Memory Care Resource Directory

tips & resources for family members, caregivers and health care professionals

San Diego County Spring/Summer 2020

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Over 180 Resources
&
110 Caregiver Tips

See Back Cover

See page 3
Companion Services
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Home Support Services
(housekeeping, meal planning & preparation, exercise, etc.)

Personal Care Services
(grooming, hygiene, mobilization, incontinence care, etc.)

Respite Dementia / Alzheimer’s Care

Serving all of San Diego County

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Memory Care
Resource Directory
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Support Group Information

The San Diego and Imperial Counties Chapter of the Alzheimer’s Association offers a variety of support groups for all individuals living with Alzheimer’s disease or a related disorder. Groups are facilitated by trained volunteers.

Many locations offer specialized groups for adult children, those with early-onset and early-stage Alzheimer’s, adult caregivers and others with specific needs. To get more information on these groups, their location and meeting dates call 619-678-8322 or toll-free at 800-272-3900

A Digital Version of this Directory is Available On-Line to View or Download

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You can also, share all of this information with family members across the country or across the street.

www.retirementpublishing.com/pdfs/sdalzpub.pdf

For the Complete Story on How Assisted Living in San Diego Works

This comprehensive publication is designed to provide information and guidance for seniors and their families through the process of finding an assisted living home or community. We cover it all from the origins, available options, how to tell if it’s time, choosing a home or community, legal issues, and making the transition easier.

View or download from our Web site only!
www.retirementpublishing.com>San Diego Publications
**Selected Definitions**

**Assisted Living**  - State licensed communities either totally dedicated to Alzheimer's/dementia (AAS) residents, report a designated/secure unit within their facility (ADU, ASU) or accept early stages only (AES).

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

**Referral Services**  - Organizations that specialize in finding appropriate communities for individuals with Alzheimer's or other dementias.

**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.

**Adult Day Health Care**  - Licensed adult day care for those requiring health assistance. Must have a nurse 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 medical nursing services.

**Home Care**  - Provide non-medical in-home care services such as cooking, shopping, cleaning, companionship, or help with personal hygiene (state licensing not required).

**Legal**  - Attorneys or associations familiar with legal matters affecting Alzheimer's/dementia patients and their families.

**Support Groups**  - Groups started specifically for families and caregivers of Alzheimer's patients.

**Abreviation 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

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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.

They will appreciate your thoughtfulness.

208-484-7913
**Adult Day Care**

**Fallbrook**  
Fallbrook Adult Day Care  
320 W. Alvarado St.  
760-723-0890  
AAS, ASU, ADC

**Lemon Grove**  
Sungarden Terrace Adult Day Retreat  
2045 Skyline Dr.  
619-462-5831  
ADC, AAS, ASU

**San Diego**  
St. Paul’s Community Care Center  
328 Maple St.  
619-239-6900

**Adult Day Health Care**

**Chula Vista**  
The George G. Glenner Alzheimer’s Family Centers, Inc.  
2765 Main St. Ste. A  
619-543-4700  
AAS, RC, ADC, MC  
(see our ad on back cover)

**Carlsbad**  
The George G. Glenner Alzheimer’s Family Centers, Inc.  
3686 Fourth Ave.  
619-543-4704  
AAS, RC, ADC, MC  
(see our ad on back cover)

**San Marcos**  
The George G. Glenner Alzheimer’s Family Centers, Inc.  
340 Rancheros Dr., Ste. 196  
760-682-2424  
AAS, RC, ADC, MC  
(see our ad on back cover)

**Encinitas**  
The George G. Glenner Alzheimer’s Family Centers, Inc.  
335 Saxony Rd.  
760-635-1895  
AAS, RC, ADC, MC  
(see our ad on back cover)

