



LOS ANGELES COUNTY
**RESOURCE
DIRECTORY**

www.alz.org/californiasouthland
24-HOUR HELPLINE: (800) 272-3900





Resource Directory

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alzheimer's association™

ALZHEIMER'S ASSOCIATION, CALIFORNIA SOUTHLAND CHAPTER

Los Angeles Office
5900 Wilshire Blvd., Ste. 1100
Los Angeles, CA 90036
(323) 938-3379

Inland Empire Regional Office
9213 Archibald Ave.
Rancho Cucamonga, CA 91730
(909) 944-9680

Greater East Los Angeles
Regional Office
133 N. Sunol Dr., Ste. 233
Los Angeles, CA 90063
(323) 881-0574

Coachella Valley Regional Office
69730 Highway 111, Ste. 202
Rancho Mirage, CA 92270
(760) 328-6767

Greater San Fernando Valley
Regional Office
16933 Parthenia Street
Northridge, CA 91343
(818) 830-8590

**24-hour Information
& Support (toll-free):
(800) 272-3900
www.alz.org/californiasouthland**

The Alzheimer's Association is the leading voluntary health organization for Alzheimer care, support and research. As the world's leading provider of support for people with Alzheimer's, we understand the challenges faced by people living with Alzheimer's and related diseases. A fundamental component of our mission is to provide you with essential information about programs, services and products available in your own community.

Today more than 156,000 individuals in Los Angeles County are living with Alzheimer's disease. This number does not include an estimated 150,000 additional people who care for a loved one with Alzheimer's—the spouses, children, and family members, the friends, neighbors and life partners whose lives are forever impacted by this dreadful disease.

Alzheimer's is not strictly limited to the elderly. It can occur in people as young as 30. It is now the 6th leading cause of death in California and the 7th in the U.S. Importantly, we expect that within the next 20 years, the number of people diagnosed with Alzheimer's disease will double.

At the Alzheimer's Association, we know too well the pain and heartbreak this disease inflicts on individuals and families. This is why we push valiantly forward, working to offer every man and woman living with Alzheimer's a reason to hope.

The Alzheimer's Association is a volunteer-driven, nonprofit organization that depends on generous donations from public and private sources to advance its mission. It continues to lead the drive for better treatments and a cure for Alzheimer's disease. We invite you to get involved. Speak out. Join us!

If you would like to learn more about the Alzheimer's Association, volunteer to help in your community, or make a tax-deductible contribution to support our work, contact us. We thank you for your interest and support.

Sincerely,

A handwritten signature in black ink that reads "Bettina Kurowski". The signature is written in a cursive, flowing style.

Bettina Kurowski, PhD
President & CEO
Alzheimer's Association, California Southland Chapter

10 WARNING SIGNS OF ALZHEIMER'S DISEASE

Your memory often changes as you grow older. But memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of dementia. Dementia is a slow decline in memory, thinking and reasoning skills. The most common form of dementia is Alzheimer's (AHLZ-high-merz) disease, a fatal disorder that results in the loss of brain cell and function.

This list can help you recognize the warning signs of Alzheimer's:

- Memory changes that disrupt daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

Signs of Alzheimer's/Dementia	Typical Age-Related Changes
Poor judgment and decision making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

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ABOUT THIS DIRECTORY

This directory connects families and professional caregivers with Los Angeles County resources that can assist persons with dementia throughout the disease process. For information on diagnosis, caregiving issues and dementia-related disorders, the Alzheimer's Association maintains a 24-hour Helpline to assist you with selecting dementia-specific resources and accessing additional information. Please contact the Alzheimer's Association directly at **(800) 272-3900** for these services.

