

# **SECTION 8**

## **COMMUNITY RESOURCES**

### **VENTURA COUNTY**

---

#### **TABLE OF CONTENTS**

The Alzheimer’s Association .....	120
Family Services .....	121
Support Groups.....	124
Education Programs .....	125
Library.....	128
The Memory Walks.....	129
Non-Profit Service Agencies.....	130
Hospice.....	132
In-home Care Agencies.....	134
Government Service Agencies.....	139
Adult Day Programs.....	140
Adult Day Health Care.....	141
Residential Care Facilities.....	142
Nursing Homes.....	142
Elder Law Attorneys.....	142
Physicians.....	142
Caregiving Supplies.....	143
Additional National Services.....	144
Medical Log Templates.....	145

# The Alzheimer's Association

The Alzheimer's Association is a national, non-profit organization with headquarters in Chicago, Illinois. With chapters across the United States, the Association relies on volunteers, grants, and private donations to perform many educational programs and services.

**Ventura County office (805) 485-5597**

**Chapter Headquarters (805) 892-4259**

**To reach the chapter located nearest you anywhere in the United States, call (800) 272-3900.**

## **THE ASSOCIATION IS DEDICATED TO:**

- ✓ Providing care consultations, information and referral services to families caring for loved ones living with Alzheimer's disease and related disorders
- ✓ Education and training for families, professional health and care workers, community organizations and the interested public
- ✓ Funding research to find a cause and cure for Alzheimer's disease

## **THE ASSOCIATION IS AVAILABLE TO:**

You

Health Professionals

Law Enforcement

Clergy

Families

Everyone

*Please call our office in Camarillo and learn how to become involved. We provide newsletters, conferences, special events, trainings, support groups, in-home care consultations, Safe Return registrations, educational materials and many other valuable services.*

# Family Services

Our **Family Services** are dedicated to our overall mission as an Association to offer support, services, and the latest information in treatment and medical research, to the families, and to persons with a diagnosis who are met with the challenge of Alzheimer's disease and related disorders.

## 1. **Family Member Caregiver Consultations**

Our caregiver consultants are available to provide information, referrals and caregiver coaching in our office and over the phone. They can also provide home visits to assess needs and provide care training. Services are provided at no charge to the family.

## 2. **Helpline Contact Center (800) 272-3900**

Our staff are available during office hours to provide support, information, referrals, and guidance to community resources. Multi-lingual care consultants staff our national **Helpline 24 hours daily, 365 days per year.**

## 3. **Referral Services**

The Alzheimer's Association is committed to assuring that caregivers and families are provided with full access to other community-based organizations and resources. The Alzheimer's Association will provide referrals and other information relative to caregivers and families.

## 4. **Support Groups**

### ✓ **For Family Members**

Participants have the opportunity to share information, develop caregiving skills and provide mutual support.

### ✓ **For Persons diagnosed with Early Stage Alzheimer's**

Participants benefit from a supportive environment guided by a professional facilitator.

### ✓ **Faith-based, non-denominational support group**

For caregivers who prefer a spiritual approach.

## 5. **Our Caregiver's Guidebook**

### *What Now? Caregiver's Quick Guide and Resource Manual*

We wrote this easy-to-use handbook to respond to the needs of family caregivers. While there are many books available on caregiving, this manual has been designed to assist people who are short on time and need to learn about the disease, who want information on various aspects of the challenges that arise, and who need convenient access to many of the local resources that serve the caregivers' needs.

## 6. **Safe Return**

Our nation-wide **Safe Return** program aids in situations of wandering and becoming lost. Registrants are entered into a national database, and receive an identification bracelet along with additional program materials.

### **There are three methods of registering:**

- (1) Register in person at our office or registration sites located throughout Ventura County. *Call our office at 485-5597 for registration site information.*
- (2) Telephone: **(888) 572-8566** (direct line to Safe Return)
- (3) Sign up on our Web site at **www.alz.org**.

## 7. **Family Member Caregiver Respite Fund**

Short-term respite is available for Ventura County family member caregivers who are in need—through a grant from the Area Agency on Aging (the current grant is active through June 2008). A home visit from one of our care consultants is necessary to determine if the family qualifies. Services are provided by contracted agencies for in-home care only.

