



WHEN YOU SUSPECT
DEMENTIA

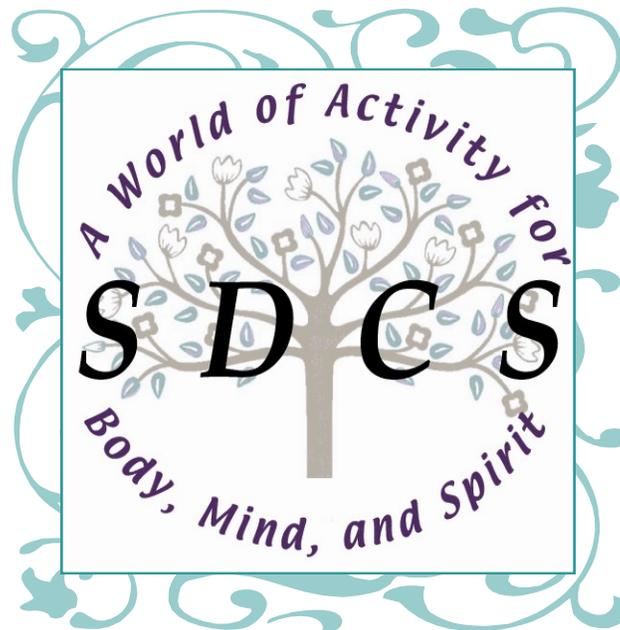
A GUIDE TO COMMUNITY RESOURCES

COMPLIMENTS OF

El Dorado County Health & Human Services Agency

**SENIOR DAY
CARE SERVICES**

Alzheimer's Day Care & Resource Center



**REVISED
MAY 2015**

TO RECEIVE REGULAR UPDATES TO THIS GUIDE VIA EMAIL, CONTACT
SENIOR DAY CARE SERVICES AT SDCINFO@EDCGOV.US



WHEN YOU SUSPECT DEMENTIA

A G U I D E T O C O M M U N I T Y R E S O U R C E S



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Information in this booklet may not be current after initial printing. Every effort has been taken to verify the accuracy of the information included within these pages. Should you become aware of a discrepancy, please let us know by calling 530-621-6180.

To receive regular updates to this guide via e-mail contact:
sdinfo@edcgov.us



STEP 1: GET A GOOD DIAGNOSIS & 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.

KAISER PERMANENTE VALLEY ALZHEIMER'S/DEMENTIA PROGRAM

916-973-6165 *Must be a Kaiser member

SUTTER NEUROSCIENCE INSTITUTE MEMORY CLINIC

800-866-7724 www.sutterneuro.org You may need a referral from your doctor.

UNIVERSITY OF CALIFORNIA AT DAVIS ALZHEIMER'S DISEASE RESEARCH CENTER

916-734-5496 www.ucdmc.ucdavis.edu/alzheimers/ 4860 Y Street, Ste. 3900, Sacramento

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

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**
www.edcgov.us/government/humanservices/senior_services/senior_day_care/senior_day_care.aspx
935-A Spring Street, Placerville—530-621-6180
990 Lassen Lane, El Dorado Hills—916-358-3560
- ◆ **Alzheimer's Association® Northern California & Northern Nevada Chapters**
800-272-3900 24 hour Help Line www.alznorcal.org
1455 Response Road, Suite 190, Sacramento 95815
- ◆ **Alzheimer's Foundation of America**
866-232-8484 www.alzfdn.org
- ◆ **Alzheimer's Aid Society of Northern California**
800-540-3340 www.alzheimersaidsociety.org
2641 Cottage Way, Ste. 4, Sacramento 95825
- ◆ **Del Oro Caregiver Resource Center**
800-635-0220 www.deloro.org
8421 Auburn Blvd., Citrus Heights 95610
- ◆ **Marshall Community Health Resource Library**
530-626-2778 www.marshallmedical.org/library
3581 Palmer Drive, Ste. 101, Cameron Park 95682
- ◆ **Parkinson's Association of Northern California**
916-534-7279 www.parkinsonsacramento.org
7840 Madison Ave, Ste. 107, Fair Oaks 95628



TRY A BOOK OR VIDEO:

