

COMMUNITY RESOURCES

VENTURA COUNTY

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The Alzheimer's Association

The Alzheimer's Association is a national, non-profit organization with 73 chapters across the United States. Each chapter relies on local private donations, planned giving, annuities, grants and local fundraising events in order to provide programs and services for families.

California Central Coast Chapter offices:

San Luis Obispo (805) 547-3830

Santa Maria (805) 636-6432

Santa Barbara (805) 892-4259

Ventura County (805) 485-5597

Web site: www.alz.org/cacentralcoast

**To reach the Alzheimer's office nearest you,
call (800) 272-3900.**

THE ASSOCIATION IS DEDICATED TO:

For more than 25 years, the Alzheimer's Association has provided reliable information, created supportive programs and services for families, increased resources for dementia research, and influenced changes in public policy. We are focused on providing care and support to the thousands of families living with Alzheimer's disease on the California Central Coast.

THE ASSOCIATION SERVICES ARE AVAILABLE TO:

You

Health Professionals

Law Enforcement

Clergy

Families

Everyone

*Please call the office and learn how to become involved.
We provide newsletters, educational event and trainings,
support groups, family consultations, Safe Return
registration, and many additional services.*

Family Services Department

The **Family Services Department** is dedicated to our overall mission to offer support, services, and information and referrals to caregivers, the interested public, and to persons with a diagnosis who are met with the challenge of Alzheimer's disease and related disorders.

1. **Support Groups**

✓ **For Family Members and Caregivers**

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 skilled facilitator.

(See list of Support Groups on following pages)

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

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

3. **Caregiver Consultations**

Office consultations and home visits are available to help with assessment, long-term care planning and information for both family members and the person with a diagnosis. Services are provided free of charge.

4. **The Caregiver's Guide and Resource Manual**

What Now? Caregiver's Quick Guide and Resource Manual

This easy-to-use handbook was produced by the California Central Coast Chapter 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.

5. Safe Return

Our nation-wide **MeicAlert+Safe Return** program is specially designed for people living with Alzheimer’s disease and helps reunite families and caregivers with the person with dementia who has wandered.

Sign up today: 1-800-572-8566

www.medicalert.org/safereturn

Or call our office 1-800-272-3900

6. Caregiver Respite Assistance

Short-term family caregiver respite services are available when we have grant funding. A home visit from our care consultant is necessary. Services are provided by contracted in-home care agencies.

7. Services in Spanish

All family services are offered in Spanish including Spanish brochures, books, and videos in our library.

Dear Alzheimer’s Association,

I had the most wonderful vacation. I didn’t realize how much it was needed and how it helped me to face all that is happening at home. When “burn out” catches up with you, you are the last person to see what it’s doing and how it distorts the coping mechanisms that get us through hard times. My husband, Gary, is well into the middle stage now and is slipping downhill quite rapidly. For him, I think it is a blessing – but so hard for me to watch it happening. God bless you all. Your kindness and generosity is most sincerely appreciated.

Karen D.

Caregiver Support Groups

Support Groups provide participants with a place to share information, discuss common problems, lend each other emotional support and, sometimes, to hear guest speakers present on specific topics.

WE OFFER A VARIETY OF SUPPORT GROUPS

Spouse Caregiver

Adult Child and Family Caregiver

Post-placement

Caregiver, Family, and Friends (open to all)

Early-Stage

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

San Luis Obispo

(805) 547-3830

Santa Maria

(805) 636-6432

Santa Barbara

(805) 892-4259

Ventura County

(805) 485-5597

*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.*

Education Department

The Education Department offers a wide variety of conferences, workshops, and educational materials for family caregivers, people with dementia and professionals.

1. **Community Education Events**

Community Education events are offered on a variety of topics regarding Alzheimer's disease and related dementias.

2. **Family Caregiver Education Programs**

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

3. **Training Programs for Professionals**

The Association is committed to enhancing the quality of care for people with dementia by providing ongoing training opportunities. Call our office to learn about the programs we are currently offering. We are approved providers of continuing education credit: for R.N./L.V.N., M.F.T./L.C.S.W., C.N.A./H.H.A., and R.C.F.E. administrators.

Online CEU Trainings: alzadementiatraining.org

Online courses from the experts in dementia and dementia care! Convenient, affordable, certificates of completion provided.

4. **Library**

The Association maintains a large lending library with books, journals and videos on dementia care issues. An interlibrary loan program makes it possible to borrow materials throughout our service area.

5. **Caregiver Literature**

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. (*See list on following pages*)

6. Chapter Newsletter

Our newsletter contains the latest 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.

7. Congregational Education and Outreach

The Association provides supportive services and educational materials to support local congregations. Please call us if you would like someone to speak to your congregation, or to learn more about special training opportunities.

8. Speaker's Bureau

The Association has a **Speakers Bureau** offering informative presentations about what the Alzheimer's Association is and what services we provide to the community. Please call to arrange for a presentation to your service club, church, business organization or school.