As you use this directory, please keep the following in mind:

1. The Alzheimer's Association does not endorse the agencies listed in this directory, nor was any payment received for their inclusion.
2. We suggest you call three to four agencies or facilities to investigate your options before making a final decision on a service provider.
3. Although we do our best to keep all information up-to-date, please remember that contact information changes frequently. We encourage you to call us directly if you find any incorrect information, or send an email to info@alz.org.
4. Resources that provide services in languages other than English are marked with an asterisk and the available languages are noted.
5. This Resource Directory is specific to Los Angeles County. For referrals to resources in Riverside & San Bernardino counties, please contact our Helpline at **(800) 272-3900**.
6. Please keep in mind that some information in this directory might change between printings. You can view the most current edition of the directory online at www.alz.org/californiasouthland/documents/helpingyou_Directory.pdf
7. The "Health & Wellness" section provides resources to help you maintain the health and well-being of your mind and body. This includes clinics, health associations, nutrition assistance and senior services.

Here are some helpful suggestions when contacting resources and services:

1. Before you pick up the phone to call, write down all your questions in advance.
2. Have a pencil and paper ready when making phone calls.
3. Ask for the name and title of the person with whom you are speaking and make note of the date and time.
4. Keep a notebook to record the calls you make.
5. If possible, visit the facility with a trusted friend or family member before making your decision.
6. Call or visit again if you have additional questions after your first call or visit.

As previously stated, while this Resource Directory is created in good faith, the Alzheimer's Association does not endorse the agencies listed. We encourage you to investigate the service providers you wish to contact to ensure they meet your specific needs. For more information on selecting appropriate resources, please call the Alzheimer's Association toll-free Helpline at **(800) 272-3900**.

ABOUT THE ALZHEIMER'S ASSOCIATION

We offer programs and services in different languages to assist people affected by dementia, their families and caregivers.

Toll-free Helpline

For 24-hour information and support, the helpline staff can provide emotional support, caregiving advice and referrals to healthcare, financial and legal resources within the community: **(800) 272-3900**.

Early Stage Services

Education, family consultation and support groups for people in the early stages of the disease or with younger onset Alzheimer's.

Support Groups

Peer and professionally led meetings for people with dementia, their caregivers and others affected by the disease.

Direct Assistance

Individual sessions, on the phone and face-to-face, help families with care planning and coping with the disease.

Education

Presentations, professional speakers, a library of books, journals, tapes, DVDs, and an informative Web site.

Professional Training

Quality on-site training and Web-based online training at www.alz.org/californiasouthland.

MedicAlert® + Safe Return®

A nationwide service that helps identify, locate and return people who are lost.

Comfort Zone™

A GPS-enabled technology that provides individuals with independence, and peace of mind to their families.

Advocacy

Public policy activities to encourage legislative reform that improves care and increases funding for research.

We Are Supported by the Community:

Join the Cause

- Become an Alzheimer's Champion
- Help with fundraising events
- Join our Memory Walk®
- Volunteer

Open your heart and wallet

- Make an annual contribution
- Donate your used vehicle
- Remember us in your will or trust
- Look into your company's matching gift policy
- Support a program

Voice your Commitment

- Join our advocacy network
- Participate in a research study
- Enroll in our Speaker's Bureau

For more information on ways to show your support, please call our Development Office at (323) 930-6208.



ADULT DAY SERVICES

Adult Day Services are programs designed to provide stimulation in a safe environment during the day for adults with physical and mental functional impairment, including individuals with Alzheimer's disease and related disorders. These programs offer an opportunity for social interaction, promote health maintenance, foster independence and provide much-needed respite for family caregivers.

There are three basic models of adult day services:

Alzheimer's Day Care Resource Centers (ADCRC)

These centers specialize in programs for persons with moderate to severe stages of Alzheimer's disease or a related dementia. The centers provide activities, caregiver education, resources and support for those affected by dementia. These centers are usually equipped to handle people who may wander, are incontinent and demonstrate challenging behaviors related to dementia. Services are on a private pay basis (a sliding fee schedule may be available). Most ADCRCs are licensed by the Department of Social Services (www.cdss.ca.gov).

Adult Day Health Care Centers (ADHC)

These centers specialize in providing medical, rehabilitative and social services for adults who are physically or mentally impaired. Social activities are also available. ADHC services are provided by nurses, physical, speech and occupational therapists, as well as social workers and other medical personnel. Cost of services are covered by Medi-Cal or private pay. These centers are licensed by the Department of Health Care Services (www.cdhs.ca.gov).