## 8. **Services in Spanish**

All of the services provided by the Alzheimer's Association are available to Spanish speaking caregivers and families. In addition, Spanish language educational brochures and other materials are available.

## **9. Autopsy**

Many families choose to have an autopsy of the brain performed after death to get a definitive diagnosis and/or to support research. Pre-planning is essential. For assistance, contact the Alzheimer's Association.

## Caregiver and Family Support Groups

**Support/Resource Groups** provide participants with a place to share information and resources, discuss caregiving experiences, lend each other emotional support and to hear guest speakers present on helpful topics.

### WE OFFER A VARIETY OF SUPPORT GROUPS

**Spouse Caregiver**

**Adult Child and Family Caregiver**

**Early-Stage for people with Alzheimer's**

**Caregiver, Family, and Friends (open to all)**

*For information on support groups, meeting times, days and location – please call (800) 272-3900 or the Alzheimer's Association office nearest you:*

<b>San Luis Obispo</b>	<b>(805) 547-3830</b>
<b>Santa Maria</b>	<b>(805) 636-6432</b>
<b>Santa Barbara</b>	<b>(805) 892-4259</b>
<b>Camarillo (Ventura County)</b>	<b>(805) 485-5597</b>

*Also, you will find the support group listings, with all related information, in the **Family Resource** section of our quarterly newsletter, and on our website: [www.alz.org/cacentralcoast](http://www.alz.org/cacentralcoast)*

# Education Programs

We offer a wide variety of conferences, workshops, and educational materials for family caregivers, people with dementia and professionals.

## 1. Annual Conferences

Our Education Conferences feature a variety of nationally known, and local, experts discussing recent advances in research and care. These conferences are valuable to both the professional and family caregiver.

A variety of *continuing education credit* is available and pre-registration is recommended. Please call the chapter office for dates, locations and registration information.

## 2. Community Education Events

Community Education events are offered on a variety of topics regarding Alzheimer's disease and related dementias. Please call the chapter office for information.

## 3. Family Caregiver Education Programs

These programs are designed to support family members in providing quality care for their loved ones. They feature practical caregiving tips and resources.

### **Caregiver Consultations** (see Patient & Family Services Department)

These are one-on-one meetings for support and education. Caregiver coaching guides you to provide the best possible care for your loved one, and the best possible care for yourself. When you need direction, planning, and/or resource information, please call to schedule an appointment in our office, in your home, or the location of your choice.

### **Caregiver University: Education for Family Members**

These 2-hour programs are offered on a wide variety of topics with a variety of community professionals presenting. Call our office to learn of the dates/times of these free monthly programs.

#### **4. Training Programs for Professionals**

The Alzheimer's Association is committed to enhancing the quality of care for people with dementia by providing ongoing training opportunities for professional caregivers. We are approved providers of the following categories of continuing education credit:

R.N./L.V.N., M.F.T./L.C.S.W., C.N.A./H.H.A., R.C.F.E. and Nursing Home Administrators. **All of these programs are fee-based seminars. Please call the Director of Programs to discuss fees and arrangements at (805) 892-4259.**

#### **Education programs for professionals include:**

##### **A. Achievement Certificate in Alzheimer's Care**

This is a comprehensive, 16-hour program of classes in an interactive workshop format. It provides an overview of Alzheimer's disease and related disorders; its effects on the person with the disease as well as family members; specific training for caregivers on communication, creating activities; working with challenging situations; relating with family members and one's care team on the job.

##### **B. Care Training**

This eight-hour class provides a broad introductory understanding of normal aging, dementia, Alzheimer's disease and related disorders; strategies for caregiving, communication and activities.

##### **C. Understanding Dementia**

This is a two-hour (or three-hour train-the-trainer option) seminar that satisfies DHS requirements for staff dementia training regulations (AB13747). The two-hour program provides an understanding of dementia and Alzheimer's disease, and techniques to enhance communication and interaction.