Library Books, Booklets, Videos, CDs

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**
- **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

Our *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:
800-272-3900*

Non-Profit Service Agencies

Area Agency on Aging (VCAAA)

Ventura County Office

(805) 477-7300 (800) 510-2020

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 current 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.

Linkages

The VCAAA Linkages Program offers temporary case management services to functionally-impaired and/or disabled adults, 18 years of age and older, who are at risk for institutionalization and are not eligible for other case management programs.

Health Insurance Counseling and Advocacy Program (HICAP)

(805) 477-7310 (800) 434-0222

The VCAAA / HICAP program provides free and unbiased counseling to, and advocacy for, Medicare recipients and those who will soon be receiving Medicare. Counselors offer information and assistance with Medicare, Medicare Advantage plans, supplemental (Medigap) insurance policies, long-term care insurance, and prescription drugs.

Coast Caregiver Resource Center

A Program of the Rehabilitation Institute at Santa Barbara

For San Luis Obispo, Santa Barbara and Ventura Counties
1528 Chapala Street, Suite 302, Santa Barbara, CA 93101
(805) 962-3600 • (888) 488-6555

Services

“Part of a statewide network of Regional Resource Centers serving families and caregivers of adults with brain impairment.”

- Information and referral
- Support Groups
- Long-term-care planning and problem-solving consultations
- Respite in-the-home and out-of-the-home
- Legal consultation and advocacy
- Training and conferences for caregivers

NOTE: Fees for services when applicable.

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

Ombudsman Program of Ventura County

(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 complaints situations in one's private home.
See ADULT PROTECTIVE SERVICES.

Hospice Services



VOLUNTEER HOSPICE

Paid advertisements. Appearance on this page in no way implies endorsement by the Alzheimer's Association.

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. Bereavement support groups and individual grief counseling are held weekly for Ventura County residents. Informational, education and referral to other hospice support agencies are available. All services are free of charge.



MEDICAL HOSPICE

Paid advertisements. Appearance on this page in no way implies endorsement by the Alzheimer's Association.

1. Buena Vista Hospice

(805) 777-1133

Medicare certified hospice serving Los Angeles and Ventura counties. 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.

2. Livingston Memorial Visiting Nurse Association

(800) 223-4862

Medicare certified hospice serving Ventura County. 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.

3. ProCare Hospice

(805) 983-4708 (888) 620-6993

Medicare certified hospice serving Ventura County. Provides pain control and symptom management allowing for the terminally ill person to use his or her 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.

4. Tender Loving Care

(805) 517-1620 (800) TLC-9887

Medicare certified hospice serving Ventura County. 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.

5. Vitas Innovative Hospice Care

(805) 437-2100 (800) 755-6645

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

In-home care agencies provide a wide range of services for Alzheimer's care in the home. The services can include but are not limited to: full care management, rehabilitation and nursing care, companionship and assistance with activities of daily living (bathing and personal hygiene, meal preparation and dining assist, mobility, special activities, etc.), household chores and other attentions.

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

Or, a family caregiver 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 Alzheimer's care training. However, finding the right people for your situation requires that you work closely with the agency to find, train, and manage the caregivers-so that they fit comfortably and perform will 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 professional caregivers through the referral services, the hourly rates can be significantly lower than hiring through private agencies. However, you become the employer/manager and do not receive any of the other agency services. 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 to hire. Being the employer, the family is responsible for the caregiver's scheduling, supervision, payroll, taxes, and employee insurance and everything else.
- (5) The employee's pay, employment taxes, insurance and benefits are deducted and reported to all government agencies in a professional payroll process paid for by the agency.

In-Home Care Agencies in Ventura County

Paid advertisements. Appearance on this page in no way implies endorsement by the Alzheimer's Association.

Agency Name	Phone Number (805) area code	Personal and Domestic Services (1)	RN Case Mgmt (2)	Complete Care Mgmt. (3)	Bath visits	Referral Service (4)	Payroll in-house (5)
Able Body Homecare	844-8794	Yes	No	No	Yes	Yes	Yes
Assisted Health Care Services	677-7400	Yes	Yes	No	Yes	No	Yes
Assisted Home Care Services	677-2100	Medical RN, LVN	Yes	Yes	Yes	No	Yes
Comfort Keepers	493-2500	Yes	No	Yes	Yes	No	Yes
Continuity Care Staffing Services	(818) 761-2273	Yes	Yes	Yes	Yes	No	Yes
Darancare Inc.	433-3335	Yes	Yes	Yes	Yes	Yes	Yes
Giving Tree In-Home Health Care	777-3400	Yes	No	Limited	No	Yes	Yes
Gold Coast Caregivers	642-9570	Yes	No	No	Yes	Yes	Yes
Health Quest Homecare	720-6080	Yes	No	Yes	No	No	Yes
Heart & Soul Short-Term Care	850-5705	Yes	No	No	Yes	Yes	Yes
Help Unlimited	654-6990	Yes	No	Yes	Yes	Yes	Yes
Home Helpers	277-7233	Yes	No	No	No	No	Yes

