



CONTRA COSTA COUNTY
**Information
& Assistance**
SENIOR & DISABLED HELPLINE

800-510-2020 • 925-229-8434

ALZHEIMER'S/DEMENTIA RESOURCES FOR FAMILIES

There are many community services and resources to help families caring for persons with Alzheimer's disease. To help families find the services they need, Information and Assistance has prepared this fact sheet in consultation with Mt. Diablo Adult Day Health Care Center and John Muir Senior Services.

DIAGNOSIS

It is important to get a proper diagnosis to help assess the level of functioning of the patient and rule out other causes of memory and cognitive impairment. Listed below are two local programs that diagnose Alzheimer's disease and other dementias. Private physicians and psychologists covered by your health insurance plan may also provide these services.

U.C. Davis-Alzheimer's Disease Center

4860 Y Street, Ste 3900
Sacramento, CA 95817
(916) 734-5496
Please call first

Walnut Creek Location

100 N Wiget Lane
Walnut Creek, CA 94598
(855) 420-2612

ASSESSMENT & CARE MANAGEMENT

There are agencies that provide in-home assessments to determine a person's functioning level and to recommend needed services and resources to the family. Private care managers charge a fee for this service. Some non-profit agencies can provide assessment for reduced or no charge. Call Information & Assistance for a listing of care manager referrals. (800) 510-2020

ORGANIZATIONS AND AGENCIES

Adult Day Services Network of Contra Costa is the centralized referral point for the eleven (11) adult day services centers in the county. It provides outreach, education and referral to identify appropriate adult day programs to support frail elders, people with disabilities and their family caregivers. (925) 682-1000.
www.adultdaycc.org/

The Alzheimer's Association provides information about Alzheimer's disease and other dementias, organizes family support groups, sponsors educational forums, supports research, and offers informational pamphlets. (800) 272-3900. **www.alz.org/norcal/**

The Family Caregiver Alliance offers information and assistance regarding brain impairments, family consultations, and legal and financial considerations. Help with respite care depending on waiting list and available funds. (800) 445-8106. **www.caregiver.org/**

CAREGIVER SUPPORT GROUPS

Support groups provide an opportunity to talk with people who understand your situation. There is no cost for the groups listed below.

ANTIOCH

Antioch Senior Center

415 W 2nd St.

Call Ernesto Lopez Hidalgo with the Alzheimer's Association Support Group at (800) 272-3900

2nd & 4th Wednesday of the month

1:30-3:00 pm

BRENTWOOD

Brentwood Neighborhood Church

50 Birch St.

Call Heather Gray with the Alzheimer's Association Support Group at (800) 272-3900

2nd Thursday of the month

7:00-8:30 pm

LAFAYETTE

The Alzheimer's Association

3675 Mt Diablo Blvd., Suite 250

Call Heather Gray with the Alzheimer's Association Support Group at (800) 272-3900

3rd Monday of the month

1:30-3:00 pm

ORINDA

Lamorinda Adult Respite Center

Holy Shepherd Lutheran Church

433 Moraga Way

Call Heather Gray with the Alzheimer's Association Support Group at (800) 272-3900

1st & 3rd Tuesday of the month

11:00 am-12:30 pm

PLEASANT HILL

Mt. Diablo Center for Adult Day Health Care

Choice in Aging

490 Golf Club Road

(925) 682-6330

3rd Wednesday of the month

4:30-6:00 pm

RICHMOND

Adult Day Care Services of West Contra Costa

1015 Nevin Ave., #108

(510) 235-6276 or (510) 235-6277

Last Wednesday of the month

2:00-4:00 pm

SAN RAMON

San Ramon Senior Center

9300 Alcosta Blvd.

(925) 973-3250

2nd Monday of the month

7:00-9:00 pm

WALNUT CREEK

Shell Ridge Community Church

200 La Casa Via

Call Grace Liu with the Alzheimer's Association Support Group at (925) 284-7942

1st Tuesday of the month

10:30 am-12:30 pm

SUPPORT GROUP FOR EARLY STAGE ALZHEIMER'S PATIENTS

The Alzheimer's Association

Judy Filippoff, MSW

Early Stage Program Coordinator

(800) 272-3900

Please call for meeting times and location

ALZHEIMER'S / DEMENTIA DAY PROGRAMS & RESPITE SERVICES

Adult day programs are similar to senior activity centers but they also provide extra attention and personal assistance for people with cognitive impairments. Activities are offered in a supervised, secure setting. Respite is defined as a temporary period of relief from caregiving tasks and provides the caregiver a break or time off from caregiving chores. **Program costs vary and may or may not be covered by Medi-Cal or Long-Term Care Insurance. Medicare does not cover program costs.**

ANTIOCH

Alzheimer's Respite Program

The Bedford Center-Choice in Aging

1811 C Street

(925) 778-4171

www.choiceinaging.org

M-F 9:30 am-2:30 pm

\$84/day private pay, Medi-Cal accepted

Lunch included, Transportation through Dial-A-

Ride, Tri Delta Transit

BRENTWOOD

Celebration Center-Senior Day Program

2260 Jeffery Way

(925) 240-5437

www.celebrationcenter.com

For seniors in need of moderate care stimulation and socialization.

M-F 9:30 am-2:30 pm

BYRON

St. Anne Village Inc.-Senior Day Program

2800 Camino Diablo

(925) 240-4757

www.stannevillageinc.com

Serves older adults with mild Alzheimer's Disease or related dementias.