Adult Day Programs (ADP)

Adult Day Programs provide non-medical care to persons who require personal care services, protective care or assistance in activities of daily living. These social day centers accept persons with dementia, but they may or may not accept someone who has problems with wandering, incontinence or aggressive behaviors. Services are on a private pay basis (a sliding fee schedule may be available). These centers are licensed by the Department of Social Services.

Below is a current list of the Alzheimer's Day Care Resource Centers (ADCRCs) in Los Angeles County. Due to the frequent change of centers' contact information, the ADHCs and ADPs are not printed in this directory. For a current listing of all adult day centers in Los Angeles County, please contact our Helpline at (800) 272-3900 or visit our website at www.alz.org/californiasouthland.

ANTELOPE VALLEY

Lancaster ADHC

858 W. Jackman Street
Lancaster, CA 93535
(661) 948-1228

LOS ANGELES

Circle of Friends Adult Day Health Center

365 E. Beach Ave.
Inglewood, CA 90302
(310) 673-9915

Human Services Association

6800 Florence Ave.
Bell Gardens, CA 90201
(562) 806-5400
Services also available in Spanish

JFS/Partners Adult Day Health Center

7362 Santa Monica Blvd.
West Hollywood, CA 90046
(323) 883-0330
Services also available in Russian

Rancho Adult Day Services

7601 E. Imperial Highway, Bldg. 802
Downey, CA 90242
(562) 401-7991
Services also available in Spanish

S. Mark Taper Foundation Adult Day Health Center

672 S. Carondelet
Los Angeles, CA 90057
(213) 388-4445
Services also available in Spanish

WISE Adult Day Services Center

1510 Pico Blvd.
Santa Monica, CA 90405
(310) 452-7802

SAN FERNANDO VALLEY

ONeGeneration Center

17400 Victory Blvd.
Van Nuys, CA 91406
(818) 708-6625

Santa Clarita Senior Citizens Center

22900 Market St.
Santa Clarita, CA 91321
(661) 255-1588

SAN GABRIEL VALLEY

CAPS Adult Day Services

3740 E. Sierra Madre Blvd.
Pasadena, CA 91107
(626) 351-5427

A Day Away

Adult Day Health Care Center
15060 Imperial Highway
La Mirada, CA 90638
(562) 902-5305

Websites related to adult day services

California Assn. of Adult Day Services
www.caads.org

California Dept. of Health Care Services
www.dhcs.ca.gov



ASSISTED LIVING FACILITIES, BOARD & CARE HOMES AND SKILLED NURSING FACILITIES

Due to the large number of facilities in Los Angeles County, we are unable to list them in this directory. Therefore, **Residential Care Facilities for the Elderly** (RCFEs; also known as Assisted Living and Board and Care facilities) **and Nursing Homes** (also known as Skilled Nursing facilities or Convalescent Hospitals) **can be located by contacting the Alzheimer's Association Helpline or one of the referral agencies below.** These referral agencies provide free referrals for all levels of care and information about different types of facilities, including those that specialize in dementia.

A Place for Mom

Provides referrals to RCFEs
& nursing facilities
(877) 666-3239

Able Placement Service, LLC

Provides referrals to RCFEs
(818) 760-3388

Accent on Seniors

Provides referrals to RCFEs
& nursing facilities statewide
(888) 954-6637
Services also available in Spanish,
Russian, French

Assisted Living Placements

Provides referrals to assisted living
& long term placement care
(888) 854-7750

California Registry

Provides referrals to RCFEs
& nursing facilities statewide
(800) 451-2273
www.calregistry.com

CareFinder

An online guide for informed choices
when selecting residential care.
www.alz.org/carefinder

Concepts for Living

Provides referrals to RCFEs
(818) 340-7272

Connections

Provides referrals to RCFEs
& nursing facilities
(800) 330-5993

Eldercare

Provides referrals to RCFEs
(800) 677-1116

Elderlink Referral Service

Provides referrals to RCFEs
& nursing facilities
(800) 613-5772

Heartlight

Provides referrals to RCFEs
(310) 204-2223

Senior Home Finders

Provides referrals to RCFEs
(310) 230-1827

Southern California Senior Resources

Provides referrals to RCFEs
& nursing facilities
(866) 697-3646
Services also available in Spanish

The United States Eldercare Referral Agency, Inc.

