, ADU, RC, M, MC

San Mateo

Portola

The Sequoias
501 Portola Road
650-851-1508
Memory Care

Santa Clara

San Jose

Herman Health Care Center
2295 Plummer Ave.
408-269-0701
AAS, ASU, MC, M



**For additional FREE copies of
this directory call**

**206-999-7289 or e-mail
retirebart1@comcast.net**

Adult Day Health Care

Alameda

Berkeley

Alzheimer's Services of the East Bay
510-644-8292
ADHC, ADC, MC

Hayward

Alzheimer's Services of the East Bay
510-888-1411
RC, ADHC, ADC, Education &
Training & Case Management

Contra Costa

Antioch

The Bedford Center
925-778-4171
ADHC, ADC, RC

El Sobrante

Guardian Adult Day Health
510-669-1005
ADHC, ADC, MC

Pleasant Hill

Mt. Diablo Center for Adult Day
Health Care
925-682-6330
ADC, ADHC

San Francisco

San Francisco

Golden Gate Adult Day Health Center
415-359-9210
ADHC, MC

Institute on Aging (IOA)
415-750-4111
AAS, ADC, ADHC, MC

Laguna Honda Hospital Alzheimer's
Day Care Resource Center
415-759-4589
RC, ADHC, ADC, M, MC

San Mateo

Burlingame

Senior Focus Alzheimer's Day Care
Resource Center
650-696-3660
ADHC, MC

Half Moon Bay

Coastside Adult Day Health Care Center
650-726-5067
ADHC, MC

San Jose

Dept. of Vet. Affairs - Adult Day Health
408-363-3001
RC, ADHC

Adult Day Care

Alameda

Berkeley

Alzheimer's Services of the East Bay
510-644-8292
ADHC, ADC, MC

Fremont

Bay Area Comm. Services, Adult Day
Care Services
510-656-7742
RC, ADC

Hayward

Alzheimer's Services of the East Bay
510-888-1411
RC, ADHC, ADC, Education &
Training & Case Management

Oakland

Bay Area Comm. Service, Adult Day
Services
510-601-1074
ADC, RC

(continued on page 16)

Adult Day Care (continued)

Contra Costa

Antioch

The Bedford Center
925-778-4171
ADHC, ADC, MC

El Cerrito

Adult Programs & Services Center
510-559-7677
ADC, RC

El Sobrante

Guardian Adult Day Health
510-669-1005
ADHC, ADC, MC

Orinda

Lamorinda Adult Respite Center
925-254-3465
ADC

Pinole

Pinole Senior Village Adult Day Care
510-669-3195
ADC, RC

Richmond

West County Adult Day Care Center/
Alzheimer's Respite
510-235-6276
Alzheimer's Respite, ADC

San Francisco

San Francisco

Golden Gate Adult Day Health Center
415-359-9210
ADHC, MC

Institute on Aging (IOA)
415-750-4111
AES, ADC, RC

Providence Place
415-359-9700
RC

Catholic Charities
San Francisco Adult Day Services/
ADCRC
415-452-3500
RC, ADC

San Mateo

Burlingame

Senior Focus Alzheimer's Day Care
Resource Center
650-696-3660
ADHC, MC

Half Moon Bay

Coastside Adult Day Health Care Center
650-726-5067
ADHC, MC

Menlo Park

Peninsula Vol. Rosener House Adult Day
Services
650-322-0126
ADC, RC

San Carlos

Catholic Charities
San Mateo County Adult Day Services
650-592-9325
RC, ADC

South San Francisco

South San Francisco Adult Day Care
Center
650-829-3824
ADC

Santa Clara

Campbell

SarahCare of Campbell
408-374-2273
RC, ADC

Cupertino

Live Oak Adult Day Services
408-973-0905
ADC, RC

Adult Day Care (continued)

Mountain View

Avenidas Rose Kliner Senior Day
Health Center
650-289-5499
ADHC, MC

San Jose

Hearts and Minds Activity Center
408-279-7515
ADC

Day Break Cares: San Jose
408-270-4900
ADC, AES, RC

Yu Ai Kai Senior Day Services
408-294-2505
RC, ADC

Saratoga

Saratoga Adult Care Center
408-868-1262
ADC, RC

§

Home Health Care Agencies

Alameda

Hayward

Tender Loving Care
1-800-430-0095
M

Oakland

Community Care Services, Inc.
510-923-9790
HC

San Francisco

San Francisco

Incure Home Health Services
415-673-8989
M, HH

Santa Clara

Campbell

CareSouth of San Jose
408-871-9860
M

Sunnyvale

Pathways
888-755-7855
RC, M, MC, HC, HHC

San Mateo

Daly City

Kindred at Home
650-992-8559
HHC, HC

Home Care Agencies

Alameda

Alameda

AEC Home Care
2425 Web Ave
510-629-4959
HC, RC

Comfort Keepers
510-239-4391
HC, RC
HCO #014700007

Berkeley

Christel's Home Care Agency
510-528-3970
HC

Castro Valley

ComForcare Home Care
510-538-2273
RC, HC

(continued on page 18)

