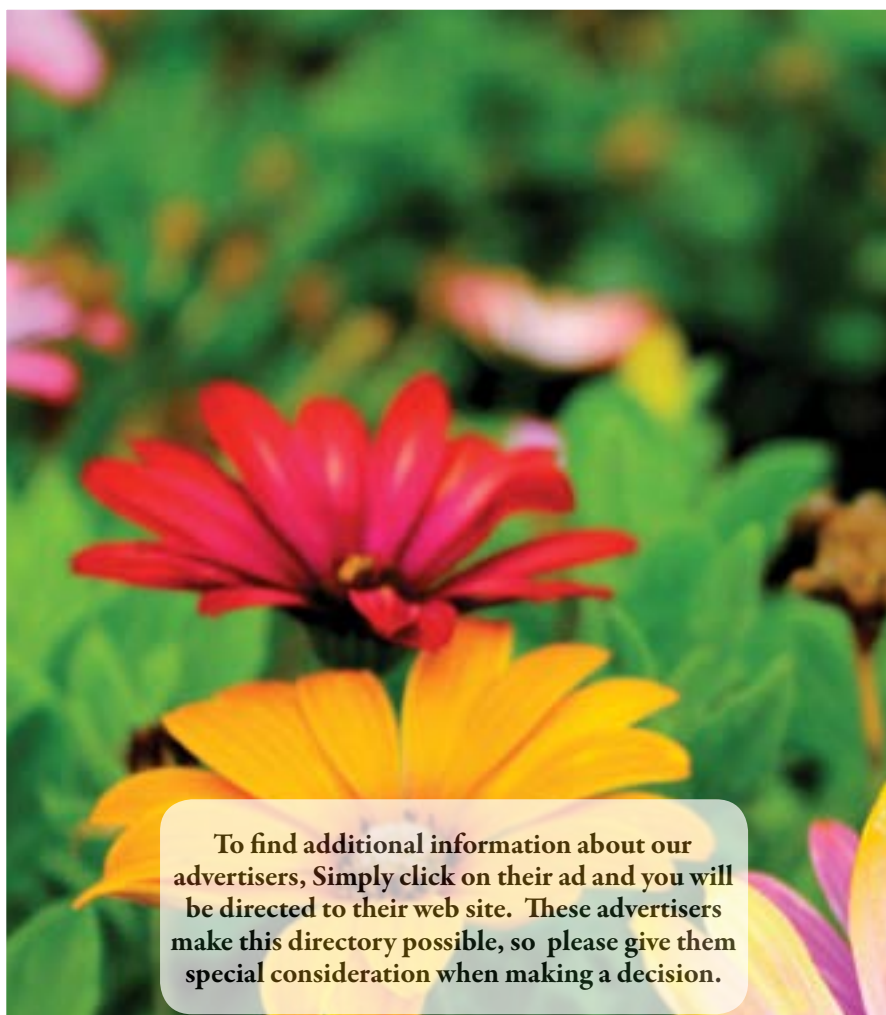


Alzheimer's Resource Directory

a guide for family members, caregivers
and health care professionals



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License # 015601507

WILLOW CREEK

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Castro Valley, CA
510-889-1300

License # 015601256

www.The-Creeks.com



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It isn't the beautiful outdoor space or newly renovated suites that will enhance your loved ones life. It's the friendly, caring spirit of our community. We treat people like family. Because everyone deserves to love being at home. **Come visit us soon!**



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Lic # 079200575

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THE COMMONS AT DALLAS RANCH: PROMOTING DIGNITY AND SELF-ESTEEM

The effects of Alzheimer's can often leave a resident feeling a loss of dignity and self-esteem. As they become more dependent upon the care of others, residents may lose their "sense of self." It is important to make our residents feel that their life, passions, hobbies, daily routines, and memories still matter. Helping residents maintain their self-esteem will ensure a better quality of life and decrease the risk of depression, anxiety, and aggressive behaviors.

Here are some ways we can promote dignity:

1. Nurture relationships with family and friends. Foster opportunities for these interactions and provide positive feedback.
2. Show acceptance and respect.
3. Do not ignore the resident
 - a. Do not use "baby talk" (words like diapers or bibs)
 - b. Honor their social and cultural norms (i.e. calling them Mrs. Smith versus addressing them by first name or "Darling")
 - c. Promote success in meaningful activities. Make sure the activities aren't too difficult and modify as needed. Always provide positive feedback.
4. Let the resident do as much as they can. Assist them only when you see it is needed. Whether it's bathing, feeding, or light chores, research shows that allowing a person with Alzheimer's to do as much as they can may delay the progression of the disease.