Provides referrals to RCFEs & nursing facilities
(800) 848-1008

VIVA Senior Housing Referral Service

Provides referrals to RCFEs in South Bay & San Fernando Valley
(800) 934-8482

When to consider care outside the home

One of the most difficult experiences for family caregivers of a person with Alzheimer's disease or related disorder is deciding when to consider placement outside the home. Caregivers should ask themselves the following questions to evaluate their situation:

1. Is the person with memory loss becoming unsafe in their current home?
2. Is constant care required beyond my physical capability?
3. Am I becoming impatient or irritable toward the person for whom I am caring?
4. Would structured activities and increased social interaction benefit the person I care for?
5. Am I neglecting my family, my job, or myself in order to provide care?
6. Would placement outside the home result in more enjoyable visits and outings with the person I care for?

Your answers to those questions can help you determine if placement outside the home is the best decision.

Questions to ask when visiting care facilities:

Environment:

1. LICENSE – Valid California State License – License issued by the State of California Department, Social Services Community Care Licensing Division
2. ATMOSPHERE – When you walk in, do you “feel” the nurturing, loving, and supportive environment your loved one needs and deserves?

ASSISTED LIVING FACILITIES

3. LIVING SPACE – Is there ample indoor and outdoor space? Are there safe walking paths? Secured access to fresh air and outdoors activities?
4. VISITING HOURS – Does the visitation policy meet your needs? Visit at different times to see the interaction of staff with residents. Visit unannounced.
5. STRUCTURE – Is it a single-story facility, so that dangerous stairways are eliminated? Is the facility designed and constructed with the abilities, comfort and freedom of the resident in mind?

People:

1. STAFF – Has the staff been screened and properly trained? Residents with memory loss present unique challenges to staff, requiring ongoing training.
2. ADMINISTRATOR – Does the Administrator seem knowledgeable about dementia and the special care required?
3. PHYSICAL CONTACT – Is there positive physical contact between staff and residents – a hug, a touch, an arm around the shoulders?
4. HUMOR – Do staff and residents interact joyfully and set a tone of lightheartedness?
5. VERBAL CUES – How does staff redirect a resident? Do they command or encourage?

Residents:

1. PERSONAL CARE – Is care (bathing, toileting, etc.) done with respect and dignity for the resident?
2. RESIDENT BEHAVIOR – Are some residents sitting quietly or sleeping? Are some residents moving around freely? These are normal behaviors and should be allowed in a safe environment.
3. PERSONAL BELONGINGS – Are residents allowed to bring in furniture, bedding, photos that are familiar to them? This helps them to feel “at home” and gives them a sense of belonging and not being lost.

4. LEVEL OF FUNCTION – Ask what happens when the person needs a higher level of care. Can the facility accommodate residents with a wide range of abilities?

Activities:

1. HOME LIFE – Can the residents participate in meaningful activities such as setting the table, washing dishes, folding the laundry, etc?
2. PROGRAMMING – What does the structured activity program look like? Are projects interesting and success-oriented? Are activities planned with the dementia resident in mind? Do they enhance the lives of residents?

Examining a Care Facility's Record

California Advocates for Nursing Home Reform

Provides information and advocacy related to long-term care issues such as estate planning, Medi-Cal, elder abuse, resident rights, and involvement in legislation and policy. Statewide referrals are also available. (800) 474-1116
www.canhr.org
Services also available in Spanish, Chinese

Ombudsman

Provides assistance with resolving issues pertaining to residential and skilled nursing facilities.
(310) 393-3618
(800) 334-9473
www.aging.ca.gov/programs/ombudsman.asp
Crisis line (24/7): (800) 231-4024

Websites related to finding & researching residential care and skilled nursing facilities