Home Care Agencies (continued)

Alameda (continued)

Hayward

Best Home Care
510-782-9080
M, HHC, HC

Oakland

Home Instead Senior Care
510-663-3652
HC, RC

Homewatch CareGivers of Oakland
510-835-9362
HC, RC

Pleasanton

All Seasons Homecare
925-226-2884
HC, RC

San Leandro

AAA CareGivers
510-250-0848
In-home care

Divine Home Care
510-639-9088
HC, RC

Home Instead Senior Care
303 W Joaquin
HC, RC

Contra Costa

Concord

Affordable Home Care Agency
800-517-0757
RC, HC

Pleasant Hill

All Seasons Homecare
925-363-4900
RC, HC

Kindred at Home
925-771-8290
RC, M, MC,
HC, HHC

Walnut Creek

Eldercare Services
925-937-2018
RC, HC

Marin

Seniors At Home,
a Division of JFCS
415-449-3777
HC, AAS, RC, M, MI, HHC

Novato

Hired Hands Homecare
415-884-4343
RC, HC

San Francisco

San Francisco

Institute on Aging (IOA)
415-750-4111
AAS, HHC, HC, EP.

Alegre Home Care
800-598-4777
RC, HC, M, MC

Aunt Ann's Home Care
415-974-3530
HC, RC

Home Care Assistance
415-904-1085
RC, HC

Home Instead Senior Care
415-333-3944
RC

Institute on Aging (IOA)
415-750-4111
AAS, HHC, HC, EP.

Home Care Agencies (continued)

San Francisco (continued)

Home Care Assistance
415-904-1085
RC, HC

Home Instead Senior Care
415-333-3944
RC

Institute on Aging (IOA)
415-750-4111
AAS, HHC, HC, EP.

Providence Care
415-359-9700
HC

San Mateo

San Mateo

Institute on Aging (IOA)
650-424-1411
AAS, HHC, HC, EP

Redwood City

Matched Caregivers Continuous Care
650-839-2273
RC, HC

San Bruno

Always Best Care Senior Services
659-539-3700
HC, RC

Santa Clara

Palo Alto

Home Care Assistance
650-462-6900
HC, RC

§

Hospice Agencies

Alameda

Dublin

Hope Hospice, Inc.
925-829-8770
RC, M, MC

Union City

Kaiser Foundation Hospice
510-675-5777

Contra Costa

Alamo

Bruns House Adult Hospice
925-887-5678
M, MC

Pleasant Hill

Hospice of the East Bay
925-887-5678
M, MC, HHC

Kindred at Home

925-771-8295
Serving Contra Costa, Alameda &
Marin Counties

Pleasant Hill Care Home

510-813-0583
AAS, ASU, RC, MC

Did You Know These Facts about Alzheimer's?

- Every 65 seconds someone in the United States develops the disease
- Almost 16.1 million Americans provide unpaid care for people with Alzheimer's or other dementias.
- 650,00 Californians over the age of 65 have Alzheimer's

Care Management

Marin

Institute on Aging (IOA)
415-750-4111
AAS, HHC, HC, EP.

San Francisco

Institute on Aging (IOA)
415-750-4111
AAS, HHC, HC, EP.

San Mateo/Santa Clara

Institute on Aging (IOA)
650-424-1411
AAS, HHC, HC, EP.

San Jose

Norris Fiduciary Services
408-294-5390
Serving the Bay Area

Social Services

Walnut Creek

Meals on Wheels by Senior Services
925-937-8311

Marin

Institute on Aging (IOA)
415-750-4111
See our ad on inside front cover

San Francisco

Family Caregiver Alliance
800-445-8106

Institute on Aging (IOA)
415-750-4111
See our ad on inside front cover

San Jose

Sourcewise
408-350-3200
Health Insurance Counseling &
Information & Assistance. Serving
Santa Clara County

San Mateo/Santa Clara

Institute on Aging (IOA)
650-424-1411
See our ad on inside front cover.