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

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Agency Name	Phone Number (805) area code	Personal and Domestic Services (1)	RN Case Mgmt (2)	Complete Care Mgmt. (3)	Bath visits	Referral Service (4)	Payroll in-house (5)
Home Instead Senior Care	577-0926	Yes	No	Yes	Yes	No	Yes
In-Home Assistance	658-2785	No	No	No	No	Yes	No
LivHOME, Inc.	687-8766	Yes	Yes	Yes	Yes	No	Yes
Livingston Memorial Visiting Nurses	642-0239	Yes	Yes	Yes	Yes	Limited	Yes
Maxim Healthcare Services	981-2539	Yes	No	No	Yes	No	Yes
Medical Maze Solutions	650-1178	No	No	Yes	No	Yes	No
Meditech Health Services	644-0800	Yes	Yes	No	Yes	No	Yes
Mega Care Health Professionals	445-9900	Yes	Yes	Yes	Yes	No	Yes
Personal Care Services	987-2677	Yes	No	Yes	Yes	No	Yes
Personal Parent Care	389-0997	Yes	No	Yes	Yes	Yes	Yes
Select Home Care	(818) 889-5766	Yes	No	Yes	Yes	No	Yes

Residential Relocation Services

Paid advertisements. Appearance on this page in no way implies endorsement by the Alzheimer's Association.

When a person is considering moving into an assisted living or special needs care community, the choices can be confusing and overwhelming. The professional services listed here specialize in working with families to sort through the choices and match an individual's healthcare and assistance needs, financial and other considerations with appropriate community selection. These services are provided to the families at no charge because the professional fees are paid by the contracted communities.

California Senior Living

Contact: Marianne and Ken Knight
P.O. Box 1254, Thousand Oaks, CA 91358
Phone: 805-371-8080
Marianne-calsenliv@earthlink.net
www.CaliforniaSeniorLiving.com

Executive Elder Care

Contact: Linda Malloy, CSA
1575 Spinnaker Drive #205, Ventura, CA 93001
Phone: 805-985-7411
Linda@executiveeldercare.com

Options for Seniors

Contact: Chris Woodard
896 Via Ondulando, Ventura, CA 93003
Phone: 805-218-2837
OptionsForSeniors@gmail.com

Personal Parent Care

Contact: Melanie Farber
P.O. Box 2597, Camarillo, CA 93011
Phone: 805-398-0997
mifarber@personalparentcare.com

Government Service Agencies

Ventura County Public Health
(805) 6654-5000 General Information

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 (IHSS)

(805) 654-3260 Ventura (805) 240-2800 Oxnard
(805) 955-2290 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

Paid advertisements. Appearance on this page in no way implies endorsement by the Alzheimer's Association.

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

Camarillo

Camarillo Health Care District

3639 East Las Posas Road, Suite 117
(805) 388-1952 ext. 111

Calabasas

Silverado Adult Day Center

25100 Calabasas Road
(818) 222-1000

Port Hueneme

Ocean View Pavilion Adult Day Program

575 East Surfside Drive
(805) 986-4818
(transportation available)

Thousand Oaks

Senior Concerns Day Support Center

401 Hodencamp Road
(805) 497-0189

Ventura

Moran Manor Senior Day Center

1690 East Main Street
(805) 643-5000

Adult Day Health Programs

Paid advertisements. Appearance on this page in no way implies endorsement by the Alzheimer's Association.

Adult Day Health Programs offer a stimulating social environment that is enhanced with rehabilitative services and respite care for caregivers. 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 South "A" Street
(805) 385-7244

RCFE's / California Nursing Homes / Attorneys / Physicians

For the current listings on the following call the Alzheimer's Association at (800) 272-3900 and check out our "Senior Housing Finder on the web at www.alz.org and follow the link to "Senior Housing Finder".

- ✓ **Residential Care Facilities for the Elderly**
- ✓ **California Nursing Home Search:**
www.calnhs.org
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
- ✓ **Physicians: Family, Internist, Neurologist, Psychiatrist**

Caregiving Supplies

Paid advertisements. Appearance on this page in no way implies endorsement by the Alzheimer's Association.

How to Find Most Resources

For wheelchairs, scooters, walkers, stair lifts, platform lifts, hospital beds, portable toilets (commodes), etc., go to the local Yellow Pages phone directory for:

“Medical Equipment and Supplies”

“Pharmacies”

Direct Home Delivery of Caregiver Supplies

Medical supplies, supplies to aid activities of daily living, incontinence solutions, and caregiver aids.

Products shipped directly to your home.

Caregivers

401 Hodencamp Road
Thousand Oaks, CA 91360
(805) 497-3006
www.caregivers.com

Additional National Services

Alzheimer's Disease Education and Referral	(800) 438-4380
California Alliance of Information & Referral Services	211
Elder Law Hotline	(800) 222-1753
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) 787-6537
The National Council on Aging	(800) 424-9046
Veterans Administration	(800) 827-1000

A web site for comparison of nursing homes: 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 Name _____

Date of this visit _____

Doctor Name _____

Doctor's phone # _____

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

The Medical Team

Patient Name _____

Specialty	Name	Phone	Street	City, State, Zip	Notes

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