Our entire staff at The Commons at Dallas Ranch are professionally trained to care for those with Alzheimer's. If you need additional support, let our family help your family. Call us today.

We also publish Alzheimer's Resource Directories for:

- Seattle Puget Sound Area
- San Diego County
- State of Idaho

206-999-7289 or e-mail: retirebart1@comcast.net

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your life as a caregiver
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services.**

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Selected Definitions

Alzheimer's Residence - State licensed facilities either totally dedicated to Alzheimer's/dementia (AD) residents or report a designated/secure unit within their facility.

Residential-Elderly - State licensed facilities who report that they accept Alzheimer's/dementia patients (either early stage or later stages in Alzheimer's designated units).

Skilled Nursing Facility - State licensed facilities who report that they accept Alzheimer's/dementia patients (either early stage or later stages in Alzheimer's designated units).

Placement Services - Organizations that specialize in finding appropriate facilities for individuals with Alzheimer's or other dementias.

Adult Day Health Care- Licensed adult day care for those requiring health assistance. Must have a nurse on site.

Adult Day Care - Licensed adult day care offers supervised activities, socialization and nutrition to those who do not need health assistance. Nurse is not required to be on site.

Assessment/Diagnostic Services - Multi-Disciplinary organizations that have training, equipment and experience to assess individuals and diagnose Alzheimer's or other dementia. Usually affiliated with a hospital, medical facility or university.

Home Health Care - State licensed agencies providing various home care services often including skilled nursing services..

Home Care - Provide non-medical, in-home care services (state licensing not required).

Support Groups - Groups often specialize. Call before attending.

Abrevation Definitions

AAS Accepts All Stages of Alzheimer's
 AESAccepts Early Stage Alzheimer's Only
 ADUHave Designated Alzheimer's Unit
 ASUHave Secure Alzheimer's Unit
 RCRespite Care
 ADCAdult Day Care
 ADHCAdult Day Health Care
 MAccepts Medicare
 MCAccepts MediCal
 ELElder Law
 EPEstate Planning
 MIWorks With MediCal Issues
 HCHome Care
 HHCLicensed Home Health Care

Alzheimer's/Memory Care Residences

Alameda

Alameda

Elder's Inn
1721 Webster St.
510-521-9200
AAS,ASU, ADU, RC

Albany

**Belmont Village of Albany/UC
Berkeley**

**1100 San Pablo Avenue
510-525-4554
AAS, ADU, ASU, RC
See our ad inside front cover**

Golden Age Senior Living
201 Sweet Rd
510-522-3812
AAS, RC

Castro Valley

Accent Gardens Care Home I
21771 Tanglewood Dr.
510-582-6658
AAS, ADU, ASU, RC

Oak Creek

**6127 E. Castro Valley Blvd.
510-889-7515
AAS, ASU, RC
Alzheimer's Support Group
3rd Wed., 6:00 - 7:30 pm
See our ad on page 3.**

Willow Creek Alzheimer's & Dementia Care

**22424 Charlene Way
510-889-1300
AAS, ASU, RC
Alzheimer's Support Group
4th Thur., 6:00 - 7:30 pm
See our ad on page 3.**

Emeryville

Bayside Park
1440 40th Street
510-594-8800
AAS, ADU, ASU, RC

Fremont

**Ægis Gardens
36281 Fremont Blvd.
510-739-0909
AAS, ADU, ASU, RC
See our ad on back cover.**

Ægis of Fremont

**3850 Walnut Ave.
510-739-1515
AAS, ADU, ASU, RC
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Brookdale at Atherton Court
38035 Martha Ave.
888-378-3078
AAS, ASU, RC

Fremont Hill

**35490 Mission Blvd.
510-584-3908
AAS, ADU, AASU, RC
See our ad on page 2.**

Fremont Village
38801 Hastings St
510-792-5411

Hayward

St. Regis Memory Wing
23950 Mission Blvd.
510-881-7888
AAS, ASU, ADU, RC

Livermore

Tiffany Gardens
790 Holmes St.
925-371-3090
AAS, ASU, RC

Alzheimer's/Memory Care Residences (continued)

Oakland

AgeSong at Lake Merritt
1800 Madison St.
510-903-3600
AAS, ADU, ASU, RC

Lakeside Park
468 Perkins St.
510-444-4684
AAS, ASU

Bellaken Garden & Skilled Nursing
Center
2780 26th Ave.
510-536-1838
AAS, ADU, RC, MC, M

Pacifica Senior Living Oakland Heights
2361 E. 29th St.
510-534-3637
AAS, ADU, ASU, RC

Pleasanton

The Parkview
100 Valley Ave.
925-461-3042
AAS, ADU, ASU, RC

San Leandro

Rosegate
1345 Clarke St..
510-483-0150
AAS, ADU, ASU, RC.

