Alzheimer’s Resource Directory
a guide for family members, caregivers and health care professionals

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Greater San Francisco Bay Area
Spring/Summer 2020
Saratoga Retirement Community’s unique, resident-centered Memory Care and Assisted Living facilities offer all the comforts of home with the specialized care you deserve.

Call for a tour: 408-741-7700

www.retirement.org/saratoga

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Equal Housing Opportunity.

REDEFINING MEMORY CARE IN FREMONT

- Extraordinary Outings
- Watermark University
- Customized care
- Personal Pantry Program

- Specially trained and certified Nayas
- Memory Care experts available 24/7

Fremont Hills
35490 Mission Blvd • Fremont, CA 94536
510-796-4200 • watermarkcommunities.com
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REDEFINING MEMORY CARE IN EMERYVILLE

- Extraordinary Outings
- Watermark University
- Customized care
- Gourmet Bites

- Personal Pantry Program
- Specially trained and certified Nayas
- Memory Care experts available 24/7

The Watermark by the Bay
1440 40th Street • Emeryville, CA 94608
510-587-9477 • watermarkcommunities.com
RCFE LICENSE #019200528

THE INSTITUTE ON HOPE

A dementia diagnosis can lead to many emotions: Confusion. Frustration. Even sadness. But with new innovations in care, there’s another emotion everyone can feel a whole lot better about: hope.

For seniors in the Bay Area, that hope begins with personalized treatment programs that run the gamut from home care to our all-new The Enrichment Day Center.

To learn more about how we might be able to bring hope to you or someone you love who’s living with dementia, give us a call at (415) 750-4111 or schedule a personal consultation online at ioaging.org.
Over 120 tips for making your life as a caregiver a little easier

Caregiver Tips
For Memory Care

View or download from our web site only!

www.retirementpublishing.com/pdfs/sftips.pdf

THE COMMONS AT DALLAS RANCH: NUTRITION AND DEMENTIA

Proper nutrition is important to keep the body strong and healthy at any age. But for those living with dementia, physiological and physical changes can make it challenging to receive proper nutrition. Oftentimes, certain conditions can prevent those with dementia from recognizing when they are hungry, eating and drinking on their own and may lose the ability to swallow food, putting them at high risk for malnutrition, weight loss and dehydration. Additionally, behaviors such as wandering, sundowning and pacing can lead to increased energy expenditure and decreased attention span during mealtimes.

Poor nutrition can lead also to behavioral challenges. Initially, they may seem to be caused by poor appetite but could actually be associated with physiological and physical struggles such as:

- Not recognizing food
- Poor fitting dentures
- Medications
- Not enough exercise
- Decreased sense of smell and taste

Here are some tips to help encourage a suitable environment during mealtimes:

1. **Limit distractions** – keep mealtime quiet and calm. Avoid things like the television or other loud sounds.
2. **Keep table setting simple** – only have items needed for the meal.
3. **Make sure the food is the right temperature** – make sure it is safe before serving.
4. **Serve only one or two foods at a time** – providing too many options can be overwhelming
5. **Don’t rush** – take it slow and give reminders to chew and swallow carefully.

Questions about this article? Call us anytime at (925) 750-8699 or visit www.commonsatdallasranch.com.

Note

Contents of this directory are intended for community resource information only. Neither the Alzheimer’s Association, or Retirement Publishing recommends or endorses the listed facilities, organizations, professionals and companies, or their services.

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Woodinville, WA 98072

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206-999-7289

e-mail: retirebart1@comcast.net

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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
AES ................................. Accepts Early Stage Alzheimer’s Only
ADU ................................. Have Designated Alzheimer’s Unit
ASU ................................. Have Secure Alzheimer’s Unit
RC ................................. Respite Care
ADC ................................. Adult Day Care
ADHC .............................. Adult Day Health Care
M ................................. Accepts Medicare
MC ................................. Accepts MediCal
EL ................................. Elder Law
EP ................................. Estate Planning
MI ................................. Works With MediCal Issues
HC ................................. Home Care
HHC ................................. Licensed Home Health Care
### Alzheimer's/Memory Care Residences

**Alameda**
- Elders 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

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

**Carefield Castro Valley**
- 19960 Santa Maria Ave.
  - 510-582-2765
  - AAS, ADU, ASU, RC

**Oak Creek**
- 6127 E. Castro Valley Blvd.
  - 510-889-7515
  - AAS, ASU, RC

See our ad on page 3.

