



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

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/

Safe Return is a national program created by the Alzheimer's Association to identify wanderers and help them return home. For information, call (888) 572-8566. If the patient has wandered off, call (800) 625-3780 for a 24 hour nation-wide emergency response service for individuals with Alzheimer's or dementia who have wandered and become lost. www.alz.org/safereturn

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.

11:00 am-12:30 pm

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

Pleasant Hill

Mt. Diablo Center for Adult Day Health Care

490 Golf Club Road

(925) 682-6330

3rd Wednesday of the month

4:30-6:00 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

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

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

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

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

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 care-giving tasks and provides the caregiver a break or time off from care-giving 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

1811 C Street

(925) 778-4171

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

DANVILLE

Valley Oak Respite Program

Danville Congregational Church

989 San Ramon Valley Blvd.

(925) 945-8040

M, W, F 10:30 am-2:30 pm

\$30/day, bring bag lunch

EL CERRITO

Open House Senior Respite Program

6500 Stockton Ave.

(510) 915-6120

Tues 10:00 am-3:00 pm

\$90/mo resident

\$115/mo non-resident

Lunch provided (\$2 suggested donation for lunch)

Transportation provided for residents through EZ Ride

EL SOBRANTE

Guardian Adult Day Care

3905 San Pablo Dam Road

(510) 669-1005

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

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

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

M-F 11:00 am – 3:00 pm

No fee, bring a bag lunch

PLEASANT HILL

Mt. Diablo Center for

Adult Day Health Care

490 Golf Club Road

(925) 682-6330

M-F 9:30 am – 2:30 pm

CCHP Medi-Cal accepted

Multicultural programming is provided for Russian, Farsi & Spanish speakers

Lunch included

Transportation assistance available

RICHMOND

**Alzheimer Respite & Adult Day Care
Services of West Contra Costa**

1015 Nevin Ave #108
(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**

1811 C Street
(925) 778-4171
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

Pleasant Hill

**Mt. Diablo Center for Adult Day
Health Care**

490 Golf Club Road
(925) 682-6330
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 assistance available

El Sobrante

**Guardian Adult Day Health
Center**

3905 San Pablo Dam Road
(510) 669-1005
M-F 9:00 am-3:00 pm
Private pay is on sliding scale
Some scholarships available
CCHP pays 100% if a member
Breakfast, lunch & snack provided
Transportation provided

HELP IN THE HOME

Home-helpers 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

Senior Outreach Services

Home Care Referral (nonprofit)

Referral service for people who need home care workers. Workers are screened, trained and monitored.

Reasonable fees (925) 937-8311

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 (800) 510-2020. To hire an IHSS care worker, call the IHSS Registry (800) 333-1081

RESIDENTIAL CARE

There are many residential care facilities 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 a list of these facilities and 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.