Union City

Pacifica Senior Living Union City
33883 Alvarado - Niles Rd.
510-489-3800
AAS, ADU, ASU, RC

Contra Costa

Antioch

**Commons At Dallas Ranch -
Renaissance At The Commons
4751 Dallas Ranch Road
925-754-7772
AAS, ADU, RC
See our ad on page 4.**

Tre Vista Senior Living & Memory Care

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925-470-3395
AAS, ADU, ASU, RC**

See our ad below and page 3.

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(925) 470-3395



Concord

Courtyards at Pine Creek
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925-798-3900
AAS, ASU, ASU, RC

Danville

Brookdale Danville
400 W. El Pintado Rd.
925-838-3020
AAS, ASU, RC

The Reutlinger Community
4000 Camino Tassajara
925-964-2062
AAS, ADU, ASU
See our ad and description

Moraga

**Ægis of Moraga
950 Country Club Dr.
925-377-7900
ASU, AAS, ADU, RC
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(continued on page 10)

Alzheimer's/Memory Care Residences (continued)

Pinole

Pinole Senior Village
2850 Estates Avenue
510-758-1122
AAS, ADU, ASU, RC

Pleasant Hill

Aegis of Pleasant Hill
1660 Oak Park Blvd.
925-939-2700
AAS, ADU, ASU, RC
See our ad on back cover.

Chateau Poet's Corner
540 Patterson Blvd.
925-287-8750

Pleasant Hill Care Home
75 Taylor Blvd
510-813-0583
AAS, ASU, RC, MC, M

Redwood City

Kensington Place
2800 El Camino Real
650-363-9200
AAS, ASU, RC

Walnut Creek

Heatherwood Alzheimer's A. L.
1315 Mt. Pisgah Rd.
925-939-2833
AAS, ADU, ASU, RC

The Kensington
1580 Geary Road.
925-943-112
AAS, ASU, ADU

Marin

Bolinas

Sam's House
38 Wharf Rd.
415-868-2866
AAS,RC

Kentfield

Windchime of Marin
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415-482-4100
AAS, ASU, RC

San Rafael

Harmony House
233 West End Ave.
415-258-1560
AAS, ASU, RC

San Francisco

San Francisco

AgeSong at Laguna Grove Care
415-318-8670
AAS, ADU, ASU, RC

AlmaVia of San Francisco
One Thomas More Way
415-337-1339
AAS, ADU, ASU, RC

Cypress at Golden Gate
1601 19th Ave.
415-664-6264
AAS, ADU, ASU

Providence Place
2456 Geary Blvd.
415-359-9700
AAS, ASU,ADU, RC

Rhoda Goldman Plaza
2180 Post St.
415-345-5072
AAS, ADU, ASU

San Mateo

Belmont

Silverado Belmont Hills Silverado
1301 Ralston Avenue
650-654-9700
AAS, ADU, RC, ADC

Alzheimer's/Memory Care Residences (continued)

Burlingame

Burlingame Villa
1117 Rhinette Ave.
650-344-7074
AAS, ASU, ADU

Colma

Penninsula Reflections
205 Collins Ave
650-731-4670
AAS, ASU, RC

Daly City

Home Sweet Home
1560 Bryant St.
650-992-2727
AAS, ASU, RC, ADC

Pacifica Senior Living Mission Villa
995 East Market St.
650-756-1995
AAS, RC

Menlo Park

Canyon House
16 Coleman Place
650-322-2022
AAS, ASU, RC

Corinthians of Menlo Park
800 Roble Ave.
650-322-4100
AAS, ASU, RC

San Carlos

Bayview Villa
777 Bayview Dr.
650-596-3489
AAS, ASU, RC

San Carlos Elms-The Grove
707 Elm St.
650-595-1500
ASU, RC

San Mateo

Atria Hillsdale
2883 S. Norfolk Street
650-378-3000
AAS, ADU, ASU, RC

South San Francisco

Aegis of San Francisco
2280 Gellert Blvd.
650-952-6100
AAS, ADU, ASU, RC
See our ad on back cover.