§

Only 45 percent of people with Alzheimer's disease or their caregivers say they were told the diagnosis by their doctor. In contrast, more than 90 percent of people with the four most common cancers (breast, colorectal, lung and prostate cancer) say they were told the diagnosis.

Assessment & Diagnosis

Contra Costa

Walnut Creek

UC Davis Alzheimer's Disease Center
855-420-2612
D/A Evaluation & research,

Santa Clara

Palo Alto

Stanford VA Alzheimer's Center
650-858-3915
D/A

Attorneys

Alameda

Alameda

Matthew J. Duncan, Attorney
510-769-8311
EL, EP, MI

Berkeley

J. Frederick Clarke Jr., Attorney
510-649-7948
EL, EP, MI

Greg Wilcox, Attorney
510-665-8400
EL, EP, MI

Kathie Zarkin, Attorney
510-883-1727

Castro Valley

Katelynn M Phillips
520-886-2120 or 925-463-1980
EP, EL

Hayward

Law Offices of Osofsky & Osofsky
510-247-2555
EL, MI, EP

Oakland

Carolyn Collins, Attorney at Law
510-569-5634
EP, EL, MT

Law Offices of Srinoi G. Rousseau
510-465-3885
EL, EP, MI,

Pleasanton

James J. Phillips, Attorney
925-463-1980
EP, EL, MI

San Leandro

Robert J. Peacock, Attorney
510-483-3400
EP, EL

Contra Costa

Pleasant Hill

John Milgate, Attorney
925-932-4550
EL, MI

Marin

San Rafael

Kelley & Farren, LLP
415-925-5200
EP

San Francisco

San Francisco

California Advocates for Nursing Home Reform
800-474-1116
EP, EL, MI Statewide Lawyer referrals

Kato, Feder & Suzuki, LLP
415-974-5715
EP, EL, MI

Skootsky & Der
415-979-9800
EL, EP

(continued on page 22)

Attorneys (continued)

San Mateo

Menlo Park

Matthew C. O'Donnell, Attorney
650-853-7183
EP, EL, MI

San Carlos

Roger D. Bolgard, Attorney
650-595-0444
EP

Santa Clara

Los Altos

Kramer Radin, LLP Law Firm
650-941-8600
EL, EP, MI

Los Gatos

Brown Law Offices
408-376-2755
EL, EP, MI

Sugai, Sudweeks, LLP

408-354-0200
EL, EP, MI

Palo Alto

Peter S. Stern, Attorney
650-326-2282
EL, EP, MI

San Jose

Asian Law Alliance
408-287-9710
EL, MI

Julie Ruschin Piedra

408-295-0603
EL, EP

Timothy L. Ruschin

408-295-0603
EL, EP

Silicon Valley Elder Law, PC

408-248-7878
EL, EP, MI

Fleishman And Weisman, PC

408-975-1075
EL, EP, MI

Other Area

Redding

Nancy J. Gottes, Attorney at Law
530-244-1716
EL, EP, MI

Carmel

Jean R. Rasch, Attorney At Law
831-625-3200
EP, EL, MI

Support Groups

The Northern California and Northern Nevada Chapter of the Alzheimer's **Association** offers a variety of support groups for all individuals living with Alzheimer's disease. Groups are facilitated by trained volunteers. Many locations offer specialized groups for children, those with early-onset and early-stage Alzheimer's, adult caregivers and others with specific needs. To view these groups, their location and meeting dates go to the chapter's calendar on their web site at http://www.alz.org/norcal/in_my_community_support.asp

To view or download a digital copy of this directory go to
www.retirementpublishing.com



***For additional FREE copies of
this directory call***

***206-999-7289 or e-mail
retirebart1@comcast.net***



*Do you know someone who is
caring for a loved one or friend
who has Alzheimer's?*

*Perhaps they could use the re-
sources available in this directory.*

*If so, just give us a call and we
will mail them a FREE copy right
away.*

*They will appreciate your
thoughtfulness.*

**206-999-7298
retirebart1@comcast.net**

Long-Distance Caregiving

In today's world, many families are geographically spread apart. And we are not always able to provide the hands-on care we would like. While living at a distance can complicate caregiving, there are resources to help.

- Quick tips and resources
- Assessing care needs
- Coordinating care
- Making the most of visits

Quick tips and resources

Taking care of concerns, such as a family member's safety, nutrition and health, can be difficult when you don't live nearby. There are numerous ways to provide caregiving support from a distance, such as emotional support, making medical appointments, researching services in the community, visiting when possible to give day-to-day caregivers a break, or managing finances.

