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

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

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

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

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 ELDERS’ 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
Wed 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

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

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

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

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
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.