Santa Clara

Gilroy

Merrill Gardens at Gilroy
7600 Isabella Way
408-842-0113
AES, ADU, ASU

Los Gatos

Cedar Creek Alzheimer's & Dementia Care Center
15245 National Ave.
408-356-5636
AAS, ADU, ASU, RC
See our ad on page 3.

Palo Alto

Palo Alto Commons -Meadow Wing
4075 El Camino Way
650-494-0760
AAS, ADU, ASU

San Jose

Atria Willow Glen
1660 Gaton Dr.
408-266-1660
AAS, ADU, ASU, RC

Regency At Evergreen Valley
4463 San Felipe Rd.
408-532-7677
AAS, ADU, ASU, RC

(continued on page 12)

Alzheimer's/Memory Care Residences (continued)

Saratoga

Saratoga Retirement Community
14500 Fruitvale Ave.
408-741-7700
AES, ADU, ASU
See our ad on page 2.

Sunnyside Gardens
1025 Carson Dr.
408-730-4070
AAS, ADU, ASU, RC

Santa Cruz

Aptos

Aegis of Aptos
125 Heather Terrace
831-684-2700
AAS, ADU, ASU, RC
See our ad on back cover.

Other Areas

Carmichael

Aegis of Carmichael
4050 Walnut Ave
916-972-1313
AAS, ADU, ASU, RC
See our ad on back cover.

Corte Madera

Aegis of Corte Madera
5555 Paradise Drive
415-927-4200
AAS, ADU, ASU, RC
See our ad on back cover.

Napa

Aegis of Napa
2100 Redwood Rd
707-251-1409
AAS, ADU, ASU, RC
See our ad on back cover.

Residential Elderly

Alameda

Livermore

Livermore Manor Alzheimer's
3356 East Ave.
925-447-8770

Pleasanton

Eden Villa - Pleasanton
4115 Mohr Ave.
925-461-8409
AAS, ADU

San Leandro

Carlton Plaza of San Leandro
1000 East 14th St.
510-636-0660

Contra Costa

Antioch

Tre Vista
3950 Lone Tree Way
925-778-6225
AAS, ADU, ASU, RC
See our ads on page 3 and 9

Danville

Danville Courtyard
836 El Quanito Dr
925-285-4959
AAS, RC

Marin

Novato

Creekwood Senior Home
830 Tamalpais Ave.
415-897-2661
AES, RC

San Rafael

Aegis of San Rafael
111 Merrydale Rd.
415-472-6530
AAS, ADU, ASU, RC
See our ad on back cover.

San Mateo

Burlingame

Mills Estate Villa
1733 California Dr.
650-692-0600
AES, RC

Residential Elderly (continued)

Montara

Three Bells of Montara
1185 Acacia St.
650-728-5483
AES, RC

Santa Clara

Cupertino

Sunny View Retirement Community
22445 Cupertino Rd.
408-454-5600

San Jose

Belmont Village of San Jose
500 S. Winchester Blvd
408-984-4767
AES, ADU, ASU, RC
See our ad inside front cover.

Sunnyvale

Canyon House / Crescent Villa Senior Care Facility
147 Crescent Ave.
408-730-4004
AAS, ASU, RC

Belmont Village of Sunnyvale

1039 East El Camino Real
408-720-8498
AAS, ADU, ASU, RC
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request at retirebart1@
comcast.net.**

Skilled Nursing/Rehabilitation

Alameda

Castro Valley

Redwood Convalescent Hospital, Inc.
22103 Redwood Rd.
510-537-8848
AES, RC, MC, M

Fremont

Park Central Nursing Center
2100 Parkside Drive
510-797-5300
AES, MC, M

Hayward

Hayward Hills Healthcare Center
1768 B Street
510-538-4424
AES, RC, M, MC

Livermore

Silver Oak Manor
788 Holmes St.
925-447-2280
ASU, M, MC

Contra Costa

Concord

Windsor Manor Rehabilitation Center of Concord
3806 Clayton Rd.
925-689-2266
AES, RC, MC, M

Danville

The Reutlinger Community Living
4000 Camino Tassajara
925-648-2800
ADU, ASU

Pleasant Hill

SunBridge Rosewood Care Center
1911 Oak Park Blvd.
925-935-6630
ADU, ASU, RC, MC, M

(continued on page 14)

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At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease.