Being prepared and helping organize services and can go a long way in helping coordinate care from a distance.

- Identify resources and use them. Learn about what is available in your community by contacting your local Alzheimer's Association at 800.272.3900 or using their online Community Resource Finder at Alz.org. You can also use Alzheimer's Navigator, their free online tool that helps evaluate your needs, identify action steps and connect with local programs and services.

- Reassess care needs during each visit. Dementia is a progressive

disease, and care will need to be adjusted over time. While someone in early-stage Alzheimer's may live independently, by the middle stage, 24-hour supervision will be required. Each time you visit, assess the situation to make sure your family member with dementia's care needs are being met. Check in with family providing day-to-day care about any support they might need.

- Keep communication going. As a long-distance caregiver, you may coordinate many moving parts. Whether with informal caregivers such as family and neighbors or with home health aides and other services, set aside time to regularly discuss the needs of both the person living with dementia and caregivers. If the individual living with dementia lives at a residential care facility, set up a regular time with the managing nurse or physician to get updates, and maintain ongoing communication with care staff and friends who visit regularly.

- Gather pertinent information and keep it handy. Make sure you have contact information for physicians, pharmacies, care providers and neighbors, as well as important financial and legal documents easily accessible in case they are unexpectedly needed.

- Be kind to yourself. Living out of town does not mean you aren't involved or that you don't care. Get support by connecting with others who are long-distance caregivers through our online community.

Long-Distance Caregiving (continued)

Assessing care needs

Early-stage care

If the person living with dementia is in the early stages of Alzheimer's and lives independently, you will need to reassess care needs at each visit. It is also important to check in with family and friends who provide day-to-day care.

Ask yourself:

- Is there food in the refrigerator? Is it spoiled? Is the person eating regular meals?
- What is the condition of the inside and the outside of the home? Has it changed?
- Are the bills paid? Are there piles of unopened mail?
- Do friends and relatives visit regularly?
- What is the person's personal appearance? Is the person bathing and grooming?
- Is the person still able to drive safely?
- How are family caregivers who live nearby? Do they have the information and support they need?

Middle-stage and late-stage care

Early in the middle stages, it will become too difficult or dangerous for a person with Alzheimer's to be left alone. The person will need supervision around the clock. During the late stages, around-the-clock care needs will become more intensive. There are several care options, including having a caregiver provide care in the home, moving the person into the home of a relative, or moving the person to a residential care facility.

Regardless of which care arrangement you use, periodically

assess the situation to make sure the needs of both the person living with dementia and family caregivers are being met.

Ask yourself:

- Is the person getting the help he or she needs with daily personal care, such as dressing, bathing and grooming?
- Have safety precautions been taken throughout the living environment? Do additional precautions need to be taken?
- Does the person have safe transportation to doctor's appointments and other events?
- Is the person engaged in meaningful activities during the day?
- How are family caregivers doing? Are they getting burned out? Is their health being affected? Would they benefit from respite care or other supports?

Moving the person into your own home

If you're considering moving the person into your home, here are some things to think about:

- Does he or she want to move? What about his or her spouse?
- Is your home adapted to support the person?
- Will someone be at home to care for the person?

(continued on page 26)

Long-Distance Caregiving (continued)

- How does the rest of the family feel about the move?
- How will this move affect your job, family and finances?
- What respite services are available in your community to assist you?
- How will providing direct care for a person with dementia impact your own health?

Moving a person with Alzheimer's disease from familiar surroundings may cause increased agitation and confusion. Make sure to talk with the person's physician, care team or a social worker. You can call the Alzheimer's Association for assistance before making a decision.

Coordinating care

Building a list of contacts and local resources is vital when coordinating care from a distance. Having trusted eyes close at hand is also essential to make sure care needs are being met.

- Family, friends and neighbors
Make a list of phone numbers and addresses. Ask if you can check in with them to find out how your family member is doing. They may be willing to stop by the person's home for regular visits. There are a number of online calendars available to help coordinate caregiving support from friends, family and neighbors.
- The health care team
Keep in contact with the primary physician and other key members

of the health care team overseeing care, and make sure they can reach you if there are significant changes or concerns about your family member's mental or physical well-being. Your family member will need to sign a release of information so health care providers are free to communicate with you.

- Community organizations
Check with local churches, temples, neighborhood groups and volunteer organizations. They may provide meal delivery, transportation or companion services.

- Aging agencies
You may be able to access services to help with meals, chores and transportation through your local area agency on aging. These agencies will often provide referrals to local resources.

