

Eldercare Resource List

www.ninaunger.com

AARP: www.aarp.org or 1-888-687-2277

Provides information and advice on every aspect of caregiving, ranging from home modifications to legal and financial issues.

About Eldercare: <http://www.eldercareservices.com> or 916-783-8779

A free care facility referral service for seniors in the Sacramento and surrounding counties. Experienced specialists in helping seniors find housing that fits a wide variety of assisted living facilities, Alzheimer's care residences, small residential care homes, and independent care communities.

Administration on Aging: <http://www.aoa.gov>

This site is designed to provide a comprehensive overview of a wide variety of topics, programs and services related to aging. Whether you are an older individual, a caregiver, a community service provider, a researcher, or a student, you will find valuable information provided in a user-friendly way.

Advanced Directive Forms: <http://www.uslivingwillregistry.com/forms.shtm>

Offers free forms for all states of the country on Advanced Directives (end-of-life wishes).

Alzheimer's Association: www.alz.org

Information and resources on all aspects of Alzheimer's; particularly helpful resource fact sheets.

Area 4 Agency on Aging: <http://www.a4aa.com> or 916-486-1876

This agency provides and coordinates comprehensive care for persons 60 years of age and older. The agency provides extensive information on funded services which can be found on their website. Some of these services included respite care, transportation, brown bag lunches, legal assistance, etc.

California Department of Aging: <http://www.aging.ca.gov>

The California Department of Aging administers a broad range of home- and community-based services throughout California, working primarily with the Area Agencies on Aging who serves seniors, adults with disabilities, and caregivers.

Davis Senior Center: www.city.davis.ca.us/pcs/seniors/ or 530-757-5696

A multipurpose facility that offers activities and services to persons over 55 and their families including social services, wellness programs, and support/educational groups.

Del Oro: www.deloro.org or 1-800-635-0220

Del Oro Caregiver Resource Center is a private, non-profit agency dedicated to serving families and people who are providing care for a brain impaired adults and the frail elderly. Our mission is to improve the well being of caregivers and provide support throughout the caregiving process.

Eldercare Consultation and Referral Line: 1-800-691-8989

For free consultation on many issues

Eldercare Locator: <http://www.eldercare.gov> or 1-800-677-1116

The Eldercare Locator connects older Americans and their caregivers with sources of information on senior services. The service links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers.

Family Caregiver Alliance: www.caregiver.org

A public voice for caregivers with programs emphasizing information, education, services, research and advocacy to support and sustain caregivers of those with chronic and disabling health conditions.

Legal Center for the Elderly and Disabled: 800-434-0222

If you need help with Medicare or other health care issues, you can get free counseling through this local Health Insurance Counseling and Advocacy Program (HICAP).

National Association of Professional Geriatric Case Managers:

www.caremanager.org

To find a geriatric care manager in any region to manage aspects of care that you cannot handle yourself. Especially helpful for those who are caring from a distance.

Sacramento Hopice: <http://www.sacramentohospice.com>

Information about hospice services including bereavement support.

Senior Legal Hotline: www.seniorlegalhotline.org or 1-800-222-1753

Free legal advice and brief services by phone for those 60 and older.

Yolo Hospice: www.yolohospice.org or 530-758-5566

To support families and the dying and to improve the quality of life in its final stages.

YoloLink: <http://web-iii.yolocounty.org:81/>

For access to a multitude of services in Yolo county via the web; incredibly comprehensive