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Skilled Nursing/Rehabilitation (continued)

Marin

Novato

Novato Healthcare Center
1565 Hill Rd.
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AAS, ADU, ASU, RC, MC, M

San Francisco

San Francisco

Golden Gate Healthcare Center
2707 Pine Street
415-563-7600
AAS, ADU, RC, M, MC

San Mateo

Portola

The Sequoias
501 Portola Road
650-851-1508
Memory Care

Santa Clara

San Jose

Herman Health Care Center
2295 Plummer Ave.
408-269-0701
AAS, ASU, MC, M

Adult Day Health Care

Alameda

Berkeley

Alzheimer's Services of the East Bay
510-644-8292
ADHC, ADC, MC

Hayward

Alzheimer's Services of the East Bay
510-888-1411
RC, ADHC, ADC, Education & Training & Case Management

Contra Costa

Antioch

The Bedford Center
925-778-4171
ADHC, ADC, RC

El Sobrante

Guardian Adult Day Health
510-669-1005
ADHC, ADC, MC

Pleasant Hill

Mt. Diablo Center for Adult Day Health Care
925-682-6330
ADC, ADHC

San Francisco

San Francisco

Golden Gate Adult Day Health Center
415-359-9210
ADHC, MC

Laguna Honda Hospital Alzheimer's Day Care Resource Center
415-759-4589
RC, ADHC, ADC, M, MC
Speak Spanish, Russian and Tagalog

San Mateo

Burlingame

Senior Focus Alzheimer's Day Care Resource Center
650-696-3660
ADHC, MC

Half Moon Bay

Coastside Adult Day Health Care Center
650-726-5067
ADHC, MC

San Jose

Dept. of Vet. Affairs - Adult Day Health
408-363-3001
RC, ADHC

Adult Day Care

Alameda

Berkeley

Alzheimer's Services of the East Bay
510-644-8292
ADHC, ADC, MC

Fremont

Bay Area Comm. Services, Adult Day
Care Services
510-656-7742
RC, ADC

Hayward

Alzheimer's Services of the East Bay
510-888-1411
RC, ADHC, ADC, Education &
Training & Case Management

Oakland

Bay Area Comm. Service, Adult Day
Services
510-601-1074
ADC, RC

Contra Costa

Antioch

The Bedford Center
925-778-4171
ADHC, ADC, MC

El Cerrito

Adult Programs & Services Center
510-559-7677
ADC, RC

El Sobrante

Guardian Adult Day Health
510-669-1005
ADHC, ADC, MC

Orinda

Lamorinda Adult Respite Center
925-254-3465
ADC

Pinole

Pinole Senior Village Adult Day Care
510-669-3195
ADC, RC

Richmond

West County Adult Day Care Center/
Alzheimer's Respite
510-235-6276
Alzheimer's Respite, ADC

Marin

San Rafael

Senior Access
415-491-2500
RC, ADC

San Francisco

San Francisco

Golden Gate Adult Day Health Center
415-359-9210
ADHC, MC

Providence Place
415-359-9700
RC

Catholic Charities
San Francisco Adult Day Services/
ADCRC
415-452-3500
RC, ADC

San Mateo

Burlingame

Senior Focus Alzheimer's Day Care
Resource Center
650-696-3660
ADHC, MC

Half Moon Bay

Coastside Adult Day Health Care Center
650-726-5067
ADHC, MC

Menlo Park

Peninsula Vol. Rosener House Adult Day
Services
650-322-0126
ADC, RC

Adult Day Care (continued)

San Carlos

Catholic Charities
San Mateo County Adult Day Services
650-592-9325
RC, ADC

South San Francisco

South San Francisco Adult Day Care
Center
650-829-3824
ADC

Santa Clara

Campbell

SarahCare of Campbell
408-374-2273
RC, ADC

Cupertino

Live Oak Adult Day Services
408-973-0905
ADC, RC

Mountain View

Avenidas Rose Kliner Senior Day Health
Center
650-289-5499
ADHC, MC

San Jose

Alzheimer's Activity Center
408-279-7515
ADC

Day Break Cares: San Jose
408-270-4900
ADC, AES, RC

Yu Ai Kai Senior Day Services
408-294-2505
RC, ADC

Saratoga

Saratoga Adult Care Center
408-868-1262
ADC, RC

Home Health Care Agencies

Alameda

Hayward

Tender Loving Care
1-800-430-0095
M

Oakland

Community Care Services, Inc.
510-923-9790
HC

San Francisco

San Francisco

Incare Home Health Services
415-673-8989
M, HH

Santa Clara

Campbell

CareSouth of San Jose
408-871-9860
M

Sunnyvale

Pathways
888-755-7855
RC, M, MC, HC, HHC

San Mateo

Daly City

Kindred at Home

HHC, HC
650-992-8559
See our ad on page 19.