The following books and videos are excellent and available from Senior Day Care's FREE resource library. 530-621-6180 email: sdinfo@edcgov.us

- ◆ **Accepting the Challenge** - video by Alzheimer's Association®
- ◆ **Senior Gems™** - video by Senior Helpers®
- ◆ **The 36 Hour Day** - book by Mace and Robbins
- ◆ **Validation Breakthrough** - book by Naomi Feil
- ◆ **Will I Be Next?** - book by Lois Bristow



STEP 3: JOIN A SUPPORT GROUP

- ◆ **“After Five Club” Caregiver Support Group - Placerville**
Date: 2nd Wednesday of each month
Time: 5:30 p.m. - 7:00 p.m.
Location: Senior Day Care Center, 935-A Spring Street, Placerville
Contact: Senior Day Services 530-621-6180
- ◆ **Alzheimer’s Support Group - Placerville**
Date: 3rd Monday of each month
Time: 10:00 a.m. - 11:30 a.m.
Location: Elder Options, 82 Main Street, Placerville
Contact: Elder Options 800-336-1709
- ◆ **“Brown Bag Lunch” Marshall Medical Stroke Support Group - Placerville**
Date: 2nd Wednesday of each month
Time: 12:00 p.m. - 1:00 p.m.
Location: Wilkinson & Humpcey Building, 681 Main Street, Room 208, Placerville
Contact: Vicki Golmitz or Cheryl Purgett 530-626-2642
- ◆ **“Care Connection” Teleconference**
Date: 2nd Thursday of each month
Time: 1:00 p.m. - 2:00 p.m.
Contact: 877-594-8353 use guest ID #46692951
Provided By: Alzheimer’s Foundation of America
- ◆ **“El Dorado Hills Caring & Sharing” Caregiver Support Group - El Dorado Hills**
Date: 3rd Tuesday of each month
Time: 5:30 p.m. - 7:00 p.m.
Location: El Dorado Hills Senior Center, 990 Lassen Lane, El Dorado Hills
Contact: Ginger McMurchie 916-821-2273
- ◆ **Men’s Caregiver Support Group - Fair Oaks**
Date: 3rd Tuesday of each month
Time: 2:00 p.m. - 3:30 p.m.
Location: Sac Metro Fire Station 32, 8890 Roediger Lane, Community Room, Fair Oaks
Contact: Carol Kinsel 916-965-5565
- ◆ **“My Time” Caregiver Support Group - Placerville**
Date: 1st Friday of each month
Time: 1:30 p.m. - 3:00 p.m.
Location: Senior Center, 937 Spring Street, Placerville
Contact: Senior Day Services 530-621-6180
- ◆ **“My Time” Caregiver Support Group-El Dorado Hills**
Date: 4th Thursday of each month
Time: 10:30a.m. - 12:00p.m.
Location: Senior Center, 990 Lassen Lane, El Dorado Hills
Contact: Senior Day Services 916-358-3560
- ◆ **Online Support Group**
Website: www.alzconnected.org
Provided By: Alzheimer’s Association®





◆ **Parkinson’s Support Group - Placerville**

Date: 1st Tuesday of each month

Time: 1:30 p.m. - 3:00 p.m.

Location: Senior Center, 937 Spring Street, Placerville

Contact: Tom or Nancy Shultz 530-644-3473

◆ **“Resources & Sharing on the Divide” Caregiver Support Group - Georgetown**

Date: 2nd Tuesday of each month

Time: 2:30 p.m. - 4:00 p.m.

Location: Greenwood Community Center, 4401 Hwy 193, Greenwood

Contact: Family Caregiver Support Program (FCSP) 530-621-6192

◆ **Stroke Survivor & Caregiver Support Group - Folsom**

Date: 4th Wednesday of each month

Time: 11:00 a.m. - 1:00 p.m.

Location: Burger Rehabilitation, 1301 East Bidwell Street, 2nd Floor, Folsom

Contact: Burger Rehabilitation 800-900-8491



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
- ◆ How to Plan and Pay for Long-Term Care



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.

• **ALZHEIMER’S AID SOCIETY OF NORTHERN CALIFORNIA - 800-540-3340**

Provides free consultation with an Elder Law Attorney.