**Willow Creek Alzheimer’s & Dementia Care**
- 22424 Charlene Way
  - 510-889-1300
  - AAS, ASU, RC

See our ad on page 3.

**Emeryville**
- Watermark by the Bay
  - 1440 40th Street
  - 510-594-8800
  - AAS, ADU, ASU, RC

See our ad on page 3.

**Fremont**
- Áegis Gardens
  - 36281 Fremont Blvd.
  - 510-738-3890
  - AAS, ADU, ASU, RC

- Áegis Living Fremont
  - 3850 Walnut Ave.
  - 510-824-8443
  - AAS, ADU, ASU, RC

See our ad on page 2.

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

See our ad on page 3.

**Watermark at Rosewood Gardens**
- 35 Fenton St
  - 925-443-7200
  - AAS, ADU, ASU, RC

See our ad on page 8.

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

See our ad on page 9.

### Alzheimer’s/Memory Care Residences (continued)

**Fremont Village**
- 38801 Hastings St
  - 510-792-5411

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

**Pleasanton**
- The Parkview
  - 100 Valley Ave.
  - 510-534-3637
  - AAS, ADU, ASU, RC

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

See our ad on page 3.

**Willow Creek Alzheimer’s & Dementia Care**
- 22424 Charlene Way
  - 510-889-1300
  - AAS, ASU, RC

See our ad on page 3.

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  - 3850 Walnut Ave.
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  - AAS, ADU, ASU, RC

See our ad on page 9.

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# Alzheimer’s/Memory Care Residences (continued)

**Alameda (continued)**

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<th>Residence</th>
<th>Address</th>
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<tr>
<td>Union City</td>
<td>Pacifica Senior Living Union City</td>
<td>33883 Alvarado - Niles Rd.</td>
<td>510-489-3800</td>
<td>AAS, ADU, ASU, RC</td>
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<td><strong>Contra Costa</strong></td>
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<tr>
<td>Antioch</td>
<td>Commons At Dallas Ranch</td>
<td>4751 Dallas Ranch Road</td>
<td>925-754-7772</td>
<td>AAS, ADU, RC</td>
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<tr>
<td></td>
<td>Tre Vista Senior Living &amp; Memory Care</td>
<td>3950 Lone Tree Way</td>
<td>925-470-3395</td>
<td>AAS, ADU, ASU, RC</td>
</tr>
<tr>
<td></td>
<td>Pinole</td>
<td>2850 Estates Avenue</td>
<td>510-758-1122</td>
<td>AAS, ADU, ASU, RC</td>
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<tr>
<td></td>
<td>Pleasant Hill</td>
<td>Áegis Living Pleasant Hill 1660 Oak Park Blvd.</td>
<td>925-261-7121</td>
<td>AAS, ADU, ASU, RC</td>
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<tr>
<td></td>
<td>Pleasant Hill</td>
<td>Chateau Poet’s Corner 540 Patterson Blvd.</td>
<td>925-287-8750</td>
<td>AAS, ADU, ASU, RC</td>
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<td></td>
<td>Pleasant Hill Care Home</td>
<td>75 Taylor Blvd</td>
<td>510-813-0583</td>
<td>AAS, ASU, RC, MC, M</td>
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<tr>
<td></td>
<td>Redwood City</td>
<td>Kensington Place 2800 El Camino Real 650-363-9200</td>
<td>AAS, ASU, RC</td>
<td></td>
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<tr>
<td></td>
<td>San Ramon</td>
<td>The Watermark At San Ramon 12720 Alcosta Blvd 925-725-1485</td>
<td>AAS, ADU, ASU, RC</td>
<td></td>
</tr>
<tr>
<td></td>
<td>San Francisco</td>
<td>AgeSong at Laguna Grove Care 415-318-8670</td>
<td>AAS, ADU, ASU, RC</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Walnut Creek</td>
<td>Heatherwood Alzheimer’s A. L. 1315 Mt. Pisgah Rd. 925-939-2833</td>
<td>AAS, ADU, ASU, RC</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The Kensington</td>
<td>1580 Geary Road. 925-943-112</td>
<td>AAS, ASU, ADU</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Moraga</td>
<td>Áegis Living Moraga 950 Country Club Dr. 925-261-4573</td>
<td>AAS, ADU, ASU, RC</td>
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**Marin**