Only 45 percent of people with Alzheimer's disease or their caregivers say they were told the diagnosis by their doctor. In contrast, more than 90 percent of people with the four most common cancers (breast, colorectal, lung and prostate cancer) say they were told the diagnosis.



New problems with communication is 1 of the 10 warning signs of Alzheimer's disease. Recognizing the symptoms is the first step toward doing something about it. For more information, and to learn what you can do now, go to alz.org/10signs or call **800.272.3900**.

alzheimer's  **association**

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Home Care Agencies

Alameda

Alameda

AEC Home Care
1723 Webster
510-629-4959
HC, RC

Comfort Keepers
510-239-4391
HC, RC
HCO #014700007

Berkeley

Christel's Home Care Agency
510-528-3970
HC

Castro Valley

ComForcare Home Care
510-538-2273
RC, HC

Hayward

Best Home Care
510-782-9080
M, HHC, HC

Oakland

Home Instead Senior Care
510-663-3652
HC, RC

Homewatch CareGivers of Oakland
510-835-9362
HC, RC

Pleasanton

From The Heart Home Care
866-245-5980
HC, RC

Home Instead Senior Care
925-225-0220
HC, RC

San Leandro

AAA CareGivers
510-250-0848
In-home care

Divine Home Care
510-639-9088
HC, RC

Home Instead Senior Care
303 W Joaquin
HC, RC

Contra Costa

Concord

Affordable Home Care Agency
800-517-0757
RC, HC

Pleasant Hill

All Seasons Homecare
925-363-4900
RC, HC

Kindred at Home

925-771-8290
RC, M, MC,
HC, HHC



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Speak to a Nurse 24/7, for the best care options.
Serving the entire Bay Area.

888-979-5369

www.kindredathome.com

Walnut Creek

Eldercare Services
925-937-2018
RC, HC

(continued on page 20)

Home Care Agencies (continued)

Marin

Novato

Hired Hands Homecare
415-884-4343
RC, HC

Home Instead Senior Care
415-883-6260
RC, HC

San Francisco

San Francisco

Alegre Home Care
800-598-4777
RC, HC, M, MC

Aunt Ann's Home Care
415-974-3530
HC, RC

Home Care Assistance
415-904-1085
RC, HC

Home Instead Senior Care
415-333-3944
RC

Providence Care
415-359-9700
HC

Reliable Caregivers Inc.
415-436-0100
RC, HC

Seniors At Home, a Division of JFCS
415-449-3777
RC, HC

Tender Rose Dementia Specialists
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HC

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Matched Caregivers Continuous Care
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RC, HC

Senior Companions At Home
650-364-1265
RC, HC

San Bruno

Always Best Care Senior Services
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HC, RC

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Home Care Assistance
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HC, RC

San Jose

Loving Hands Home Care Agency
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RC, HC, MC

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Dublin

Hope Hospice, Inc.
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RC, M, MC

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Hospice Agencies (continued)

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Bruns House Adult Hospice
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Mission Hospice & Home Care
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Did You Know These Facts about Alzheimer's?*

- 5.7 Million Americans are living with Alzheimer's
- Every 65 seconds someone in the United States develops the disease
- Alzheimer's is the 6th leading cause of death in the United States
- Almost 16.1 million Americans provide unpaid care for people with Alzheimer's or other dementias.
- 650,00 Californians over the age of 65 have Alzheimer's

* Source: Alzheimer's Association Web Site www.alz.org

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D/A Evaluation & research,

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Stanford VA Alzheimer's Center
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D/A

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Support Groups

The Northern California and Northern Nevada Chapter of the Alzheimer's Association offers a variety of support groups for all individuals living with Alzheimer's disease. Groups are facilitated by trained volunteers. Many locations offer specialized groups for children, those with early-onset and early-stage Alzheimer's, adult caregivers and others with specific needs. To view these groups, their location and meeting dates go to the chapter's calendar on their web site at http://www.alz.org/norcal/in_my_community_support.asp