• **DEL ORO CAREGIVER RESOURCE CENTER - 800-635-0220**

Will make a referral and may pay for a 90 minute consultation with an Elder Law Attorney.

• **EL DORADO COUNTY SENIOR LEGAL SERVICES - 530-621-6154**

This FREE service is intended to assist those 60 or older and reside in El Dorado County.

LEARN ABOUT VETERANS’ BENEFITS

• **EDC VETERANS SERVICES - 530-621-5892** www.edcgov.us/veterans

• **VA NATIONAL CAREGIVER SUPPORT LINE - 1-855-260-3274** (toll free)

Monday through Friday, 8:00 AM to 8:00 PM EST or www.caregiver.va.gov/

LEARN ABOUT WHAT MEDICARE AND MEDI-CAL COVER

- ◆ California Advocates for Nursing Home Reform (CANHR) website at www.CANHR.org

TO APPLY FOR LONG TERM CARE MEDI-CAL - 530-642-7300

- ◆ Call El Dorado County Health & Human Services Agency to make an appointment.

FREE BENEFIT PROGRAM INFORMATION - WWW.BENEFITSCHECKUP.ORG

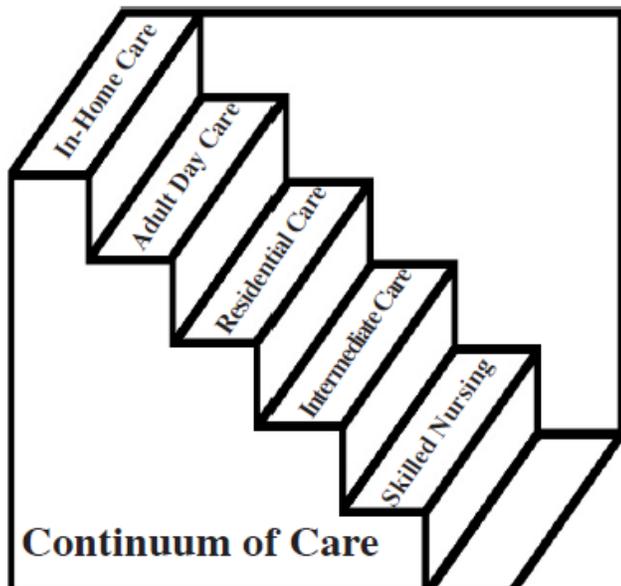


STEP 5: GET ASSISTANCE WITH DEVELOPING A PLAN OF CARE

There are so many decisions to be made it can seem overwhelming. With the help of the following agencies, you can make informed decisions and create a plan of care that can help you keep your loved one at home. For FREE assistance, contact:

- ◆ **DEL ORO CAREGIVER RESOURCE CENTER - 800-635-0220 - WWW.DELORO.ORG**
FREE SERVICE - Provides support to caregivers of brain impaired adults through education, respite, counseling and family consultations. No income eligibility requirements.
- ◆ **FAMILY CAREGIVER SUPPORT PROGRAM (FCSP) - 530-621-6192**
WWW.EDCGOV.US/GOVERNMENT/HUMAN SERVICES/SENIOR_SERVICES/FAMILY_CAREGIVER_SUPPORT_PROGRAM/FCSP_HOME.ASPX
FREE SERVICE - Promotes family caregivers through support and care. Caregiver services include extensive information, referral, assistance, education, support, training, care coordination, respite care, support groups and supplemental services.
- ◆ **MULTI-PURPOSE SENIOR SERVICES PROGRAM (MSSP) - 530-621-6278**
[WWW.EDCGOV.US/GOVERNMENT/HUMAN SERVICES/SENIOR_SERVICES/MULTIPURPOSE_SENIOR_SERVICE_PROGRAM_\(MSSP\).ASPX](http://WWW.EDCGOV.US/GOVERNMENT/HUMAN SERVICES/SENIOR_SERVICES/MULTIPURPOSE_SENIOR_SERVICE_PROGRAM_(MSSP).ASPX)
FREE SERVICE - Care management program that provides assistance in accessing services for Medi-Cal eligible seniors age 65 or older to independently remain in their homes.