**La Mesa**  
Golden Life Adult Day Care  
7373 University Ave., Ste 101  
619-433-3398

**National City**  
Horizons Adult Day Health Care  
1035 S. Harbison Ave.  
619-474-1822

**Poway**  
Poway Adult Day Health Care Cntr.  
12250 Crotshiwaite Circle  
858-748-5044

**San Diego**  
Casa Pacifica Adult Day Health Care  
1424-C 30th St.  
619-424-8181

**Assessment Services**

**HELP**  
3636 4th Ave. Ste. 302  
San Diego  
858-481-8827  
M, MC

**UCSD Memory Aging & Resilience Clinic (MARC)**  
8950 La Jolla Village Dr. Ste. C207  
858-534-8730  
health.ucsd.edu/marc

**Sienna At Otay Ranch Senior Living**  
619-550-4521

**Sunrise of Bonita**  
3302 Bonita Rd.  
619-470-2220

**Coronado**  
Coronado Memory Care  
299 Prospect Place  
619-437-1777  
AAS, ASU, ADU, RC

**Del Mar**  
Coastal Breeze  
1040 Solana Dr.  
858-755-7454

**El Cajon**  
Aerie Meadows Care Home  
5610 Dehesa Rd.  
619-659-1577  
AAS

**Bosworth Gardens I & II**  
1340 Bosworth St.  
619-588-5843

**Rose’s Greenfield Manor**  
2085 Greenfield Dr.  
619-444-5731  
AES, RC

**Shaded Arbor Groveland Terrace**  
1412 Groveland Terrace  
619-387-6092

**La-Har Senior Living**  
768 Dorothy St.  
619-444-8270  
AAS, ASU, RC

**Encinitas**  
Leichtag Family Assisted Living  
211 Saxony Rd.  
760-632-0081  
AES, ADU, ASU

**Olivenhain Guest Home**  
350 Cole Ranch Rd  
760-753-5082  
ASU, AAS, RC

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If you would like additional copies of this publication  
just call  
800-584-9916  
during regular business hours

(continued on next page)
**Assisted Living (cont.)**

### Encinitas (cont.)

**Silverado Encinitas**
- 335 Saxony Road
- 760-753-1245
- AAS, ASU, ADU, RC

**Somerset Place**
- 1350 S. El Camino Real
- 760-479-1818
- AAS, ASU, RC

### Escondido

**Atria North**
- 1342 N. Escondido Blvd
- 760-480-8155
- ADU, ASU, RC

**Canyon Terrace**
- 2644 Canyon Rd.
- 760-739-0311
- AAS, ASU, RC

**Hilltop Country Estate**
- 28661 Meadow Glen Way West
- 858-837-0213
- AAS, RC

**Oakmont of Escondido Hills**
- 760-735-8084

### Redwood Terrace

**Las Villas Del Norte**
- 760-741-1047

**Fallbrook**
- Country Gardens
  - 1504 Hillcrest Lane
  - 760-728-5656
  - ADU, ASU, AAS, RC

**Regency Fallbrook**
- 609 E. Elder St.
- 760-728-8504
- ADU, ASU, RC

### Imperial Beach

**Sun and Sea Manor**
- 740 Seventh St.
- 619-429-0633
- AAS, ASU, RC

**La Jolla**
- Ocean View Homes I & II
  - 6342 El Camino Del Teatro
  - 858-459-9260
  - AAS, ASU, RC

**Sunrise of La Jolla**
- 810 Turquoise St.
- 858-488-4300
- AAS, ADU, ASU, RC

**Vi at La Jolla Village**
- 8515 CostaVerde Blvd.
- 858-646-3400
- AES

**Redwood Terrace**
- 710 W. 13th Ave.
- 760-291-2703
- AAS, ASU, RC

- (see our ad below)

### Silverado Escondido

- 760-737-7900

### Fallbrook

- (see our ad below)

### Lakeside

**Lakeside Manor**
- 9308 Emerald Grove
- 619-561-8626
- AAS, AES, ASU, RC

**Sungarden Terrace**
- 2045 Skyline Dr.
- 619-464-2273
- AAS, ASU, RC, ADC

### Oceanside

**Aegis at Shadowridge**
- 1440 S. Melrose Dr.
- 760-806-3600
- ADU, ASU, AH, RD, ADC

**Heritage Hills**
- 760-291-2703

**Sunshine Care**
- 12695 Monte Vista Rd.
- 858-674-1255 Ext. 202
- 800-811-9595
- AAS, ADU, ASU, RC

- (see our ad below)