We also publish Alzheimer's Resource Directories for:

- Greater Seattle Puget Sound Area
- San Diego County
- State of Idaho

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Late-State Caregiving

What to expect

Late-stage care decisions can be some of the hardest families face. As the disease advances, the needs of the person living with Alzheimer's will change and deepen. A person with late-stage Alzheimer's usually:

- Has difficulty eating and swallowing
- Needs assistance walking and eventually is unable to walk
- Needs full-time help with personal care
- Is vulnerable to infections, especially pneumonia

Your role as caregiver

During the late stages, your role as a caregiver focuses on preserving quality of life and dignity. Although a person in the late stage of Alzheimer's typically loses the ability to talk and express needs, research tells us that some core of the person's self may remain. This means you may be able to continue to connect throughout the late stage of the disease.

At this point in the disease, the world is primarily experienced through the senses. You can express your caring through touch, sound, sight, taste and smell. For example, try:

- Playing his or her favorite music
- Reading portions of books that have meaning for the person
- Looking at old photos together
- Preparing a favorite food
- Rubbing lotion with a favorite scent into the skin
- Brushing the person's hair
- Sitting outside together on a nice day

Late-Stage Care Options

Since care needs are extensive during the late stage, they may exceed what you can

provide at home, even with additional assistance. This may mean moving the person into a facility in order to get the care needed.

Deciding on late-stage care can be one of the most difficult decisions families face. Families that have been through the process tell us that it is best to gather information and move forward, rather than second guessing decisions after the fact. There are many good ways to provide quality care. Remember, regardless of where the care takes place, the decision is about making sure the person receives the care needed.

At the end of life, another option is hospice. The underlying philosophy of hospice focuses on quality and dignity by providing comfort, care and support services for people with terminal illnesses and their families. To qualify for hospice benefits under Medicare, a physician must diagnose the person with Alzheimer's disease as having less than six months to live.

Ideally, discussions about end-of-life care wishes should take place while the person with the dementia still has the capacity to make decisions and share wishes about life-sustaining treatment.

Food and fluids

One of the most important daily caregiving tasks during late-stage Alzheimer's is monitoring eating. As a person becomes less active, he or she will require less food. But, a person in this stage of the disease also may forget to eat or lose his or her appetite. Adding sugar to food and serving favorite foods may encourage eating; the doctor may even suggest supplements between meals to add calories if weight loss is a problem.

(continued on page 28)

Late-stage caregiving (continued)

To help the person in late-stage Alzheimer's stay nourished, allow plenty of time for eating and try these tips:

- Make sure the person is in a comfortable, upright position. To aid digestion, keep the person upright for 30 minutes after eating.
- Adapt foods if swallowing is a problem. Choose soft foods that can be chewed and swallowed easily. Thicken liquids such as water, juice, milk and soup by adding cornstarch or unflavored gelatin. You can also buy food thickeners at a pharmacy or health care supply store, try adding pudding or ice cream, or substitute milk with plain yogurt.
- Encourage self-feeding. Sometimes a person needs cues to get started. Begin by putting food on a spoon, gently putting his or her hand on the spoon, and guiding it to the person's mouth. Serve finger foods if the person has difficulty using utensils.
- Assist the person with feeding, if needed. Alternate small bites with fluids. You may need to remind the person to chew or swallow. Make sure all food and fluid is swallowed before continuing on with the next bite.
- Encourage fluids. The person may not always realize that he or she is thirsty and may forget to drink, which could lead to dehydration. If the person has trouble swallowing water, try fruit juice, gelatin, sherbet or soup. Always check the temperature of warm or hot liquids before serving them.
- Monitor weight. While weight loss during the end of life is to be expected, it also may be a sign of inadequate nutrition, another illness or medication side effects. See the doctor to have weight loss evaluated.

Bowel and bladder function

Difficulty with toileting is very common at this stage in the disease. The person may need to be walked to the restroom and guided through the process.

Incontinence is also common during late-stage Alzheimer's.