<table>
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<th>Services</th>
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<tr>
<td>Bolinas</td>
<td>Sam’s House</td>
<td>38 Wharf Rd.</td>
<td>415-868-2866</td>
<td>AAS, ADU, RC</td>
</tr>
<tr>
<td>Kentfield</td>
<td>Windchime of Marin</td>
<td>1111 Sir Francis Drake Blvd.</td>
<td>415-482-4100</td>
<td>AAS, ASU, RC</td>
</tr>
<tr>
<td>Monterey</td>
<td>The Cottages of Carmel</td>
<td>26245 Carmel Rancho Blvd 831-620-1800</td>
<td>AAS, ADU, ASU, RC</td>
<td></td>
</tr>
<tr>
<td>San Rafael</td>
<td>Harmony House</td>
<td>233 West End Ave.</td>
<td>415-258-1560</td>
<td>AAS, ASU, RC</td>
</tr>
<tr>
<td>San Francisco</td>
<td>AgeSong at Laguna Grove Care</td>
<td>415-318-8670</td>
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</tr>
<tr>
<td>Colma</td>
<td>Peninsula Reflections</td>
<td>205 Collins Ave.</td>
<td>650-731-4670</td>
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**San Mateo**

<table>
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<th>Services</th>
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<tr>
<td>Belmont</td>
<td>Silverado Belmont Hills</td>
<td>1301 Ralston Avenue</td>
<td>650-654-9700</td>
<td>AAS, ADU, RC, ADC</td>
</tr>
<tr>
<td>Burlingame</td>
<td>Burlingame Villa</td>
<td>1117 Rhinette Ave.</td>
<td>650-344-7074</td>
<td>AAS, ADU, RC</td>
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</tbody>
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**San Francisco**

<table>
<thead>
<tr>
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<th>Services</th>
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<tr>
<td>The Kensington</td>
<td></td>
<td>1601 19th Ave.</td>
<td>415-664-6264</td>
<td>AAS, ADU, ASU, RC</td>
</tr>
</tbody>
</table>

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**REDEFINING MEMORY CARE IN SAN RAMON**

- Extraordinary Outings
- Watermark University
- Customized care
- Gourmet Bites Cuisine
- Pantry Program
- Naya caregivers
- 24-hour staffing with specially trained Memory Care experts

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12720 Alcosta Blvd • San Ramon, CA 94583
925-725-1485 • watermarkcommunities.com
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**ASSISTED LIVING • MEMORY CARE**
### Alzheimer's/Memory Care Residences (continued)

#### San Mateo (continued)

**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

Meadow Gardens of Menlo Park  
800 Roble  
650-322-4100  
AAS, ASU, RC

#### San Carlos

Bayview Villa  
777 Bayview Dr.  
650-596-3489AAS  
ADU, 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