M-F 9:30 am-2:30 pm

DANVILLE

Valley Oak Respite Program

Danville Congregational Church

989 San Ramon Valley Blvd.

(925) 945-8040

<http://dv-fa.org/services.html>

M, W, F 10:30 am-2:30 pm, \$30/day, bring bag lunch

EL CERRITO

Alzheimer's Respite Program

Midtown Activity Center

10940 San Pablo Ave.

(510) 559-7677

www.el-cerrito.org

Tues 10:00 am-3:00 pm

\$101/mo resident, \$128/mo non-resident

Lunch provided

(\$2 suggested donation for Lunch)

Transportation provided for residents

through EZ Ride

EL SOBRANTE

CENTER FOR ELDER'S INDEPENDENCE

(Formerly known as Guardian Adult Day Health Center)

3905 San Pablo Dam Road

(510) 669-1005

www.cei.elders.org

M-F 9:00 am-3:00 pm

Private pay is on sliding scale

Some scholarships available

Breakfast, lunch & snack provided

Transportation provided

LAFAYETTE

LOPC Senior Program

Lafayette Orinda Presbyterian Church

49 Knox Drive

(925) 283-8722

info@lopc.org

Thurs 11:00 am –1:30 pm

No fee, bring a sandwich (a salad and a drink is provided)

Some transportation assistance available

MARTINEZ

Alzheimer's Respite Program

1111 Ferry St.

(925) 370-8772

www.alz.org

Weds 10:00 am – 3:30 pm

One time \$20 registration fee & \$15/day billed monthly. Registration required-no drop-ins, lunch included

ORINDA

Lamorinda Adult Respite Center

Holy Shepherd Lutheran Church

433 Moraga Way

(925) 254-3465 or 254-3422

www.lamorindarespite.org

M-F 11:00 am – 3:00 pm

No fee, bring a bag lunch

PLEASANT HILL

Mt. Diablo Center for

Adult Day Health Care-Choice in Aging

490 Golf Club Road

(925) 682-6330

www.choiceinaging.org

M-F 9:30 am – 2:30 pm

CCHP Medi-Cal accepted

Multicultural programming is provided for Russian, Farsi & Spanish speakers

RICHMOND

Alzheimer Respite & Adult Day Care

Services of West Contra Costa

1015 Nevin Ave #108

www.westcountyadultdaycare.com

(510) 235-6276 or (510) 235-6277

M-F 8:00 am – 6:00 pm

Private pay is on sliding scale. Breakfast, snack & dinner included \$1.75 suggested donation for lunch. Transportation assistance available

ADULT DAY HEALTH CARE CENTERS

Adult Day Health Care centers provide activity programs, as well as nursing and health related services, such as occupational, physical and speech therapies. Staff provides personal care assistance as needed. **Program costs vary and may or may not be covered by Medi-Cal or Long-Term Care Insurance. Medicare does not cover program costs.**

ANTIOCH

The Bedford Center

Adult Day Health Care Program-

Choice in Aging

1811 C Street

(925) 778-4171

www.choiceinaging.org

M – F 9:30 am – 2:30 pm

\$84/day private pay/Medi-Cal accepted;

Lunch included; Dial-A-Ride, Tri-Delta Transit

PLEASANT HILL

Mt. Diablo Center for Adult Day

Health Care-Choice in Aging

490 Golf Club Road

(925) 682-6330

www.choiceinaging.org

M-F 9:30 am – 2:30 pm

CCHP Medi-Cal and VA accepted

Multicultural programming is provided for Russian, Farsi & Spanish speakers

Lunch included; Transportation available

EL SOBRANTE

Center for Elders' Independence

(Formerly Guardian Adult Day Health Center)

3905 San Pablo Dam Road

(510) 669-1005

www.cei.elders.org

M-F 9:00 am-3:00 pm

Private pay is on sliding scale; some scholarships

CCHP pays 100% for members. Breakfast, lunch &

snack provided. Transportation provided

HELP IN THE HOME

In-home workers can be hired for a few hours a week or as full-time live-ins. Call Senior Information and Assistance at (800) 510-2020 for a copy of “**Guide to Hiring In-Home Help**” and a listing of private for-profit home care agencies.

In-Home Supportive Services (IHSS)-must be Medi-Cal eligible

Persons who qualify financially because of limited assets and income may be eligible for in-home help. To apply, call (925) 229-8434. To hire an IHSS care worker, call the IHSS Registry (800) 333-1081.

RESIDENTIAL CARE

There are many Residential Care Facilities (RCF) in the Bay Area that serve persons with Alzheimer’s, as well as a number of placement agencies that assist caregivers in selecting these facilities. These facilities can take Alzheimer’s patients for long-term placements, however, a short-term stay is also possible and can provide a respite for caregivers and patients. For information or help finding RCFs, contact Ombudsman Services of Contra Costa and Solano, 925-685-2070. Listings are also available on Department of Social Services’ website, www.cdss.ca.gov/inforesources/community-care-licensing. For a list of placement agencies, please call (800) 510-2020. If using a cell phone or calling from outside of Contra Costa County, call (925) 229-8434.

Listed on this document are some of the resources serving Contra Costa County. This list is not meant to be a fully comprehensive list nor does it constitute an endorsement or recommendation of the resources listed. This information is provided by Contra Costa County’s Information and Assistance Program as a community service and is a guide only. It is recommended that several listings be contacted before making a selection. Additional listings may be found on the internet.