##### **D. Campaign for Quality Residential Care: Dementia Care Practice Recommendations program.**

1. Food and Fluid Consumption
2. Pain Management
3. Social Engagement and Involvement in Meaningful Activities
4. Resident Wandering
5. Resident Falls
6. Physical Restraint-Free Care
7. Dementia Issues for End-of-Life Care:

## **E. Available on your computer over the Internet**

### **CEU Trainings: [www.alzladementiatraining.org](http://www.alzladementiatraining.org)**

Online courses from the experts in dementia and dementia care!

Convenient, affordable, certificates of completion provided.

## **5. Our Lending Library**

The Association maintains a large lending library with books, journals and videos, DVDs on dementia care issues. Activity Kits are available for assisted living facilities. Please visit our office and use the library.

## **6. Educational Booklets and Brochures**

We have a large variety of informative booklets and brochures available. The first copy of any brochure is free. Please call us for prices on multiple copies.

## **7. Alzheimer's Association Newsletter**

Our newsletter is available free of charge both through the mail and on our web site. It offers valuable information on dementia care and resources, current research on Alzheimer's disease, relevant public policy issues, and upcoming events of interest and association news. Please call us if you would like to receive the newsletter.

## **8. Congregational Education and Outreach**

The Association provides a variety of supportive services and educational materials to support local congregations. Please call our office to arrange for someone to speak to your congregation, provide educational materials and to learn more about special training opportunities.

## **9. Speaker's Bureau**

The Association has a **Speakers Bureau** to provide informational presentations about the Alzheimer's Association and the services it offers in Ventura County. Please call our office to arrange a presentation for your service club, church, professional organization or school.

# **Library Books, Booklets, and Video Tapes**

## **The Library Service at the Alzheimer's Association Office**

We offer a large assortment of library materials that can be checked out on loan. Here is a list of the categories of publications and videos within our library. Call the Alzheimer's office nearest you to learn how to use the library.

- **Activities and Activity Bag Kits for Assisted Living**
- **Aging**
- **Alzheimer's Disease / Dementia / Research**
- **Caregiving**
- **Children's Books**
- **Long-term Care**
- **Multi-Cultural (written in other languages)**
- **Personal Accounts**
- **Resource Guides**
- **Spirituality / Bereavement**
- **Training Materials**

# The Memory Walks

The *Memory Walks* are local events that bring together families, friends, medical and care professionals, and business supporters.

The events serve to:

- Raise funds for the Alzheimer's Association
- Increase public awareness of the challenges with Alzheimer's disease
- Provide recreation, celebration and camaraderie for everyone

The funds raised at the *Memory Walks* go to support the local programs and services, and to promote research sponsored by our national headquarters in Chicago.

The *Memory Walks* allow the community to join together and raise awareness of the need to support families who are meeting the challenges of the disease. They also highlight the importance of supporting the research, as scientists work to develop:

- Preventative measures and medicines
- Treatments and medicines to improve the quality of life for those living with the disease and their caregivers
- And one day, to provide a cure

Everyone is welcome to participate and enjoy the fun of the *Memory Walks*.

*To find out how you may become involved,  
call the Alzheimer's Association office.*

# Non-Profit Service Agencies

## **Area Agency on Aging**

Ventura County Office  
(805) 477-7300

The Area Agency on Aging provides a wide variety of supportive, nutrition and health promotion services through funding from the Older American and Older Californians Act

## **The Ventura County Senior Resource Directory**

The 2003-2004 edition is available for free from by calling the Camarillo office of the Older Adult Services & Intervention System at 805-987-2083. Information is in English and Spanish.

## **Coast Caregiver Resource Center**

Serving Ventura, Santa Barbara and San Luis Obispo Counties  
(805) 967-0220, (800) 443-1236

### *Services*

As part of a statewide network of Regional Resource Centers, Coast Caregiver Resource Center serves families and caregivers of adults with brain impairment. Services include:

- ✓ Information and referral
- ✓ Support Groups
- ✓ Long-Term care planning and problem-solving consultations.
- ✓ Respite care (In/Out home)
- ✓ Legal consultation and advocacy
- ✓ Training and conferences for caregivers.

*Fees for services when applicable.*

## **Health Insurance Counseling and Advocacy Program (HICAP)**

(805) 477-7310      (800) 434-0222

### ***Services***

HICAP provides a variety of services (free of charge) that help you make decisions required to get the most from your Health Benefit dollars, including Medi-Cal and Medicare assistance; Medigap and HMO benefits; and long term care insurance policies.