American Association of Homes & Services
for the Aging
www.aahsa.org

Assisted Living Federation of America
www.alfa.org

California Advocates
for Nursing Home Reform
www.canhr.org

CaliforniaLong-Term Care
www.calqualitycare.org

State of California,
Community Care Licensing Division
www.cclcd.ca.gov

Medicare-Nursing
Home Compare
www.medicare.gov



AUTOPSY

An autopsy is an examination of a person's body after death. Currently it is the only definite means of determining if a person has Alzheimer's. A brain autopsy may provide information researchers can use to better understand the disease. It is important to make arrangements for an autopsy in advance in order to prepare the necessary documentation.

Some programs are grant funded and require advance enrollment. The best way to ensure that autopsy will occur is to enroll in a research study while the person with Alzheimer's or a related dementia is still alive (see p. 56). Most research centers will pay for the autopsy in order to advance the science. The decision to have an autopsy performed is a personal agreement among family members and must be arranged prior to death.

Alzheimer's Disease Research Center

University of Southern California
Los Angeles, CA
(213) 740-7777

Autopsy / Post Services, Inc.

Los Angeles, CA
(800) Autopsy / (800) 288-6779

Gift of Hope Brain Donation for Research

Los Angeles, CA
(310) 268-3536
www.loni.ucla.edu/uclabrainbank

Regional Pathology and Autopsy Services, LLC

PO Box 16003
Oakland, CA 94610
(877) 330-7727
www.regional-pathology.com

University of California at Irvine

Irvine, CA
(949) 824-2382

University of California at Los Angeles Office of Decedent Affairs

Los Angeles, CA
(310) 825-7846



*Alzheimer's is the 6th leading cause
of death in California*



CARE MANAGEMENT

Care management helps older adults and their families determine their needs and find the best available resources to meet those needs. A care manager ensures that the person with dementia is receiving the proper care by conducting a needs assessment of the person with dementia and arranging for the appropriate services. There are different types of care management services available, including government and private services. Please be sure to ask about the fees for care management services.

Alzheimer's Association Care Consultation

The staff at the Alzheimer's Association is dedicated to helping people navigate through the difficult decisions people with Alzheimer's and their families face at every stage of the disease. We provide care consultation services by telephone, e-mail or in person. These include: assessment of needs, help with planning and problem solving and caregiver training. Contact our Helpline for more information: (800) 272-3900.

ANTELOPE VALLEY

Antelope Valley Senior Center

777 W. Jackman St.
Lancaster, CA 93534
(661) 726-4400
Services also available in Spanish

Medical 411, LLC

42105 50th Street W.
Quartz Hill, CA 93536
(877) 411-6331
medical411.org

LOS ANGELES

AltaMed Senior Buenacare

5425 E. Pomona Blvd.
Los Angeles, CA 90022
(323) 728-0411
Services also available in Spanish

API CARE-Asian Pacific Counseling and Treatment Center

520 Lafayette Park Place, 3rd Fl.
Los Angeles, CA
(213) 249-0333

Assistance League

of Southern California
Hollywood Senior Multipurpose Center
1360 N. St. Andrews Place
Los Angeles, CA 90028
(323) 957-3907
Services also available in Spanish

Bell Community Center

6250 Pine Ave.
Bell, CA 90201
(323) 773-1596
Services also available in Spanish, Korean

Betty Wilson Senior Center

11641 Florence Ave.
Santa Fe Springs, CA 90670
(562) 929-7431
Services also available in Spanish

CARES-Care and Resources

Management for Seniors Project
USC Campus
Los Angeles, CA 90089
(800) 540-4442

CARE MANAGEMENT

Caring Companions PDC

9056 Santa Monica Blvd. Ste. 102
West Hollywood, CA 90069
(310) 724-8126

Center for Health Care Rights

520 S. Lafayette Park Place, Ste. 214
Los Angeles, CA 90057
(213) 383-4519
Services also available in Spanish,
Chinese, Tagalog, Vietnamese