### Rancho San Diego

**La Vida Real**
- 11588 Via Rancho San Diego
- 619-660-5778
- AAS, ADU, ASU

- (see our ad on page 2)

### San Diego

**ActivCare at Mission Bay**
- 760-340-1111
- AAS, ADU, RD, ADC

**Ann’s Premier Care - Brookside Inn**
- 2921 Murat St
- 619-580-5918
- AAS, ADU, ASU, RC

- (continued on next page)
Assisted Living (cont.)

San Diego (cont.)

Atria Rancho Penasquitos
12979 Rancho Penasquitos Blvd
858-538-0802
AAS,ADU,ASU,RC

Bayview Senior Assisted Living
3219 Canon Street
619-225-5616
AAS,RC,ADC

(see our ad on page 3)

Belmont Village Sabre Springs
13075 S. Evening Creek Dr. S.
858-486-5020

Canyon Guest Home
619-483-9845

Cloisters of the Valley, LLC
4171 Camino Del Rio South
619-283-2226
AES,RC

Harborview Senior Assisted Living
2360 Albatross St.
619-233-8382
AAS,ASU

(see our ad on page 3)

Jacob Health Care Center, LLC
4075 54th Street
619-582-5168
AES,RC,MC

Mount Soledad Care Facility
2189 Crown Hill Rd.
858-755-3577
ASU

St. Paul’s Villa
2340 Fourth Ave.
619-232-2996
AAS,ASU

Silvergate Rancho Bernardo
16061 Avenida Venusto
858-683-9938
AAS,ADU,ASU,RC

Stellar Care
4518 54th St.
619-287-2920
AAS,ASU,RC
The San Carlos Chateau
6915 Glenflora Ave.
619-463-5757
ASU,RC
Wesley Palms Summer House
2404 Loring St.
858-274-4110
AAS,ASU

San Marcos
Country Rose Memory Care
1255 Adventure Ln.
760-294-0590
AAS,ASU,RC,M

Silvergate San Marcos
1550 Security Place
760-774-4484
AAS,ADU,ASU,RC

The Meridian at Lake San Marcos
760-510-7500

Santee
Julie’s Elderly Care
9041 Iverness Rd.
619-449-5600
AES,RC

Latern Crest Senior Living
11010 Sunset Trail
619-312-4408
ADU,ASU,AAS,RC

Solana Beach
Coastal Breeze
740 Santa Paula
858-755-3577
ASU

Vista
Alta Vista Senior Living
2041 W.Vista Way
760-941-3235
AAS,ADU,ASU,RC

Evergreen Chalet
1178 Evergreen Lane
760-630-8122
AAS,RC

Restful Homes
1266 Pleiades Dr.
760-310-0220
AAS,ASU,RC,ADC

Shadowridge
2354 Watson Way
760-727-1221
AAS,ASU,RC,ADC

Vista Gardens
1863 Devon Pl.
760-295-3900
AAS,ASU,RC

Care Management & Consulting

A Hand to Hold
760-230-3039
HELP
858-481-8827

Jewish Family Service
858-637-3040

Dyna Jones Consulting Service
619-398-5034

Triune Nature
619-980-9591

Fiduciaries

La Jolla
Liberty Fiduciary Services, Inc
7825 Fay Ave., Ste. 100
858-505-9156

Del Mar
Professional Fiduciary
2658 Del Mar Heights Rd.
858-481-8823

Encinitas
San Diego Coastal Fiduciary Service
619-446-7543

Home Care

Carlsbad
AlwaysThere Home Care
760-967-9066
AAS,RC

Chula Vista
Absolute Senior Home Care
2220 Otay Lakes RD
619-410-2390
AAS,RC

Trinity Home Care Solutions
601 C. E. Palomar St.
619-421-2997
AAS,RC

Del Mar
Aadvanced Home Health Services
1155 Camino del Mar #471
858-259-9228 (see our ad below)

Aadvanced Home Health provides hourly and live-in personalized home care services. We specialize in Alzheimer’s patient care for both long-term and short-term. Our mission is compassionate patient advocacy. Please call today for additional information or assessment.