## **Independent Living Resource Center, Inc**

(805) 650-5993

### ***Services***

Provides a variety of non-medical rehabilitative services to persons with disabilities. This includes personal assistance referral services.

## **Long Term Care Services of Ventura County Ombudsman**

(805) 656-1986

### ***Services***

This agency is responsible for investigating complaints about **residential care** and **skilled nursing facilities**. This includes allegation of abuse in such facilities; abuse issues include physical, financial, emotional and neglect. Long Term Care Services also offers pre-placement counseling services in addition to information about the different facilities and placement options.

Note: ***Long Term Care Services*** does not get involved with caregiver complaint situations in one's private home.  
**See ADULT PROTECTIVE SERVICES.**

# Hospice Services



## VOLUNTEER HOSPICE

### 1. Camarillo Hospice

(805) 389-6870

Non-profit organization providing services for those who have a life threatening illness, their families, and the bereaved. Trained volunteers are available for respite care, emotional and practical support in the home. Weekly bereavement support groups and individual grief counseling. Informational, education and referral to other hospice support agencies are available. All services are for Ventura County residents and are free of charge.

### 2. Hospice of the Conejo

(805) 495-2145

A non-profit organization of professional and lay people serving the terminally ill, their families and friends, with physical, psychosocial, emotional and spiritual support. Bereavement groups are available to seeking to restructure their lives after the loss of a loved one. Special support services to children and youth. All services are free.

### 3. Hospice of Santa Clara Valley

(805) 525-1333

A community based hospice serving Santa Paula, Fillmore and Piru. Team approach to caring for persons with terminal illness and their families, with emphasis on in-home care. Includes patient education, pain control, volunteer placement, and counseling and bereavement follow-up. R.N. on call 24 hours. All services are free.

### 4. HELP of Ojai

(805) 646-9752

A community based hospice serving the Ojai valley. Trained volunteers offer patient and caregiver education, support groups, counseling, and bereavement support.



## **MEDICAL HOSPICE**

### **1. Assisted Home Hospice**

(805) 677-7405    1(800) 499-6664    Serving Ventura County

Medicare certified hospice provides palliative care to terminally ill people and support services for families and loved ones. Addresses symptom management and comfort care needs. Spiritual care services that are consistent with family beliefs and desires. Social worker available to provide linkages to community resources and to assist family in developing optimal coping strategies.

### **2. Haven Buena Vista Hospice**

(805) 777-1133    Serving Ventura and Los Angeles counties

Medicare certified hospice provides personal care/homemaker services, skilled nursing care, spiritual and social work support, volunteer support, and stress management are provided. Medications and medical equipment available at no cost to the patient.

### **3. Livingston Memorial Visiting Nurse Association**

(800) 223-4862    Serving Ventura County

Medicare certified hospice . 24-hour answering service. Ongoing bereavement support group which meets weekly for 8 weeks. Offered several times a year, this group is open to any adult who has lost a spouse, parent, child or sibling.

### **4. ProCare Hospice**

(805) 983-4708    (888) 620-6993    Serving Ventura County

Medicare certified hospice provides pain control and symptom management allowing for the terminally ill person to use his or physical abilities as fully as possible. The interdisciplinary team consisting of skilled nurses, social workers, pastoral counselors and bereavement counselors meets emotional and spiritual needs of the family.

### **5. Tender Loving Care**

(805) 517-1620    (800) TLC-9887    Serving Ventura County

Medicare certified hospice offers daily visits, 24-hour on call service, pain control management, and bereavement support groups. Full team approach for terminally ill patients with unique care designed for each individual and their families.

### **6. Vitas**

(800) 938-4827

Medicare, MediCal, private insurance and other forms of reimbursement are accepted for services. Serving the nation since 1978, Vitas provides interdisciplinary team hospice professionals to provide intensive palliative care to control pain and reduce anxiety. In addition to medical care, spiritual and emotional comfort are also provided to patients and their families.