STEP 6: LEARN ABOUT THE CONTINUUM OF CARE OPTIONS

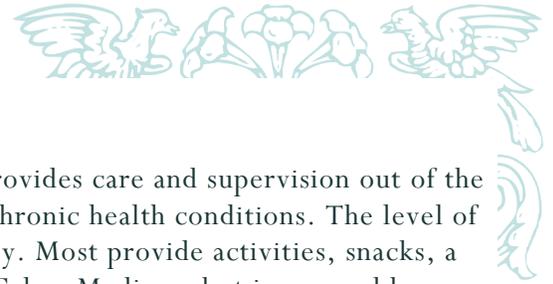


IN-HOME CARE SERVICES

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

- ◆ **In-Home Supportive Services (IHSS)**
530-642-4800 Coordinates In-Home Supportive Services for low income elderly & disabled persons.
- ◆ **Family Caregiver Support Program (FCSP)**
530-621-6192 FCSP will provide you with the tools and information you need to hire someone.
- ◆ **In-home care Provider List of individuals and private agencies**

Family Caregiver Support Programs maintains a list of individuals and agencies who provide in home care. To access go online to www.edcgov.us/Government/HumanServices/Senior_Services/Family_Caregiver_Support_Program/FCSP_Home.aspx then scroll to the In Home Provider List. Agencies are generally listed in the yellow pages 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 chronic health conditions. 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 Medicare but is covered by most Long-Term Care Insurance policies.

♦ Senior Day Care Services (SDC)

Placerville Center	530-621-6180	935-A Spring Street, Placerville
El Dorado Hills Center	916-358-3560	990 Lassen Lane, El Dorado Hills

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.



RESIDENTIAL CARE FACILITY FOR THE ELDERLY (RCFE)

The third step in the continuum of care are RCFEs, also called “Assisted Living” or “Board and Care.” These facilities are non-medical and provide 24-hour supervision, meals, assistance with medication & limited activities. There are over 40 such facilities in El Dorado County, each varying on the type of resident they will take. Costs range from \$2000 to \$8500 per month. Care at the RCFE is NOT covered by Medicare. Generally speaking, it is not by Medi-Cal either. However, there is a Medi-Cal WAIVER PROGRAM which covers some RCFEs in the Sacramento area. To learn more about the WAIVER program, contact Elder Options at 530-626-6939.

For FREE assistance with placement, call:

- ♦ Alzheimer’s Aid Society of Northern California 916-483-2002
- ♦ Long-Term Care Ombudsman 530-621-6271

INTERMEDIATE CARE FACILITY (ICF)

ICFs provide skilled nursing supervision, supportive care and planned activities. Covered by Medi-Cal. Currently there are no ICFs in the greater Sacramento area that accepts individuals with dementia.

SKILLED NURSING FACILITIES (SNF)

The last step in the continuum of care are SNFs, also known as “Convalescent Hospitals,” that provide 24 hour skilled nursing care, social services and planned activities. Cost ranges from \$120 to \$318 per day.

- ♦ **Gold Country Health Center - 531-621-1100**
4301 Golden Center Drive, Placerville 95667
- ♦ **The Pines at Placerville Healthcare Center - 530-622-3400**
1040 Marshall Way, Placerville 95667
- ♦ **Western Slope Health Center - 530-622-6842**
3280 Washington Street, Placerville 95667

For FREE help with placement, call:

- ♦ **Long-Term Care Ombudsman 530-621-6271**

To learn more about Medi-Cal & Medicare coverage visit the *California Advocates for Nursing Reform (CANHR)* website at www.CANHR.org

To apply for Long-Term Care Medi-Cal, contact the *El Dorado County Health & Human Services Office* at 530-642-7300.





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 one or both of the following programs

◆ **ELDER ID PROGRAM - 530-621-6180 - SDCINFO@EDCGOV.US**

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. This service is provided FREE.

◆ **CARETRAK™ PROGRAM - 530-621-6180 - SDCINFO@EDCGOV.US**

In addition to the 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! Fees for services apply.