**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

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

**San Mateo**  
Aegis Living San Mateo  
2280 Gellert Blvd.  
650-273-9725  
AAS, ADU, ASU, RC

#### Santa Clara

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

#### Other Areas

**Carmichael**  
Merrill Gardens at Gilroy  
995 East Market St.  
650-756-1995  
AAS, ADU, ASU, RC

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

**Montara**  
Three Bells of Montara  
1185 Acacia St.  
650-728-5483  
AAS, ADU, ASU, RC

**San Carlos**  
Bayview Villa  
777 Bayview Dr.  
650-596-3489AAS  
ADU, ASU, RC

**San Leandro**  
Carlton Plaza of San Leandro  
1000 East 14th St.  
510-636-0660  
AAS, ADU, ASU, RC

### Santa Cruz

**Aptos**  
Merrill Gardens at Aptos  
125 Heather Terrace  
831-888-1790  
AAS, ADU, ASU, RC

**Corte Madera**  
Merrill Gardens at Corte Madera  
5555 Paradise Drive  
415-851-6081  
AAS, ADU, ASU, RC

**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

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

**San Mateo**  
Aegis Living San Mateo  
2280 Gellert Blvd.  
650-273-9725  
AAS, ADU, ASU, RC

### Residential Elderly

**Alameda**  
Livermore Manor Alzheimer's  
3356 East Ave.  
925-447-8770  
AAS, ADU, ASU, RC

**Contra Costa**  
Danville  
Danville Courtyard  
836 El Quanito Dr  
925-288-4727  
AAS, ADU, ASU, RC

**Marin**  
Novato  
Creekwood Senior Home  
830 Tamalpais Ave.  
415-387-2661  
AAS, ADU, ASU, RC

**Santa Clara**  
Saratoga  
Saratoga Retirement Community  
1450 Fruitvale Ave.  
408-741-7700  
AAS, ADU, ASU, RC

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

Register today at alz.org/walk.

For additional FREE copies of this directory call 206-999-7289 or e-mail retirebart1@comcast.net
<table>
<thead>
<tr>
<th>Adult Day Care</th>
<th>Adult Day Care (continued)</th>
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<tbody>
<tr>
<td><strong>Alameda</strong></td>
<td><strong>Contra Costa</strong></td>
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<tr>
<td>Berkeley</td>
<td>Antioch</td>
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<tr>
<td>Alzheimer’s Services of the East Bay</td>
<td>The Bedford Center</td>
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<tr>
<td>510-644-8292</td>
<td>925-778-4171</td>
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<tr>
<td>ADHC, ADC, MC</td>
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<td>Hayward</td>
<td>El Cerrito</td>
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<td>Alzheimer’s Services of the East Bay</td>
<td>Adult Programs &amp; Services Center</td>
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<tr>
<td>510-888-1411</td>
<td>510-559-7677</td>
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<td>RC, ADHC, ADC</td>
<td>ADHC, RC</td>
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<td>El Sobrante</td>
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<td>Guardian Adult Day Health</td>
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<tr>
<td>510-669-1005</td>
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<td>Pleasant Hill</td>
<td>San Mateo</td>
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<tr>
<td>Mt. Diablo Center for Adult Day Health Care</td>
<td>San Mateo Adult Respite Center</td>
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<tr>
<td>925-682-6330</td>
<td>925-254-3465</td>
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<td>ADHC, ADHC</td>
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<td>San Francisco</td>
<td>Half Moon Bay</td>
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<td>Bay Area Comm. Services, Adult Day Care Services</td>
<td>Coastside Adult Day Health Care Center</td>
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<tr>
<td>510-656-7742</td>
<td>650-726-5067</td>
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<td>RC, ADC</td>
<td>ADHC, MC</td>
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<td>San Francisco</td>
<td>Pinole</td>
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<td>Golden Gate Adult Day Health Center</td>
<td>Pinole Senior Village Adult Day Care</td>
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<tr>
<td>415-359-9210</td>
<td>510-669-3195</td>
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<td>ADHC, MC</td>
<td>ADHC, RC</td>
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<td>San Jose</td>
<td>Richmond</td>
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<td>Dept. of Vet. Affairs - Adult Day Health</td>
<td>West County Adult Day Care Center/</td>
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<tr>
<td>408-363-3001</td>
<td>Alzheimer’s Respite</td>
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<tr>
<td>RC, ADHC</td>
<td>510-235-6276</td>
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<td>San Rafael</td>
<td>Marin</td>
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<tr>
<td>Senior Access</td>
<td>Marin</td>
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<td>415-491-2500</td>
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<td>RC, ADC</td>
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<td>Golden Gate Adult Day Health Center</td>
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<td>415-359-9210</td>
<td>650-829-3824</td>
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<tr>
<td>Institute on Aging (IOA)</td>
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</tr>
<tr>
<td>415-750-4111</td>
<td>415-359-9700</td>
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<td>650-696-3660</td>
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<td>See our ad on page 2.</td>
<td>ADHC, MC</td>
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<tr>
<td>See our ad on page 2.</td>
<td>Half Moon Bay Adult Day Care Center</td>
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<tr>
<td>See our ad on page 2.</td>
<td>650-322-0126</td>
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<td>ADHC, RC</td>
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<td>650-592-9325</td>
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<td>650-829-3824</td>
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<td>408-374-2273</td>
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(Continued on page 18)
### Adult Day Care (continued)