# In-Home Care Agencies

Private care management agencies provide a wide range of services for Alzheimer's care in the home. The services can include, but are not limited to: health and nursing care, personal care, bathing, cooking and feeding, activities and companionship, household chores, and full care management.

You can use agency services to completely manage the care for a person with Alzheimer's disease 24-hours a day, 365 days a year.

A family member might use an agency to provide companion care a few times a week so that he/she can leave the house and go shopping, visit friends, see a doctor or attend to other personal needs.

Many agencies provide their employees with special Alzheimer's care training. However, finding the right professional caregivers for your situation requires that you work closely with the agency Care Manager to find, train, and manage the caregivers so that they fit-in comfortably and perform well with your particular needs.

*A list of private care management agencies begins on the next page.*

*For further information on this topic see Working with an Agency in Section 5 of this manual.*

## Agency Reference Chart

*(see chart on next page)*

This chart is designed to help you understand how to explore the types of services different agencies provide.

If you hire independent (non-agency) professional caregivers through the referral services, the hourly rates can be lower than hiring through private agencies. However, you become the employer/manager and do not receive any of the other agency services. *Always use a professional payroll service; never pay caregivers with cash or personal checks.* The **Real Help** agency offers lower fees, *but only for low income seniors.*

### Chart Key

*Information gathered in June, 2006.  
Services offered may change at any time.*

- (1) Services may include bathing, dressing, feeding, meal preparation, light housekeeping, errands and companionship.
- (2) Clinical supervision over every case includes care plan and follow-up.
- (3) The agency can evaluate the needs of the person and home, and bring together the necessary resources.
- (4) The agency sends screened applicants. The family is responsible for the professional caregiver's supervision, payroll, taxes, and employee insurance.
- (5) The employee's payroll, taxes, and employee insurance are included in the agency's fee.

## In-Home Agencies in Ventura County

Agency Name	Phone Number	Personal and Domestic Services (1)	RN Case Mgmt (2)	Complete Care Mgmt. (3)	Bath visits	Referral Service (4)	Payroll in-house (5)
American Companion & Homemaker Services, Inc.	642-8988	Yes	No	No	Yes	No	Yes
Apria Healthcare	983-0926		Respiratory Care only				
Assisted Health Care Services	677-7400	Yes	Yes	Yes	Yes	Limited	Yes
California Medical Nursing Services, Inc	(800) 250-2875	Yes	No	Yes	Yes	Yes	No
ComforCare	988-2145	Yes	No	Yes	Yes	No	Yes
Comfort Keepers	493-2500	Yes	No	Yes	Yes	No	Yes
Compassionate Home Care	582-0650	Yes	No	Yes	Yes	Yes	Yes
Darancare Inc.	553-0870	Yes	Yes	Yes	Yes	Limited	Yes
Dignity Home Care	584-0890	Yes	Yes	Yes	Yes	No	Yes
Elder Home Companion Services	278-0138	Yes	No	Yes	No	Yes	Yes
Gold Coast Caregivers	278-2128	Yes	No	No	Yes	No	Yes

## In-Home Agencies in Ventura County (cont.)

Agency Name	Phone Number	Personal and Domestic Services (1)	RN Case Mgmt (2)	Complete Care Mgmt. (3)	Bath visits	Referral Service (4)	Payroll in-house (5)
Hanson Home Care Services Inc.	306-1804	Yes	No	No	No	Yes	Limited
Health Quest Homecare	370-3139	Yes	No	Yes	Yes	No	Yes
HealthWise Homecare	983-0086	Nursing and Physical Therapy only					
Heart & Soul	850-5705	Yes	No	No: 1-4 hr service only	Yes	Yes	No
Help Unlimited	654-6990	Yes	No	Yes	Yes	Yes	Yes
Home Care-Giver Services	(800) 707-4855	Yes	No	Yes	No	Limited	Yes
Home Helpers	981-3953	Yes	No	No	Yes	No	Yes
Home Instead Senior Care	577-0926	Yes	No	Yes	Yes	No	Yes
In Home Assistance	658-2785	Yes	No	No	Yes	Yes	No
Interim Healthcare	384-4004	Yes	No	Yes	Yes	No	Yes
LivHome	687-8766	Yes	Yes	Yes	Yes	No	Yes
Livingston Memorial Visiting Nurses	642-0239	Yes	Yes	Yes	Yes	Limited	Limited
Loving Touch Personnel Service	375-8474	Yes	No	No	Yes	Yes	No
Meditech Health Services	644-0800	Yes	Yes	Yes	Yes	Yes	Yes