STEP 8: SEEK 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 OR 916-358-3560**

◆ **DEL ORO CAREGIVER RESOURCE CENTER - 800-635-0220**

◆ **FAMILY CAREGIVER SUPPORT PROGRAM - 530-621-6192**

◆ **IN-HOME CARE AGENCIES:** *Usually listed in the yellow pages under "Home Health Services" or contact the Family Caregiver Support Program at 530-621-6192 for a list of individuals and agencies who provide in-home care.*

◆ **RESIDENTIAL CARE FACILITIES:** *Usually listed in the yellow pages under "Assisted Living Facilities" or contact the Long Term Care Ombudsman at 530-621-6271.*

◆ **VETERANS AFFAIRS RESPITE CARE PROGRAM - 1-877-222-8387**

The Department of Veterans Affairs (VA) medical centers can give the Veteran's caregiver a 'break' by taking over the Veteran's care for a limited time.





STEP 9: CONSIDER OTHER RESOURCES

- ◆ **ADULT PROTECTIVE AGENCY - 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.
- ◆ **ALZHEIMER'S & OTHER DEMENTIAS DAILY COMPANION**
Download this FREE app on your smart phone for your on-the-go guide for dementia care advice.
- ◆ **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 911**
If your loved one becomes a threat or is a serious danger to him/herself or others.
- ◆ **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. www.eldercare.gov
- ◆ **HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP) - 530-621-6369**
Provides FREE assistance for seniors with questions and problems on Medicare, supplemental insurance, long-term care insurance & reverse mortgage annuities.
- ◆ **HOME DELIVERED MEALS/ SENIOR NUTRITION - 530-621-6160**
Hot, nutritious lunches delivered to medically/physically disabled individuals age 60 or older. Eligibility is based on assessment by program staff. There is a suggested donation of \$3.00 per meal.
- ◆ **PUBLIC GUARDIAN - 530-642-4800**
Provides services that are defined and directed by the Probate Division of the Superior Court, contingent upon the appointment of the Public Guardian as conservator for an individual by the Superior Court.
- ◆ **SENIOR HEALTH EDUCATION PROGRAM (SHEP) - 530-621-6151**
Exercise programs for seniors, community events and educational trainings.
- ◆ **SENIOR INFORMATION & ASSISTANCE PROGRAM - 530-621-6369**
One-stop resource to provide seniors with information and referral assistance so that they can make informed choices, continue to live safely and independently, and improve their overall wellbeing. FREE service.





CONTINUED...

STEP 9: CONSIDER OTHER RESOURCES

◆ **SENIOR PEER COUNSELING 530-621-6304**

Confidential supportive counseling for people age 55 or older who may be lonely, isolated, grieving, often tired, sad and blue and/or stressed about issues of growing older to increase independence, personal growth and enjoyment of life. FREE service, though donations are welcomed.

◆ **SENIOR TIMES NEWSLETTER 530-621-6255**

A monthly newsletter that addresses senior related topics, calendar of activities and upcoming events. Yearly subscription is \$5.00.

◆ **SNOWLINE HOSPICE 530-621-7820**

Services include supporting terminally ill patients near end-of-life and guiding their loved ones through grief. Hospice benefits are included in Medicare and Medi-Cal and most health insurance plans. www.snowlinehospice.org

◆ **SOCIAL SECURITY ADMINISTRATION 877-545-5497**

3916 Missouri Flat Road, Ste. A, Placerville. Independent agency of the United States federal government that administers Social Security, a social insurance program consisting of retirement, disability and survivors benefits. www.socialsecurity.gov

◆ **SOCIETY FOR THE BLIND 916-452-8271**

Training in adaptive methods for accomplishing tasks of daily life.

◆ **VETERAN AFFAIRS 530-621-5892**

Assists veterans, their dependents and survivors in obtaining entitlements from federal, state and local agencies administering veterans programs. It is not affiliated with the Federal Department of Veteran Affairs (VA). www.edcgov.us/veterans

◆ **YOU ARE NOT ALONE (YANA) 530-621-6255**

FREE daily telephone “check-in” and reassurance services available 7 days a week, supported by the Sheriff’s and Human Services’ volunteers.