858-259-9228

El Cajon
First Promise Care Services
1283 E. Main St. Ste 101
619-274-9630

Home of Guiding Hands
1908 Friendship Dr. SteA
619-938-2856
RC

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<th>Company</th>
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<td>BrightStar Care</td>
<td>504 W. Mission, Ste. 206</td>
<td>760-738-1926</td>
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<td>Fallbrook</td>
<td>Innovative Healthcare Consultants</td>
<td>746 S. Main Ave.</td>
<td>760-731-1334</td>
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<td>AAS, RC</td>
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<td>La Jolla</td>
<td>Coastwide Home Care</td>
<td>7514 Girade</td>
<td>888-259-5962</td>
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<td>AAS, RC</td>
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<td>Home Care Assistance</td>
<td>7521 Fay Ave.</td>
<td>858-842-1346</td>
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<td>La Mesa</td>
<td>Assertive Home Care Services</td>
<td>8893 Le Mesa Blvd</td>
<td>619-466-6890</td>
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<td>AAS, RC</td>
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<td>Home Instead Senior Care</td>
<td>5360 Jackson Dr.</td>
<td>619-460-6222</td>
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<td>Coastal Care Partners</td>
<td>8530 La Mesa Blvd, Ste.200</td>
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<td>San Diego</td>
<td>AccentCare</td>
<td>800-250-2233</td>
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<td>Accredited Home Care</td>
<td>619-265-1234</td>
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<td></td>
<td>All Heart Home Care</td>
<td>619-940-6561</td>
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<td>AltaGolden</td>
<td>858-779-9254</td>
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<td></td>
<td>Always Best Care Senior Services</td>
<td>3685 Ruffin Rd</td>
<td>619-757-1114</td>
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<td>Amada Senior Care San Diego Central</td>
<td>16766 Bernardo Ctr. Dr. #200</td>
<td>858-866-9005</td>
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**CAREGIVING**

**LONG TERM CARE**

**INSURANCE EXPERTS**

858-866-9005

www.AmadaSanDiegoCentral.com

Aspire
5830 Oberlin Dr. Ste. 200
866-634-7774
RC

At Your Home Familycare
6540 Lusk Blvd., Ste C266
888-326-2273

Attentive Home Care
2333 1st Ave., Ste. 205
619-287-1300

Comfort Keepers
4420 Ranier Ave., Ste. 202
619-795-6036
AAS, RC

FirstLight Homecare
858-216-2040

Home Care Live-in
2003 Bayview Heights Dr. #12
619-266-8300
AAS

Home Instead Senior Care
8775 Aero Dr. Ste 235
858-277-3722
RC

Right at Home
8369 Vickers St., Ste. 203
858-277-5900
AAS, RC

Safe Harbor Home Care
5473 Kearney Villa Rd. Ste.110B
619-660-8881

**Best of La Jolla 2019**

Seniors Helping Seniors
800-481-2488
AAS, RC, ADC

Windward Life Care
619-450-4300

San Marcos
Visiting Angels of North County
760-736-9954
AAS, RC

Santee
BrightStar Care
619-202-7258
(see our ad on page 14)

Vista
Home Helpers
841 Williamston St.
760-726-1900

Home Instead Senior Care
901 Hacienda Dr., Ste. B
760-639-6472
AAS, RC

**Home Health**

**Escondido**
Interim Healthcare
425 W. 5th Ave., Ste. 101
760-432-9811
MC
(continued on next page)
**Escondido (cont.)**

