

ALZHEIMER'S AND DEMENTIA RESOURCES

Caring for individuals with Alzheimer's or other forms of dementia can be challenging. To support caregivers, a variety of community services and resources are available.

1. DIAGNOSIS

Obtaining an accurate diagnosis is essential to assess a person's level of functioning and to rule out other possible causes of memory loss or cognitive decline. The UC Davis Alzheimer's Disease Research Center specializes in diagnosing Alzheimer's and other types of dementia. You can also consult your healthcare provider to learn about available diagnostic services.

U.C. Davis-Alzheimer's Disease Research Center

<https://health.ucdavis.edu/alzheimers-research>

Email: ADRC@ucdavis.edu

Sacramento Location:

1651 Alhambra Blvd., Suite 200A
Sacramento, CA 95816
(916) 734-5496

Bay Area Location:

100 North Wiget Lane, Suite 150
Walnut Creek, CA 94598
(925) 357-6515

2. ASSESSMENT & CARE MANAGEMENT

Some agencies offer care management services to assess an individual's level of functioning and to recommend appropriate services and resources for families. While private care managers typically charge a fee for these services, some nonprofit organizations may provide assessments at a reduced cost or free of charge. In addition, healthcare providers may include care management as part of ongoing medical care. For a list of care manager referrals, contact Information & Assistance at (800) 510-2020 or (925) 229-8434.

3. ORGANIZATIONS AND SUPPORT GROUPS

- **Alzheimer's Association** provides information about Alzheimer's disease and other dementias, organizes family support groups, sponsors educational programs, and supports research.

For support groups and resources: visit www.communityresourcefinder.org or contact Alzheimer's Association at (800) 272-3900, www.alz.org/norcal

- **Centers for Elders' Independence (CEI)** offers Program of All-Inclusive Care for the Elderly (PACE), a healthcare and social services delivery system for people aged 55+, who have multiple health challenges. Interdisciplinary teams that may include doctors, nurses, therapists, and social workers offer comprehensive services. Accepts Medi-Cal, Medicare, and private pay, if eligible.

Contact: (844) 319-1150, (510) 433-1165 (TDD), www.cei.elders.org

- **Family Caregiver Alliance** offers assessment and care planning, emotional support options, training on care conditions and direct care assistance, legal/financial consultation, respite services, support groups, and other supportive services.

Locate resources and support groups for family caregivers: visit <https://fca.carenav.org>, or contact Family Caregiver Alliance at (800) 445-8106, www.caregiver.org

4. ADULT DAY PROGRAMS & RESPITE SERVICES

Adult day care programs are supervised daytime programs that provide care, activities, and social interactions for older adults, who need help due to memory loss or other health issues. These programs also give caregivers respite by temporarily taking over caregiving duties. Cost varies, please contact the program for more information.

ANTIOCH

The Bedford Center-Choice in Aging
1811 C St., Antioch, CA 94509
(925) 778-4171
www.choiceinaging.org

BYRON

St. Anne Village Inc.-Senior Day Program
2800 Camino Diablo, Byron, CA 94514
(925) 240-4757
www.stannevillage.com

DANVILLE

Valley Oak Respite Program
Danville Congregational Church
989 San Ramon Valley Blvd., Danville, CA 94526
(925) 915-0095
<https://sites.google.com/view/valley-oak-respite-center>

EL CERRITO

Alzheimer's and Dementia Respite Program
El Cerrito Community Center
7007 Moeser Lane, El Cerrito, CA 94530
(510) 559-7000
<https://www.el-cerrito.org>

ORINDA

Lamorinda Adult Respite Center
Holy Shepherd Lutheran Church
433 Moraga Way, Orinda, CA 94563
(925) 254-3465
www.lamorindarespite.org

PLEASANT HILL

Mt. Diablo Center for Adult Day Health Care
490 Golf Club Road, Pleasant Hill, CA 94523
(925) 682-6330
www.choiceinaging.org

Free Dementia- Friendly Group Respite through 2025 (funding available for a limited time). Contact: Caring Haven (925) 331-0509 | www.caringhavenhomecare.com

Antioch Locations:
The Lemon Tree, 514 W. 2nd
Bedford Center, 1811 C. St.

Concord Location:
Rainbow Community Center
2380 Salvio St.

5. ADULT DAY HEALTH CARE CENTERS

Adult Day Health Care (ADHC), also known as Community-Based Adult Services (CBAS), offers activity programs, along with nursing and health-related services, including occupational, physical, and speech therapies. Staff members provide personal care assistance as needed. Program costs vary and may be covered by Medi-Cal or long-term care insurance.

Choice in Aging operates the two ADHC centers in Contra Costa County:

The Bedford Center
1811 C Street
(925) 778-4171
www.choiceinaging.org

Mt. Diablo Adult Day Health Care Center
490 Golf Club, Pleasant Hill, CA 94523
(925) 682-6330
www.choiceinaging.org

6. IN-HOME HELP

In-home workers can be hired for a few hours a week or as full-time live-ins. You can find home care agencies online or call Information & Assistance (I&A) at (800) 510-2020 or (925) 229-8434 for a list.

In-Home Supportive Services (IHSS) provides in-home assistance to low-income seniors and people with disabilities so they can remain safely in their own homes. Services may include help with bathing, dressing, cooking, cleaning, and other daily activities. Must be eligible for and enrolled in Medi-Cal, and be aged 65 or older, blind, or disabled, and require assistance with daily living activities.

For more information or to apply, contact Information & Assistance at (800) 510-2020 or (925) 229-8434.

7. RESIDENTIAL CARE

Many Residential Care Facilities (RCFs) serve individuals with Alzheimer's, offering both long-term and short-term (respite) care.

For help finding a facility, contact: **Empower Aging** at (925) 685-2070, or visit the **California Department of Social Services**, www.cdss.ca.gov/inforesources/community-care-licensing.

In addition, placement agencies are available to help caregivers find suitable facilities. Services are often free to the client, as agencies are typically paid by the facilities. You can find placement agencies online or call Information & Assistance for more information, (800) 510-2020 or (925) 229-8434.

Note: This document includes a selection of resources serving Contra Costa County. It is not a comprehensive list, nor does it imply endorsement of any organization. The information is provided by Contra Costa County's Information & Assistance Program as a community service and is intended as a general guide. We recommend contacting multiple providers and conducting additional research before making a decision.



Community Resources
www.ehsd.org