## In-Home Agencies in Ventura County (cont.)

Agency Name	Phone Number	Personal and Domestic Services (1)	RN Case Mgmt (2)	Complete Care Mgmt. (3)	Bath visits	Referral Service (4)	Payroll Service (5)
Nursing Care Plus Services	486-5933	Yes	Yes	Yes	Yes	Yes	Yes
Personal Care Services	987-2677	Yes	No	Yes	Yes	Yes	Yes
Personal Parent Care	389-0997	Yes	No	Yes	Yes	Yes	No
Senior Independence Service	987-8839	Yes	Yes	No	Yes	Yes	No
Silverado Home Care	(818) 222-0955	Yes	Yes	Yes	Yes	Yes	Yes
Visiting Angels	492-0526	Yes	Yes	Yes	Yes	No	Yes
West Healthcare Home Care Services	955-8190	No	Yes	Yes	Short Term	No	No

# Government Service Agencies

## **Ventura County Public Health**

(805) 652-5916 General Information

(805) 652-5913

## **Programs and Services**

### **Adult Protective Services**

(805) 654-3200

Investigates reports of alleged abuse, neglect and financial exploitation of adults in the person's mown home.

*(Adult Protective Services does not get involved with issues in skilled nursing and residential care facilities. See **Long Term Care Services Ombudsman Program** for facility related investigations)*

### **In-Home Supportive services (IHHS)**

(805) 654-3260 Ventura      (805) 240-2800 Oxnard

(805) 582-8062 Simi Valley

A program of the County of Ventura Human Services Agency which provides in-home assistance to eligible SSI or Medi-Cal qualified individuals only.

***For other programs and services available through Ventura County Public Health, call for information.***

## Adult Day Programs

**Adult Day Programs** provide a social program for people with special needs. These programs offer recreational, social, and intellectual stimulation within a supervised environment. Some meals and snacks are provided.

### **Calabasas**

Silverado Adult Day Center  
25100 Calabasas Road  
(818) 222-1000  
7:00 am – 6:00 pm, M-F

### **Camarillo**

Club Camarillo  
3639 E. Las Posas Road, Suite 117  
(805) 388-1952  
9:00 am – 3:00 pm, M, T, Th, Fri

### **Ojai**

Oak Tree House  
111 West Santa Ana St.  
(805) 646-0161  
9:00 am – 3:00 pm, Mon-Fri

### **Oxnard**

Helen Kelly Adult Day Care Center  
855 South F Street  
(805) 486-5540  
10:00 am – 3:00 pm, M, T, F

### **Port Hueneme**

Ocean View Recreation Center  
575 East Surfside Drive  
(805) 986-4818  
8:00 am – 2:00 pm, Mon-Friday  
*Transportation available*

### **Simi Valley**

The Lunch Bunch  
1255 Patricia Ave.  
(805) 522-5803  
8:30 am – 1:30 pm, Wed, Fri  
*No walk-ins, please; call for info*

### **Santa Paula**

River Valley Club  
El Buen Pastor Church  
1029 East Santa Paula Street  
(805) 525-5808  
9:00 am – 3:00 pm, M, W, Friday

### **Thousand Oaks**

Senior Concerns Day Support Center  
401 Hodencamp Road  
(805) 497-0159  
9:00 am – 3:00 pm, Mon-Friday

### **Ventura**

Moran Senior Day Center  
1690 East Main St.  
(805) 643-5000;  
7:00 am – 5:00 pm, Mon-Friday

# Adult Day Health Care

**Adult Day Health Care** offers a stimulating social environment that is enhanced with rehabilitative services. Services include: nursing care; physical, occupational, psychological/psychiatric, and speech therapy; nutritional meal programs; social services; and transportation to and from the centers within limited areas. Costs are covered for people who are MediCal eligible.