**Palomar Pomerado Home Caregivers** 975 S. Andreasen Dr. 760-796-6860 AAS, RC

**San Diego**

Firststat Nursing Service 411 Camino Del Rio S. 619-220-7600

Gentiva Health Services 2525 Camino Del Rio S. Ste. 220 619-299-9900 M, MC

Renaissance Home Health 3160 Camino Del Rio S., Ste 312 619-285-1505 M, MC

Salus Homecare 4747 Viewridge Ave. Ste. 109 858-278-1335

**Escondido (cont.)**

Gentiva Home Health & Hospice 9449 Balboa Ave., Ste 290 858-565-2499 MC, M

LightBridge Hospice 6155 Cornerstone Ct. East, 220 858-458-2992 M, M

Seasons Hospice & Palliative Care 760-643-0400

**Solana Beach**

Hospice by the Sea 312 S. Cedros St., Ste. 205 858-794-0195

**Legal**

Tatro & Lopez, LLP 858-244-5032

Casiano Law Firm 619-800-6820

Kenneth M. Sigelman & Associates 619-831-6969

The Kindley Firm APC 619-373-0637

Kimball, Tirey & St John LLP 800-338-6039

**Referral Agencies**

It’s Like Home 760-212-1224

Oasis Senior Advisors 760-688-7618

Residential Options for Seniors and the Elderly 619-885-0420

Senior Care Options 760-696-3542

Beyond the Sky Solutions LLC 888-294-1488 ext 101

Time to Move Care Placement 858-242-4715

**Related Programs & Services**

Adult Protective Services 619-283-5731

Short-term case management, outreach to at-risk elderly.

Aging and Independence Services 800-339-4661

24 hour elder abuse hotline and senior crisis team.

Long-Term Care Ombudsman 800-640-4661

Alzheimer’s Association 619-678-8322 alz.org (see our ad on page 2)

Alzheimer’s San Diego 858-492-4400 www.alzsd.org

Caregivers Network Club 760-940-4097

Senior Life Source 760-580-7002

Workshops for educating seniors on resources.

Southern Caregiver Resource Cntr. 3675 Ruffin Rd., Ste 230 858-268-4432

RC provide consultation on caregiving and long-term care issues

(continued on next page)
**Skilled Nursing Communities (cont.)**

**El Cajon (cont.)**
Granite Hills Convalescent Hospital
1340 E. Madison Ave.
619-447-1020
AAS, ASU, RC, M, MC
Royal Home, The
12436 Royal Road
619-443-3886
AAS, MC
Villa Las Palmas Healthcare Center
622 S. Anza St.
619-442-0544
AES, RC, M, MC

**Encinitas**
Aviara Health Care Center
944 Regal Rd.
760-944-0331
ADU, ASU, RC, M, MC

**Escondido**
Escondido Care Center
421 E. Mission Ave.
760-747-0430
RC, MC, M
Redwood Terrace Health Center
710 W. 13th Ave.
760-747-4306
AES
Valley Vista Convalescent Hospital
1025 W. Second St.
760-745-1842
AES, RC, MC, M

**La Jolla**
Seasons at La Jolla
6211 La Jolla Hermosa
858-456-8619
AAS, ASU, ADU, RC

**La Mesa**
Community Convalescent Hospital
8665 La Mesa Blvd.
619-465-0702
AAS, MC, M

**National City**
Castle Manor Convalescent Center
541 “V” Ave.
619-791-7900
AAS, RC, M, MC

**Poway**
Poway Health Care Center
15632 Pomerado Rd.
858-485-5153
ADU, ASU, RC, M, MC

**San Diego**
Carmel Mountain Rehab & Healthcare Center
11895 Avenue of Industry
858-673-0101
ADU, ASU, M, MC
San Diego Healthcare Center
2828 Meadowlark Dr.
858-277-6460
ASU, MC, M
St. Paul’s Health Care Center
235 Nutmeg St
619-239-8687
AAS, ASU, M, MC
Villa Rancho Bernardo Care Center
15720 Bernardo Center Dr.
858-672-3900
ADU, ASU, RC, M, MC

**Spring Valley**
Mount Miguel Covenant Village Health Facility
325 Kempton St.
619-479-4790
AES, ADU, RC, M, MC

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Almost 10 million Americans are caring for a person with Alzheimer’s or other dementia: approximately one out of three of these caregivers is 60 years or older.

