



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/](http://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/](http://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](http://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/](http://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 2<sup>nd</sup> St.

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

2<sup>nd</sup> & 4<sup>th</sup> 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

2<sup>nd</sup> 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

3<sup>rd</sup> 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

1<sup>st</sup> & 3<sup>rd</sup> 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

3<sup>rd</sup> 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

2<sup>nd</sup> 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

1<sup>st</sup> 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](http://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**

260 Jeffery Way

(925) 240-5437

[www.celebrationcenter.com](http://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](http://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

[www.newlifestyles.com](http://www.newlifestyles.com)

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](http://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 ELDERS' INDEPENDENCE**

#### **(Formerly known as Guardian Adult Day Health Center)**

3905 San Pablo Dam Road

(510) 669-1005

[www.cei.elders.org](http://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](mailto: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.westcountyaduldaycare.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](http://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.