To maintain bowel and bladder function:

- Set a toileting schedule. Keep a written record of when the person goes to the bathroom, and when and how much the person eats and drinks. This will help you track the person's natural routine, and then you can plan a schedule. If the person is not able to get to the toilet, use a bedside commode.
- Limit liquids before bedtime. Limit — but do not eliminate — liquids at least two hours before bedtime. Be sure to provide adequate fluids for the person throughout the day to avoid dehydration.
- Use absorbent and protective products. Adult disposable briefs and bed pads can serve as a backup at night.
- Monitor bowel movements. It is not necessary for the person to have a bowel movement every day, but if there are three consecutive days without a bowel movement, he or she may be constipated. In such instances, it may help to add natural laxatives to the diet, such as prunes or fiber-rich foods (bran or whole-grain bread). Consult with the doctor if the constipation continues.

Skin and body health

A person with late-stage Alzheimer's disease can become bedridden or chair-bound. This inability to move around can cause skin breakdown, pressure sores and "freezing" of joints.

To keep skin and body healthy:

- Relieve body pressure and improve circulation. Change the person's position at least every two hours to relieve pressure and improve blood circulation.

Make sure the person is comfortable and properly aligned. Use pillows to support arms and legs.

- Learn how to lift the person. A care provider, such as a nurse or physical therapist, can provide instructions on how to properly lift and turn the person without causing injury. Make sure not to ever lift by pulling on the person's arms or shoulders.
- Keep skin clean and dry. Since skin can tear or bruise easily, use gentle motions and avoid friction when cleaning. Wash with mild soap and blot dry. Check daily for rashes, sores or breakdowns.
- Protect bony areas. Use pillows or pads to protect elbows, heels, hips and other bony areas. If you use skin moisturizer on these areas, apply it gently and do not massage it in.
- Prevent "freezing" of joints. Joint "freezing" (limb contractures) can occur when a person is confined to a chair or bed. It's sometimes helpful to do range-of-motion exercises, such as carefully moving the arms and legs two to three times a day while the skin and muscles are warm, like right after bathing. Consult with the doctor before starting these exercises.

Infections and pneumonia

The inability to move around during late-stage Alzheimer's disease can make a person more vulnerable to infections.

To help prevent infections:

- Keep the teeth and mouth clean. Good oral hygiene reduces the risk of bacteria in the mouth that can lead to pneumonia. Brush the person's teeth after each meal. If the person wears dentures, remove them and clean them every night. Also, use a soft toothbrush or moistened gauze pad to clean the gums, tongue and other soft mouth tissues.
- Treat cuts and scrapes immediately.

Clean cuts with warm soapy water and apply an antibiotic ointment. If the cut is deep, seek professional medical help.

- Protect against flu and pneumonia. The flu (influenza) can lead to pneumonia (infection in the lungs). It's vital for the person with Alzheimer's as well as his or her caregivers to get flu vaccines every year to help reduce the risk. A person can also receive a vaccine every five years to guard against pneumococcal pneumonia (a severe lung infection caused by bacteria).

Pain and illness

Communicating pain becomes difficult in the late stages. If you suspect pain or illness, see a doctor as soon as possible to find the cause. In some cases, pain medication may be prescribed.

To recognize pain and illness:

- Look for physical signs. Signs of pain and illness include pale skin tone; flushed skin tone; dry, pale gums; mouth sores; vomiting; feverish skin; or swelling of any part of the body.
- Pay attention to nonverbal signs. Gestures, spoken sounds and facial expressions (wincing, for example) may signal pain or discomfort.
- Be alert to changes in behavior. Anxiety, agitation, trembling, shouting and sleeping problems can all be signs of pain.

*Courtesy of the Alzheimer's Association.
to view articles on Early-stage and Middle-stage
caregiving go to Alz.org/caregiving*

10 Early Signs and Symptoms of Alzheimer's*

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

1. Memory loss that disrupts daily life

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same information over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when balancing a checkbook.

3. Difficulty completing familiar tasks at home, at work or at leisure

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's a typical age-related change? Occasionally needing help to use the settings on a microwave or to record a television show.

4. Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change? Getting confused about the day of the week but figuring it out later.

5. Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

What's a typical age-related change? Vision changes related to cataracts.

6. New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change? Sometimes having trouble finding the right word.

7. Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change? Misplacing things from time to time and retracing steps to find them.

8. Decreased or poor judgment

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming

or keeping themselves clean.

What's a typical age-related change? Making a bad decision once in a while.

9. Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They also may avoid being social because of the changes they have experienced.

What's a typical age-related change? Sometimes feeling weary of work, family and social obligations.

10. Changes in mood and personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone

What's a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

*Courtesy of the Alzheimer's Association
Alz.org

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Do you know someone who is caring for a loved one or friend who has Alzheimer's?

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