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**Caregiver Tips**

**First Things First**

- Learn as much as possible about the disease. The more you know and understand the easier it will be for you to cope.

- Get the family together, preferably while the patient still has their mental capacity, to make some basic decisions on handling the road ahead. Get an inexpensive tape recorder to record these meetings for easy future referral.

- Meet with an experienced expert who can give a realistic assessment on what’s ahead.

- Meet with an attorney who can advise you of the possible legal issues that may arise.

(continued on next page)
Preparing the Home

• Remove clutter to create spacious pathways between rooms especially between the patients room and the bathroom.

• Keep a few sturdy familiar pieces of furniture for use by the patient.

• Closets and drawers should be cleared of clutter and contain only essentials.

• Consider removing all area rugs or at least securing them firmly to avoid tripping hazards.

• Remove low furniture like coffee tables and small foot stools that are hard to see and may easily be tripped over.

• Two forms of advance directives you will definitely want to complete are: A living will and a durable power of attorney for health care. (In Idaho, these forms can be download from the Attorney Generals Web site at www.ag.idaho.gov).

• Be sure to keep the original on hand because you will need to make many copies as you go along.

• Meet with a financial advisor to discover the best use of any monies over the course of the disease. If funds are limited, start a search for any help offered by private or government programs.

• Meet with your pastor, priest or other spiritual leader that has been involved in the patient’s life (if applicable). Advise them of the situation and see what help might be available as the disease advances.

• Begin a search for available resources you will be needing as the disease progresses such as family help, both financially and physically, the closest Alzheimer’s Association Chapter office, home care agencies, respite care services, adult day care services, facilities that accept Alzheimer’s patients, social service agencies and neighbors that can help to mention a few.

• Become familiar with programs offered to Alzheimer’s patients such as “Stand by You” and “Safe Return”.

• Be sure all electrical and phone cords are out of the way to avoid tripping.

• Install safety latches on cupboard doors where dishes or other breakables are stored.

• Set up special cupboards and drawers throughout the house that can be locked to keep sharp objects, cleaning materials, poisons, insecticides and other dangerous objects secure.

• Place locks at top or bottom of doors where they will less likely be noticed by patient.

• Place easy to see decals on all large expanses of glass such as sliding doors.

• Be sure knobs on both electric and gas stoves can be easily removed and secured after use.

• Put a big clock with big easy to read numbers in a high traffic area.

• Keep just essentials available in bathrooms like soap and towels.

• Consider putting grab bars and non-slip mats in showers and tubs.

• You may want to keep a room or two off limits and secure with locks.

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• Take locks off of bathroom doors to avoid patients accidentally locking themselves in.

• Make sure you can lock and secure windows and outside doors.

• Consider putting door alarms on outside doors to alert you if patient tries to leave.

• Take pictures down from stairways, as they can be a dangerous distraction.

• Make sure hallways and bathrooms are well lit at night with night-lights.

• Set water heater temperature to 135 degrees to avoid burns.

• Put a large picture of a toilet on the door of bathrooms for patient to easily identify.

• Make an emergency list and post it in a very visible place for helpers and other caregivers. Include the usual emergency numbers such as fire, police, ambulance and the patient’s doctor, close family members, and maybe neighbors.

Day by Day

• Always, always treat the patient with respect and dignity. The patient deserves it and you will feel so much better about yourself.

• Short-term memory usually goes first with the Alzheimer’s patient. They can’t remember what they had for breakfast but clearly recall events of 30 years ago. With this in mind:
  Keep some old family albums handy.

• Hang some photos from the past on walls in traffic areas (but not stairways).

• Find a good “Oldies” radio station to play in the background or find some CD’s that have music from the patient’s early life that you can play.

• Try to maintain the routine the patient has established over the years. ex. bathe in the morning, dinner at five, and bedtime at 10 pm.

• Give the patient as much privacy as possible in carrying out their daily chores, especially in the bathroom.