Center for the Partially Sighted

12301 Wilshire Blvd., Ste. 600
Los Angeles, CA 90025
(310) 458-3501
www.low-vision.org

Cerritos Senior Center

12340 South St.
Cerritos, CA 90703
(562) 916-8550

Chinatown Service Center

767 N. Hill St., Ste. 400
Los Angeles, CA 90012
(213) 808-1700
Services also available in
Cantonese, Mandarin

City of Downey

Community Senior Services

7810 Quill Dr.
Downey, CA 90242
(562) 904-7223

Comprehensive Senior Care (CSC)

365 E. Beach Ave.
Inglewood, CA 90302
(310) 923-2966
(310) 673-9915

Culver City Senior Center

4095 Overland Ave.
Culver City, CA 90232
(310) 253-6700
Services also available in Spanish, Chinese

Didi Hirsch Community Mental Health Center

4760 S. Sepulveda Blvd.
Culver City, CA 90230
(310) 390-6612 ext. 443
Services also available in Spanish

Empower Care

5150 Candlewood Street Ste. 6E
Lakewood, CA 90712
(562) 930-0004

Excellent In-Home Care

6399 Wilshire Blvd. Ste. 923
Los Angeles, CA 90048
(323) 966-4990

Felicia Mahood Senior Multipurpose Center

11338 Santa Monica Blvd.
Los Angeles, CA 90025
(310) 479-4119

GLAD Greater Los Angeles Agency on Deafness, Inc.

2222 Laverna Avenue
Los Angeles, CA 90041
(323) 478-800 (V/T)
(323) 550-4221 TTY
www.gladinc.org

Glendale Adult Recreation Center

201 E. Colorado St.
Glendale, CA 91205
(818) 548-3775

Human Services Association

16614 S. Clark
Bellflower, CA 90706
(562) 925-6485

JFS/Senior Outreach Seniors

9311 Wilshire Blvd., Ste. 209
Los Angeles, CA 90048
(323) 932-0316

**Jewish Family Services,
Freda Mohr Center**
330 N. Fairfax Ave.
Los Angeles, CA 90036
(323) 937-5930

**Jewish Family Service Partners
Adult Day Health Care Center**
7362 Santa Monica Blvd.
West Hollywood, CA 90046
(323) 883-0330

**KHEIR (Korean Health, Education
Information and Research Center)**
3727 W. 6th St., 5th Floor
Los Angeles, CA 90020
(213) 637-1080
Services also available in Korean

Little Tokyo Service Center
231 E. 3rd St., Ste. G104
Los Angeles, CA 90013
(213) 473-1602
Services also available in Japanese,
Chinese, Spanish

LivHome
5900 Wilshire Blvd., Ste. 705
Los Angeles, CA 90036
(323) 933-5880

**Los Angeles Caregiver
Resource Project (LACRC)**
3715 McClintock Ave.
Los Angeles, CA 90089
(800) 540-4442

Mobile Docs
(800) 374-4233
www.mobiledocsm.com

Pico Rivera Senior Center
9200 Mines Ave.
Pico Rivera, CA 90660
(562) 948-4844
Services also available in Spanish

Pico-Robertson Store Front
Jewish Family Services
8838 W. Pico Blvd., Ste. 101
Los Angeles, CA 90035
(310) 217-3306
Services also available in Farsi

**Santa Fe Springs
Neighborhood Center**
9255 Pioneer Blvd.
Santa Fe Springs, CA 90670
(562) 692-0261

Senior Savvy
6230 Wilshire Blvd., #820
Los Angeles, CA 90048
(323) 931-6948

St. Barnabas Senior Center
675 S. Carondelet St.
Los Angeles, CA 90057
(213) 388-4444
Services also available in Spanish, Korean,
Mandarin, Cantonese, Armenian

The Parent Care Company, LLC
P.O. Box 1493
Pacific Palisades, CA 90272
(310) 230-8999

Weingart Senior Recreation Center
5050 Clark Ave.
Lakewood, CA 90712
(562) 630-6141

**West Hollywood Comprehensive
Senior Center, Jewish Family Services**
7377 Santa Monica Blvd.
West Hollywood, CA 90046
(323) 851-8202
Services also available in Russian, Yiddish