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<td>408-973-0905</td>
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<tr>
<td>Mountain View</td>
<td>Avenidas Rose Kliner Senior Day Health Center</td>
<td>650-289-5499</td>
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<tr>
<td>San Jose</td>
<td>Alzheimer’s Activity Center</td>
<td>408-279-7515</td>
<td>ADC</td>
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<td>Cupertino</td>
<td>Live Oak Adult Day Services</td>
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### Home Health Care Agencies

#### Santa Clara

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<td>Day Break Cares: San Jose</td>
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<td>Yu Ai Kai Senior Day Services</td>
<td>Yu Ai Kai Senior Day Services</td>
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#### Home Health Care Agencies

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<td>Hayward</td>
<td>Tender Loving Care</td>
<td>1-800-430-0095</td>
<td>M</td>
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<tr>
<td>Oakland</td>
<td>Community Care Services, Inc.</td>
<td>510-923-9790</td>
<td>HC</td>
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<tr>
<td>Sunnyvale</td>
<td>Pathways</td>
<td>888-755-7855</td>
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### Home Care Agencies

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<td>AEC Home Care</td>
<td>510-629-4959</td>
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<tr>
<td>Castro Valley</td>
<td>ComForcare Home Care</td>
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(continued on page 20)
## Home Care Agencies (continued)

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<th>Home Care Agencies</th>
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<tr>
<td>Institute on Aging (IOA)</td>
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<tr>
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<td>Providence Care</td>
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<td></td>
<td>415-359-9700</td>
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<tr>
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<td>HC</td>
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<td>Seniors At Home, a Division of JFCS</td>
<td>415-449-3777</td>
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<tr>
<td>Tender Rose Dementia Specialists</td>
<td>415-340-3990</td>
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## Hospice Agencies

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<td>925-820-8770</td>
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</table>

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An estimated 14 million Americans will have Alzheimer's disease by 2050 unless a cure or prevention is found.
Hospice Agencies (continued)

Contra Costa (continued)

Pleasant Hill
Hospice of the East Bay
925-887-5678
M, MC, HHC

Kindred at Home
925-771-8295
Serving Contra Costa, Alameda & Marin Counties
See our ad on page 20.

Pleasant Hill Care Home
510-813-0583
AAS, ASU, RC, MC

San Francisco

San Francisco
Crossroads Home Health Care And Hospice, Inc.
415-682-2111

San Mateo
Mission Hospice & Home Care
Of San Mateo County
650-554-1000

San Jose
Hospice of the Valley
408-559-5600M, MC

Care Management

Marin
Institute on Aging (IOA)
415-750-4111
AAS, HHC, HC, EP.
See our ad on page 2

San Mateo/Santa Clara

Institute on Aging (IOA)
650-424-1411
AAS, HHC, HC, EP.
See our ad on page 2

San Francisco

San Francisco

San Jose
Norris Fiduciary Services
408-294-5390
Serving the Bay Area

Social Services

Walnut Creek
Meals on Wheels by Senior Services
925-937-8311

Marin
Institute on Aging (IOA)
415-750-4111
See our ad on page 2.

San Mateo/Santa Clara

Institute on Aging (IOA)
650-424-1411
See our ad on page 2

San Francisco

San Francisco
Crossroads Home Health Care And Hospice, Inc.
415-682-2111

San Mateo
Mission Hospice & Home Care
Of San Mateo County
650-554-1000

San Jose
Hospice of the Valley
408-559-5600M, MC

San Mateo/Santa Clara

Institute on Aging (IOA)
650-424-1411
See our ad on page 2

San Mateo

Sourcewise
408-350-3200
Health Insurance Counseling & Information & Assistance. Serving Santa Clara County

San Mateo/Santa Clara

Institute on Aging (IOA)
650-424-1411
See our ad on page 2

San Mateo

Sourcewise
408-350-3200
Health Insurance Counseling & Information & Assistance. Serving Santa Clara County