• Become the master of distraction when the patient has unusual requests. When the patient wants to go grocery shopping at 3 am distract them with:
  - Food, like a couple of their favorite cookies, or a glass of their favorite drink.
  - Bring out that photo album and start asking questions about some of the photos.
  - Divert them with conversation about events they might remember.
  - Ask them to put on some music before they leave or other activity.

• Keep a daily diary to help identify patterns such as agitation that occurs at the time the patient used to leave for work. Then you can be ready with a distraction.

• Use clothing and shoes that are easy to get in and out of such as jump suits and slip-ons.

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Activities

• Always keep in mind patient’s current capabilities and adjust activities accordingly.

• Draw on the patient’s likes and hobbies from earlier in life such as music, cooking, sewing, stamp collecting or sports. Try to gear some activities around these likes.

• Choosing simple activities will help the patient avoid becoming frustrated and agitated.

• Bring those photo albums out.

• Activities from the past will be the easiest for the patient to remember.

• Rent some old movies to watch.

• Help with chores around the house as abilities allow.

• If the patient played an instrument keep it handy.

• Have the patient help in the yard with weeding, raking and other clean up activities.

• Have the patient help in the kitchen with chores like setting the table or washing vegetables and sweeping the floor, keeping in mind their current abilities.

• Show a person how to do a certain task or chore if they have trouble remembering.

• Set up Plastic boxes with different activities (get creative) such as:
  - Checkers to sort by colors.
  - Playing cards to sort in different ways you might suggest such as putting all the same numbers and face cards together or separating by suits.
  - Unsharpened wood pencil with rubber bands to bind them together in various groups, along with rubberbands to bind them together in various groups, along with paper clips, small sheets of paper, notepades and possibly a rubber stamp or two.
  - Different coins that can be counted and sorted.
  - Keep boxes in several areas like bedroom, living room, bathroom and car.

• When boredom sets in try moving the patient to a different room, set up a seat by a window where they can watch street activity.

• Set up bird feeders outside windows and fish tanks to draw attention.

• Read aloud to the patient or if able have them read aloud to you.
The Bathroom

- Make your tub safer with nonskid rubber mats or strips.
- If needed provide a seat that goes across the tub.
- Only run about 4 inches of water in tub and test to be sure it’s a comfortable temperature.
- Set out washcloths, soap shampoo brushes and towels in the order they will be used.
- Alternate a sponge bath with regular baths.
- Have a regular schedule for the patient for taking baths and toileting.
- Be sure to check with a doctor if the patient has trouble making it to the bathroom in time.
- A commode at bedside can sometimes help if patient has trouble finding the bathroom during the night.

Meals

- Most patients enjoy meals so make a big deal of it.
- Keep eating area like tablemats, dishes and utensils free of patterns that can distract the patient.
- Use bowls, spoons and non-spill cups as much as possible.
- Plastic can help reduce breakage and provide easier cleanup.
- Set out one food at a time so there is no confusion on what to eat.
- Prepare foods you know the patient likes.
- Demonstrate how utensils are used if patient gets confused.
- Use finger foods and cut into small easy to chew pieces.
- Keep healthy snacks on hand for between meal diversions.

Restlessness and Anxiety Problems

- Sometimes agitation or anxiety in the patient is caused by basic needs that they are unable to express.
- The patient might just be bored, hungry or need to go to the bathroom.
- It could be a medication they are taking or need to be taking. Talk with your doctor.
- Try to schedule exercise during the patients most restless time of day.
- Make sure they are comfortable, not too hot or cold or clothing too tight.
- Check to see if the person is hungry, comfortable or needs to go to the bathroom.
- See if you can determine if it is being brought on by an illness or pain.

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• Keep the patient away from drinks with caffeine.

• Confer with your doctor about medications that may cause or relieve symptoms.

• Avoid noisy areas with lots of activity and stay in a less stressful environment.

• Reassuring the patient throughout the day that everything is Ok can help relieve stress.

• Exercise your talents as “master distracter” in helping the patient steer away from current thoughts and actions and calm them.

• Look for clues at what might have caused outbursts and try to avoid them.

• Frustration, anger, difficult and even violent behavior can be part of the disease so don’t blame yourself.