Wise Senior Services
1527 4th St.
Ken Edwards Bldg., 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
Services also available in Spanish

CARE MANAGEMENT

WLCAC/Bradley

Multipurpose Center
10937 South Central Ave.
Los Angeles, CA 90059
(323) 357-0813

WLCAC/Theresa Lindsay

Multipurpose Center
429 E. 42nd Place
Los Angeles, CA 90011
(323) 846-1920

SAN FERNANDO VALLEY

Alicia Broadus Duncan

Multipurpose Senior Center
11300 Glenoaks Blvd.
Pacoima, CA 91331
(818) 834-6100

Bernardi Senior

Multipurpose Center
6514 Sylmar Ave.
Van Nuys, CA 91401
(818) 781-1101
Services also available in Spanish, Chinese

Caregiver Relief.com

6951 Lennox Ave.
Van Nuys, CA 91405
(310) 430-0500

The Caring Connection

22048 Sherman Way Ste. #109
Canoga Park, CA 91303
(818) 251-9909

Choice Home Care

16906 Parthenia St. Ste. #303
North Hills, CA 91343
(818) 894-4947

East Valley Multipurpose Center

5000 Colfax Ave.
North Hollywood, CA 91601
(818) 766-5165

ONEgeneration

17400 Victory Blvd.
Van Nuys, CA 91406
(818) 705-2345
Services also available in Spanish

Personal Care Management

1313 Foothill Blvd., Ste. 8
La Cañada, CA 91011
(818) 790-1361
Services also available in Spanish

Robert M. Wilkinson

Multipurpose Senior Center
8956 Vanalden Ave.
Northridge, CA 91324
(818) 756-7741