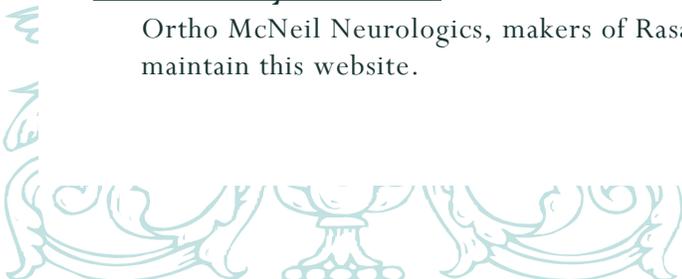
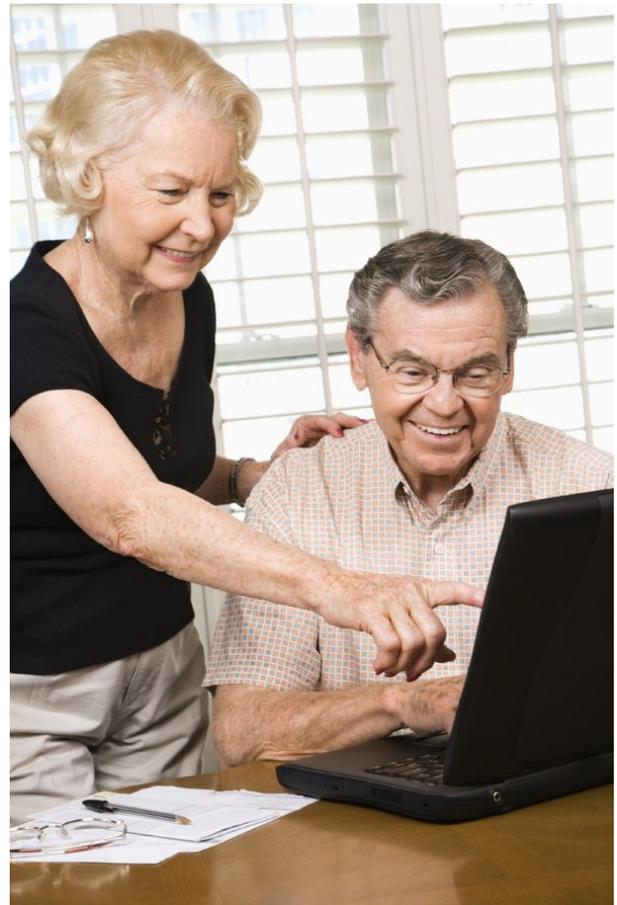
STEP 10: WEBSITES TO INVESTIGATE



- ◆ www.alzonline.net
Alzheimer's caregiver support online.
- ◆ www.alzstore.com
Provider of products and educational resources for people with Alzheimer's or related dementia.
- ◆ www.benefitscheckup.org
Helps determine benefits you are eligible for.
- ◆ www.caregiver.org
A clearinghouse on brain disorders and caregiver assistance.
- ◆ www.nia.nih.gov/alzheimers
This website will help you find current, comprehensive Alzheimer's disease information & resources from the National Institute on Aging.
- ◆ www.strokeassociation.org
Offers information and support for stroke patients, caregivers and their families.
- ◆ www.vfvalidation.org
For information about communication with individuals with dementia.
- ◆ www.alzstore.com
Provider of products and educational resources for people with Alzheimer's or related dementia.

PHARMACEUTICAL COMPANY WEBSITES:

- ◆ www.aricept.com
Sponsored by Eisai, Inc. (Pfizer), this website provides information on Aricept.
- ◆ www.exelonpatch.com
Sponsored by Novartis, the manufacturer of Exelon.
- ◆ www.razadyneer.com
Ortho McNeil Neurologics, makers of Rasadayne, maintain this website.



EL DORADO COUNTY HEALTH & HUMAN SERVICES AGENCY

SENIOR DAY CARE SERVICES

ALZHEIMER'S DAY CARE & RESOURCE CENTER

PLACERVILLE

935-A Spring Street
Placerville, CA 95667
530-621-6180

EL DORADO HILLS

990 Lassen Lane
El Dorado Hills, CA 95762
916-358-3560

- ◆ Fax: 530-663-8418
 - ◆ Email: sdinfo@edcgov.us
 - ◆ Website: [www.edcgov.us/human services/
senior_services/senior_day_care/
senior_day_care.aspx](http://www.edcgov.us/human%20services/senior_services/senior_day_care/senior_day_care.aspx)
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