

**DO YOU NEED HELP
CARING FOR AN
ELDERLY LOVED ONE?**

*you
are not
alone...*

Families provide the majority of care to chronically ill and disabled loved ones. These families know the challenges of caring for someone with a long-term illness. They also know how hard it is to locate services and support.

Caregivers can include spouses, partners, adult children or other relatives, and friends who provide in-home help or other assistance to loved ones. They may live with their loved one or help out from a distance. Help may include providing personal care, paying bills, doing chores, or running errands.

TYPES OF SERVICES

Refer to the agencies listed inside to get more information

- Adult Day Care and Adult Day Health Care
- Caregiver Support Groups
- Elder Abuse Education and Fraud Prevention
- Health Insurance Information
- Home Care
- Home Modifications
- Legal Services
- Meal Services
- Placement Assistance
- Transportation
- Hospice
- Program of All-Inclusive Care for the Elderly - On Lok Lifeways

Some services may have waiting lists.

This brochure is a product of the Aging Services Collaborative, a consortium of individuals and organizations working together to advance the well-being of older adults and their caregivers in Santa Clara County.



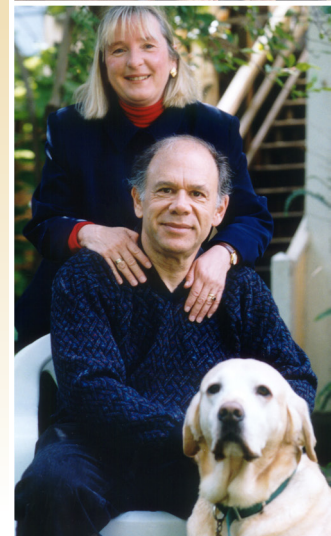
Department of
Aging and Adult Services



Santa Clara County
PUBLIC HEALTH

Caregiver Resources

in Santa Clara County





alzheimer's association™

The Alzheimer's Association provides local care and support for all those affected by Alzheimer's and other dementias. A professionally staffed 24/7 Helpline (1.800.272.3900) offers information and advice. Care consultations, support groups and classes are available throughout Santa Clara County. The Alzheimer's Association is also the world's largest nonprofit funder of Alzheimer's research. Our vision is a World Without Alzheimer's. There are a variety of ways to get connected and involved.
800.272.3900 (24/7)
www.alz.org/norcal

Language Capabilities: English, Mandarin, Spanish, and Portuguese. Translation services available for other languages.

ASKING FOR HELP IS NEVER EASY.

As a caregiver, you may not want to ask for help because others are counting on you. However, reaching out for help when you need it is a sign of strength. Help can come from your family, friends, community resources, and professionals. Caring for yourself is one of the most important – and often most forgotten – things you can do as a caregiver. When you take care of your needs, the person you care for will also benefit.

You don't have to face the challenges of caring for a loved one alone. Supportive services are available in Santa Clara County that can help improve life for you and your loved one.

The following agencies can refer you to resources appropriate to your needs. Information and referrals are provided at no cost, but there may be fees for additional services.



The Family Caregiver Alliance offers caregivers of people with cognitive impairments such as Alzheimer's disease, stroke, MS, and Parkinson's disease information, support, and assistance. An assessment of their caregiving situation connects them with programs and resources, including support groups, short-term counseling, and respite. Caregivers can access services by either calling or by visiting FCA's website and joining the easy-to-use FCA CareJourney where resources and information are tailored to a caregiver's specific needs. FCA CareJourney is available 24/7 and is secure and private.
800.445.8106
www.caregiver.org

Language Capabilities: English, Spanish (Chinese & Vietnamese fact sheets available online)



Department of Aging and Adult Services

The Social Services Agency's Department of Aging and Adult Services (DAAS) promotes a safe and independent lifestyle for seniors, dependent adults and the disabled through the delivery of protective services, quality nutrition and supportive in-home services.

- Main Phone: 408.755.7600**
- Adult Protective Services: 408.975.4900**
- In-Home Supportive Services: 408.792.1600**
- Senior Nutrition Program: 408.755.7680**
- Senior's Agenda/Age-friendly: 408.755.7695**
- Public Administrator/Guardian/Conservator: 408.755.7610**

www.sccgov.org/daas

Language Capabilities: English, Spanish, Vietnamese, Chinese, Tagalog



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS

Sourcewise supports seniors and caregivers including persons with disabilities and all adults in Santa Clara County by informing, educating, and preparing all adults to navigate their health and life options. In 2015, Sourcewise increased access to South County Residents with a new office in Morgan Hill. We collaborate with Santa Clara County, state, and local networks to provide a streamlined approach to service and support systems. We empower individuals by providing access to information, allowing for personal choices, and continued independence.

- 408.350.3200**
- 408.762.7362 (Morgan Hill, San Martin, Gilroy)**
- www.mysourcewise.com**

Language Capabilities: Professional interpreters available for over 200 languages

Adult Day Care Programs

Adult Day Care (ADC) is a specialized program of recreation, stimulation and nutrition for frail, disabled and dependent seniors in Santa Clara County. The caregivers of ADC clients receive respite and support in maintaining their senior loved ones at home.

- Avenidas Adult Day Health: 650.289.5499**
- Alzheimer's Activity Center: 408.279.7515**
- Day Break Adult Day Care: 408.325.5237**
- Grace Adult Day Health: 408.731.8686**
- Live Oak Adult Day Services: 408.971.9363**
- Sarah Care: 408.374.2273**
- Saratoga Adult Care Center: 408.868.1262**
- Yu Ai Kai: 408.294.2505**