- Home and community-based services
Services such as home care and adult day services are available in most communities and can be arranged based on the person's needs. These services can help with personal care activities, bathing, meals and medications and provide respite for caregivers. Adult day services and other congregate services also offer opportunities for socialization.

- Geriatric care managers
These elder care experts specialize in assessing and monitoring the needs of the elderly.

Long-Distance Caregiving (continued)

- **Trusted professionals**
Elder law attorneys work with older clients and their families to get legal documents in place for making health care, legal and financial decisions.

- **Making the most of visits**
Few long-distance caregivers are able to spend as much time with the person living with dementia as they would like. The key is to use your time effectively:

- **Make appointments with the person's physician, lawyer and financial adviser during your visit to participate in decision-making.**

- **Meet with neighbors, friends and other relatives to hear how they think the person is doing. Ask if there have been any behavioral changes, health problems or safety issues.**

- **Take time to reconnect by talking, listening to music, going for a walk or participating in activities you**

enjoy together.

- **Check the person's cupboards and refrigerator to make sure there is enough appropriate food.**

- **Review medications to make sure they are being taken as prescribed.**

- **Assess the support needs of family caregivers providing day-to-day care.** Supporting your family from afar
Many families live long distances from one another and caregiving from afar is more prevalent today than ever. Even when you don't live nearby, you can be actively involved and take on meaningful roles.

Whether the person living with dementia lives at home alone, with a family member, in an assisted living center or in a residential facility, family members and friends who provide day-to-day care may have difficult days. Don't underestimate the importance of supporting your family from a distance.

Courtesy of the Alzheimer's Association. Alz.org/caregiving

Tell Them You
Saw It In The
Alzheimer's Resource Directory



A dramatic change in mood or personality is 1 of the 10 warning signs of Alzheimer's disease. Recognizing the symptoms is the first step toward doing something about it. For more information, and to learn what you can do now, go to **alz.org/10signs** or call **800.272.3900**.

alzheimer's  association®

© Alzheimer's Association 2022. All rights reserved.

Alzheimer's Association is a 501(c)(3) nonprofit organization.

10 Early Signs and Symptoms of Alzheimer's and Dementia

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

1. Memory loss that disrupts daily life

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same information over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when balancing a checkbook.

3. Difficulty completing familiar tasks at home, at work or at leisure

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

4. Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

5. Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

(continued on page 30)

10 Early Signs and Symptoms of Alzheimer's and Dementia (cont.)

What's a typical age-related change?

Vision changes related to cataracts.

6. New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change?

Sometimes having trouble finding the right word.

7. Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

8. Decreased or poor judgment

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision once in a while.

9. Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They also may avoid being social because of the changes they have experienced.

What's a typical age-related change?

Sometimes feeling weary of work, family and social obligations.

10. Changes in mood and personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Article courtesy of the Alzheimer's Association alz.org

Alzheimer's Poem

Do not ask me to remember.
Do not try to make me understand.
Let me rest and know you're with me.
Kiss my cheek and hold my hand.
I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you to be with
me at all cost.
Do not lose your patience with me.
Do not scold or curse my cry.
I can't help the way I am acting.
I can't be different though I try.
Just remember that I need you.
That the best of me is gone.
Please don't fail to stand beside me.
Love me till my life is done.

Anonymous

Note

**Contents of this directory
are intended for community
resource information only.**

**Neither the Alzheimer's
Association, or
Retirement Publishing
recommends or endorses
the listed facilities,
organizations,
professionals and
companies, or their
services.**

Publisher Information

*The Alzheimer's Resource
Directory*
is a publication of:

**Retirement Publishing
P.O. Box 2442
Woodinville, WA 98072**

For general information,
additional copies or advertising
rates contact us at

206-999-7289
e-mail: retirebart1@comcast.net
Copyright 2023 ©

Memory Care That Honors a Life Well-Lived



Carefield Living's Lightfinder™ Memory Care respects the life experiences, history and legacy of your loved one.

From encouraging strengths and capabilities to assisting with personal needs, our team is available 24/7 and is dedicated to nurturing the mind, body and spirit.

Contact one of our communities today:



Carefield
Pleasanton

Memory Care

4115 Mohr Ave
Pleasanton, CA 94566
CarefieldPleasanton.com



925-750-8744



Carefield
Castro Valley

Assisted Living • Memory Care

19960 Santa Maria Ave
Castro Valley, CA 94546
CarefieldCastroValley.com



510-925-2738



RCFE #015601206