• Remain calm and reassuring during outbursts.

• Stay in front of the patient with good eye contact speaking in clear understandable sentences.

• If necessary, keep out of reach of patient and call a family member or neighbor for help. DO NOT try to restrain the patient unless absolutely necessary. This usually only makes matters worse.

• If you fear for yours or the patients safety call 911.

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If you would like additional copies of this publication just call 208-484-7913

Communication

• Use the patients name when addressing them.

• Be sure your instructions and questions are clear and simple.

• You may have to repeat yourself several times. Maybe try another way to say the same thing if the patient is having trouble understanding.

• If the patient starts to get upset or frustrated go on and try to come back to it later.

• Reasoning rarely works with the patient so be prepared with a combination of reassurance and distraction.

• Use touch and body language along with your speech to help patient understand your meaning.

And Finally ... ASK FOR HELP! You’re going to need it!
Many families try to provide care on their own, yet the stressors of caregiving can wreak havoc on the health of the caregiver. Therefore, it is vital to seek respite. This was alarmingly evident for Dr. George G. Glenner and his wife, Joy, who received a frantic late-night call from the husband of one of Dr. Glenner’s Alzheimer’s patients back in the early ‘80s.

Clearly overwhelmed and under so much pressure, this patient’s husband thought the only way out of his caregiving stress was to end his wife’s life and commit suicide. Thankfully, Dr. Glenner and Joy Glenner were able to stop this murder-suicide. This experience caused them to become painfully aware of the stressors associated with caregiving and out of love and compassion for the family caregiver, they decided to open the first, non-profit, medical/social model adult day care center for Alzheimer’s patients in the nation. This iconic “Little Blue House”, located in the Banker’s Hill area of San Diego, CA, opened in 1982 and is still there today to serve Alzheimer’s patients and their families.

Today, the George G. Glenner Alzheimer’s Family Centers, Inc., a non-profit 501(c)(3) organization, now have locations in Encinitas and Chula Vista as well. Each center provides specialized day care Mon-Fri, 8:45 a.m.-5:15 p.m. with full-day and half-day programs available. Their programs offer caregivers the opportunity to reset and tend to other duties while having peace of mind knowing that their loved one is safe, supervised and enjoying the day. The organization also offers several free, professionally facilitated caregiver support groups and provides families with a host of community resources.

Taking their decades of dementia care experience and innovative thinking to the next level, in 2018, the Glenner Centers opened Town Square®, a “first-of-its-kind” center to help this population. This next-generation center, located in Chula Vista, CA, is housed inside an approximately 9,000 sf light industrial building and is built out on the inside to mimic a 1950s-1960s small town. This environment was created to facilitate Reminiscence Therapy. Studies show that in dementia patients, short-term memory is typically lost first while long-term memories are often left intact. Reminiscence Therapy helps to bring participants back to a time where their memories are the strongest. It has also been shown to reduce agitation and improve mood and sleep quality.

From the moment Town Square® participants step inside, they will be brought back in time and will be guided by expertly trained care staff through 14 era-specific storefronts designed to trigger memories. For example, attendees will have the opportunity to dine in a 1950s diner, watch an old movie in a vintage theater and browse books and magazines from the good old days.

Families are invited to tour Town Square® to learn more about enrolling their loved one in a half-day or full-day program that allows them to drop them off for a fun-filled day of structured dementia-friendly activities under the care and supervision of professionally-trained care staff.

If you are interested in scheduling a tour or enrolling your loved one at Town Square® or one of the other specialized Glenner Centers, please call 619-543-4700, email townsquare@glenner.org or visit www.glenner.org for more information.
The future of caring for those with Alzheimer’s and other forms of dementia begins in the past...

**Town Square**

An Adult Day Health Care & Reminiscence Therapy Center

*TOWN SQUARE® is a one-of-a-kind experience featuring a unique, indoor, interactive, simulated urban environment utilizing Reminiscence Therapy.*

Reminiscence Therapy has been shown to improve mood, reduce agitation and improve sleep quality in individuals with dementia.

We’re Now Open!

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