Assessment & Diagnostic

Contra Costa

San Francisco
Crossroads Home Health Care And Hospice, Inc.
415-682-2111

Palo Alto
Stanford VA Alzheimer's Center
650-858-3915
D/A

San Francisco

Walnut Creek
UC Davis Alzheimer’s Disease Center
855-420-2612
D/A Evaluation & research,

Attorneys

Alameda

Matthew J. Duncan, Attorney
510-769-8311
EL, EP, MI

Berkeley

J. Frederick Clarke Jr., Attorney
510-649-7948
EL, EP, MI

Greg Wilcox, Attorney
510-665-8400
EL, EP, MI

Kathie Zatkin, Attorney
510-883-1727

Hayward

Law Offices of Ososky & Ososky
510-247-2555
EL, EP, MI

San Leandro

Robert J. Peacock, Attorney
510-483-3400
EL, EP

Pleasant Hill

John Milgate, Attorney
925-932-4550
EL, MI

San Rafael

Kelley & Farren, LLP
415-925-5200
EP

San Francisco

California Advocates for Nursing Home Reform
800-445-8106
EL, EP, MI Statewide Lawyer referrals

Skootsky & Der
415-979-9800
EL, EP

San Mateo

James J. Phillips, Attorney
925-463-1980
EL, EP, MI

Daly City

Matthew C. O’Donnell, Attorney
650-853-7183
EL, EP, MI

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### Attorneys (continued)

#### San Mateo (continued)

**San Carlos**
- Roger D. Bolgard, Attorney
  - 650-595-0444
  - EL, EP

**Santa Clara**
- Timothy L. Ruschin
  - 408-295-0603
  - EL, EP

**Los Gatos**
- Kramer Radin, LLP, Law Firm
  - 650-941-8600
  - EL, EP, MI

**Los Altos**
- Brown Law Offices
  - 408-376-2755
  - EL, EP, MI

- Sugai, Sudweeks, LLP
  - 408-354-0200
  - EL, EP, MI

**Palo Alto**
- Peter S. Stern, Attorney
  - 650-326-2282
  - EL, EP, MI

**Carmel**
- Asian Law Alliance
  - 408-287-9710
  - EL, MI

### Other Area

#### Redding
- Nancy J. Gottes, Attorney at Law
  - 530-244-1716
  - EL, EP, MI

### 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 website at [http://www.alz.org/norcal/in_my_community_support.asp](http://www.alz.org/norcal/in_my_community_support.asp)

**Alzheimer’s is the only disease among the top 10 causes of death in America that can not be prevented, cured.**

---

For additional FREE copies of this directory call

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

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

Perhaps they could use the resources available in this directory.

If so, just give us a call and we will mail them a FREE copy right away.

They will appreciate your thoughtfulness.

206-999-7298
retirebart1@comcast.net
In-home care includes a wide range of services provided in the home, rather than in a hospital or care facility. It can allow a person with Alzheimer’s or other dementia to stay in his or her own home. It also can be of great assistance to caregivers.

Types of in-home services
Not all in-home services are the same. Some in-home services provide non-medical help, such as assistance with daily living. Other in-home services involve medical care given by a licensed health professional, such as a nurse or physical therapist.

Common types of in-home services:
Companion services: Help with supervision, recreational activities or visiting.

Personal care services: Help with bathing, dressing, toileting, eating, exercising or other personal care.

Homemaker services: Help with housekeeping, shopping or meal preparation.

Skilled care: Help with wound care, injections, physical therapy and other medical needs by a licensed health professional. Often times, a home health care agency coordinates these types of skilled care services once they have been ordered by a physician.

Finding in-home services
To find the right in-home care services, start with these resources:

Talk to the doctor. The primary physician providing care for the person with Alzheimer’s is a great place to start. Ask for recommendations of home health providers that have experience caring for people with dementia.

Use Medicare’s online tool. You can find and compare Medicare-certified Home Health agencies in your area through Medicare’s online tool Home Health Compare.

Use our Community Resource Finder. Search for home care services near you by using online Community Resource Finder.