## **Oxnard**

Among Friends  
851 S. A Street  
(805) 385-7244

Oxnard Family Circle  
5000 S. C St.  
(805) 385-4180

Ventura County Adult Day Health Care  
1700 N. Lombard St.  
(805) 278-4321

## **Simi Valley**

Advanced Adult Day Health Care Center  
2315 Kuehner Dr.  
(805) 526-7629

Millennium Adult Day Health Care Center  
2150 Winifred St.  
(805) 583-0859

## **Ventura**

Coastal Adult Day Health Care Center  
4221 East Main St. Unit C  
(805) 650-1190

## **Assisted Living / Nursing Homes Attorneys / Physicians**

*For the current listings on the following  
call the Alzheimer's Association at (805) 485-5597*

- ✓ **Residential Care Facilities for the Elderly**
- ✓ **California Nursing Home Search:**  
[www.calnhs.org](http://www.calnhs.org)  
[www.calnhr.org](http://www.calnhr.org)  
*Note that information may not be current. For up to  
date information, call the Long Term Care Ombudsman  
in Ventura County (see page 129)*
- ✓ **Attorneys Practicing Elder Law: Ventura County**  
*Search for the nearest elderlaw attorney through the  
National Academy of Elderlaw Attorneys  
On line: [www.naela.com](http://www.naela.com)*
- ✓ **Physicians: Family, Internist, Neurologist, Psychiatrist**



## Additional National Services

Alzheimer's Disease Education and Referral	(800) 438-4380
Community Information and Referral	(800) 352-3792
Elder Law Hotline	(800) 231-5441
Medi-Cal Information	(800) 952-5294
Medicare and Medicaid information	(800) 633-4227
Eldercare Locator	(800) 677-1116
National Caregiving Foundation	(800) 930-1357
National Institute of Neurological Disorders	(800) 352-9424
National Stroke Association	(800) 787-6587
The National Council on Aging	(800) 375-1014
Veterans Administration	(800) 827-1000

**A web site for comparison of nursing homes: [www.medicare.gov](http://www.medicare.gov)**

**Click on *Nursing Home Compare***

Some inaccuracies have been reported with information presented, so use this as a starting point and then go out to get to know the facilities first hand.

Patient's Name \_\_\_\_\_

Date of this visit \_\_\_\_\_

Doctor's Name \_\_\_\_\_

Doctor's phone # \_\_\_\_\_

	The Situation/Condition	The doctor's diagnosis, treatment, prescription, suggestions, etc.
1.		
2.		
3.		

## CARE LOG



# MEDICATION LOG

Patient Name:							
Prescript. Date	Name of Medication	Doctor's Name	Dose	Times per day	With food? Y/No	What is it for?	Side Effects

# Personal Medical History

Patient's Name \_\_\_\_\_

When occurred	Name of Condition	Doctor's Name, address, phone	Treatment	Complications	Overall Outcome



# The Medical Team

Patient's Name \_\_\_\_\_

Specialty	Name	Phone	Street	City & State	Notes

# The Family

Patient's Name \_\_\_\_\_

Relationship	Name	Phone	Street	City, State, zip	Notes

# Legal & Financial Team

Patient's Name \_\_\_\_\_

Relationship	Name	Phone	Street	City, State, zip	Notes

# Caregivers

Patient's Name \_\_\_\_\_

Name	Phone	Street	City, State, Zip		Notes
				Date began _____ Date finished _____ Agency name _____ _____	
				Date began _____ Date finished _____ Agency name _____ _____	
				Date began _____ Date finished _____ Agency name _____ _____	
				Date began _____ Date finished _____ Agency name _____ _____	
				Date began _____ Date finished _____ Agency name _____ _____	
				Date began _____ Date finished _____ Agency name _____ _____	
				Date began _____ Date finished _____ Agency name _____ _____	
				Date began _____ Date finished _____ Agency name _____ _____	

# Friends & Neighbors

Patient's Name \_\_\_\_\_

Relationship	Name	Phone	Street	City, State, zip	Notes

## The barber, gardener, plumber, etc.

Service	Name	Phone	Street	City, State, zip	Notes

# Public Service Organizations

Service	Name	Phone	Street	City, State, zip	Notes