Call your local Alzheimer’s Association* chapter. The Alzheimer’s Association chapter in your area can provide referrals. Find your local Alzheimer’s Association chapter.

Use The Eldercare Locator. Call 800.677.1116 or use the Eldercare Locator Online Tool, where you can search for services by zip code, city or state. Ask friends, family and neighbors about their experiences. Getting a first-hand opinion from someone who has used in-home care services can be especially helpful.

Choosing providers
Deciding who will provide home care is an important decision. For some, using a home health agency is the best choice. And for others, an individual care provider is a better fit.

The following steps can be helpful when trying to find the right care:

Create a list of care needs. Before contacting prospective providers, create a list of care needs, as well as your expectations on how these needs will be met.

Call first. When you call to screen home care providers, find out what kind of help they offer and if it meets your specific needs.

Interview at home. Meet with a prospective home care agency or provider in your home. Prepare questions beforehand. It’s a good idea to have a third person present so that afterwards you can discuss your impressions.

Check references. Some agencies will conduct criminal background checks. Ask if these have been conducted. It is also a good idea to talk to others who have worked with the provider.

Share information. The more care providers know about the person they are caring for, the better care they can give. Even with memory loss, persons with dementia maintain strong memories from periods of

(Continued on page 28)
their past. Familiarize the care provider with past accomplishments, fond memories and other guideposts that are relevant to where the person with dementia’s current memory is strong. It will allow for a much greater bond to form between them.

Questions to ask potential in-home providers

• Are you trained in first aid and CPR?
• Do you have experience working with someone with dementia?
• Are you trained in dementia care?
• Are you with an agency?
• Are you bonded (protects clients from potential losses caused by the employee)?
• Are you able to provide references?
• Are you available at the times needed?

• Are you able to provide backup, if sick?
• Are you able to manage our specific health and behavioral care needs?

Costs
Costs for home care services vary depending on many factors, including what services are being provided, where you live, and whether the expenses qualify for Medicare or private insurance coverage.

Medicare covers certain in-home health care services when the person needing care meets eligibility criteria (which includes being homebound and requiring the services of a skilled professional), and if the services are considered reasonable and necessary for treatment. For details about eligibility, download the Centers for Medicare and Medicaid Services booklet Medicare and Home Health Care (PDF).

Courtesy Alzheimer’s Association Alz.org

2019 ALZHEIMER’S DISEASE FACTS AND FIGURES

ALZHEIMER’S DISEASE IS THE 6TH leading cause of death in the United States

5.8 MILLION Americans are living with Alzheimer’s

BY 2050, this number is projected to rise to nearly 14 MILLION

MORE THAN 16 MILLION AMERICANS provide unpaid care for people with Alzheimer’s or other dementias

These caregivers provided an estimated 18.5 BILLION HOURS valued at nearly $234 BILLION

IN 2019, Alzheimer’s and other dementias will cost the nation $290 BILLION

BY 2050, these costs could rise as high as $1.1 TRILLION

82% of seniors say it’s important to have their thinking or memory checked

BUT ONLY 16% say they receive regular cognitive assessments

EVERY 65 SECONDS someone in the United States develops the disease

Between 2000 and 2017 deaths from heart disease have decreased 9%

while deaths from Alzheimer’s disease have increased 145%

1 IN 3 seniors dies with Alzheimer’s or another dementia

It kills more than breast cancer and prostate cancer COMBINED

To view or download a digital copy of this directory go to http://www.retirementpublishing.com/pdfs/sanalz.pdf

Courtesy Alz. ORG
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

People with Alzheimer’s can lose things from time to time. 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 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? Making a bad decision once in a while.

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 Alzheimer’s Association

Alz.Org
Happiness Loves Company

At Carefield, we help people find their happy place

- Optimizing Health – Customized care and delicious food options
- Enlightened Memory Care
- Engagement and Socializing
- Fun Activities
- Community and Family Connection

Call Today to Schedule a Tour

Homegrown Happiness

At Carefield, we help people find their happy place

- Optimizing Health – Customized care and delicious food options
- Enlightened Memory Care
- Engagement and Socializing
- Fun Activities
- Community and Family Connection

Call Today to Schedule a Tour