Santa Clarita Valley Senior Center

22900 Market St.
Santa Clarita, CA 91321
(661) 259-9444
Services also available in Spanish

SAN GABRIEL VALLEY

Altadena Senior Center

560 E. Mariposa St.
Altadena, CA 91001
(626) 798-0505

Azusa Senior Center

740 N. Dalton Ave.
Azusa, CA 91702
(626) 812-5204

Chinatown Service Center

112 N. Chandler Ave., Ste. 105
Monterey Park, CA 91754
(626) 293-8733
Services also available in Mandarin,
Cantonese

City of La Puente Senior Center

16001 E. Main St.
La Puente, CA 91744
(626) 855-1585

**City of South Pasadena
Community Services**

1102 Oxley St.
South Pasadena, CA 91030
(626) 403-7360

Duarte Senior Center

1610 Huntington Dr.
Duarte, CA 91010
(626) 357-3513

**El Monte Community
& Senior Services**

3120 N. Tyler Ave.
EL Monte, CA 91731
(626) 580-2210
Services also available in Spanish

Huntington Senior Care Network

837 S. Fair Oaks Ave., Ste. 100
Pasadena, CA 91105
(626) 397-3110
Services also available in Spanish

Joslyn Senior Center

815 N. Barranca Ave.
Covina, CA 91723
(626) 966-6378
Services also available in Spanish, Chinese

Joslyn Senior Center—Claremont

660 N. Mountain Ave.
Claremont, CA 91711
(909) 399-5488
Services also available in Spanish

La Fetra Center

333 E. Foothill Blvd.
Glendora, CA 91741
(626) 914-8235

Live Oak Park Community Center

10144 Bogue St.
Temple City, CA 91780
(626) 579-0461

**Palomares City Hall
Senior Program**

499 E. Arrow Hwy.
Pomona, CA 91767
(909) 620-2324

Pasadena Senior Center

85 E. Holly St.
Pasadena, CA 91103
(626) 795-4331

**Rosemead Community
Recreation Center**

3936 N. Muscatel Ave.
Rosemead, CA 91770
(626) 288-6719
Services also available in Spanish

**Santa Anita Family Service
Senior Center**

603 S. Myrtle Ave.
Monrovia, CA 91016
(626) 358-1185
(800) 667-3646

Sierra Madre Senior Center

232 W. Sierra Madre Blvd.
Sierra Madre, CA 91024
(626) 355-7135

South El Monte Senior Center

1415 Santa Anita Ave.
South El Monte, CA 91733
(626) 448-0131

The Joslyn Adult Center

210 N. Chapel
Alhambra, CA 91801
(626) 570-3220
Services also available in Spanish,
Mandarin, Cantonese

**West Covina
Senior Citizens Center**

2501 E. Cortez
West Covina, CA 91791
(626) 331-5366
Services also available in Spanish

SOUTH BAY / HARBOR

Caring Options

105 S. Francisca Ave., #203
Redondo Beach, CA 90277
(310) 376-3205

Carson Senior Social Services

3 Civic Plaza Dr.
Carson, CA 90745
(310) 835-0212

Companion Care Plus

5155 W Rosecrans Ave #210
Hawthorne, CA 90250
(310) 676-2829

El Dorado Senior Center

2800 Studebaker Rd.
Long Beach, CA 90815
(562) 570-3227

Gardena Senior Citizen's Bureau

1670 W. 162nd St.
Gardena, CA 90247
(310) 217-9552
Services also available in Spanish

Houghton Park

Community Center

6301 Myrtle Ave.
Long Beach, CA 90805
(562) 570-1640
Services also available in Spanish

Inglewood Senior Center

111 N. Locust St.
Inglewood, CA 90301
(310) 412-5338

Joslyn Center

339 Sheldon St.
El Segundo, CA 90245
(310) 524-2700

Lawndale Senior Services

14717 Burin Ave.
Lawndale, CA 90260
(310) 973-3270

Lennox Senior Center

10828 Condon Ave.
Lennox, CA 90304
(310) 412-5439
Services also available in Spanish

Long Beach Asian Pacific Mental Health

1975 Long Beach Blvd.
Long Beach, CA 90806
(562) 218-4034
Services also available in Cambodian,
Chinese, Korean, Tagalog, Vietnamese

Long Beach Senior Center

1150 E. 4th Street
Long Beach, CA 90802
(562) 570-3500
Services also available in Spanish

Loyal Home Companion

12435 Valley View St. #175
Garden Grove, CA 92845
(714) 905-6717

Personal Care Management

1313 Foothill Blvd., Ste. 8
La Canada, CA 91011
(818) 790-1361
Services also available in Spanish

South Bay Senior Services

2510 W. 237th St., Ste. 204
Torrance, CA 90505
(310) 325-2142

Wilmington Multipurpose Senior Center

1371 N. Eubank Ave.
Wilmington, CA 90744
(310) 518-4533
Services also available in Spanish

Care Management: Multipurpose Senior Services Program (MSSP)

MSSP helps coordinate and manage services to ensure that individuals get the help that they need. These services are specifically designed for frail older adults who are at high risk for placement in nursing homes and who receive Medi-Cal.

AltaMed Health Services Corp.

512 South Indiana St.
Los Angeles, CA 90063
(323) 307-0200
Services also available in Spanish

Assistance League of Southern California, Hollywood Senior Multipurpose Center

1360 N. St. Andrews Pl.
Los Angeles, CA 90028
(323) 957-3907
Services also available in Spanish

Bernardi Senior Multipurpose Center

6514 Sylmar Ave.
Van Nuys, CA 91401
(818) 781-1101
Services also available in Spanish

Felicia Mahood Senior Multipurpose Center

11338 Santa Monica Blvd.
Los Angeles, CA 90025
(310) 479-4119
Services also available in Spanish, Farsi

Human Services Association

6800 Florence Ave.
Bell Gardens, CA 90201
(562) 806-5400
Services also available in Spanish

Huntington Memorial Hospital Senior Care Network

837 S. Fair Oaks Ave., Ste. 100
Pasadena, CA 91105
(626) 397-3110

Jewish Family Service of Los Angeles

12821 Victory Blvd.
North Hollywood, CA 91605
(818) 769-0560

Jewish Family Service/ Freda Mohr Center Multipurpose Senior Services Program

330 N. Fairfax Ave.
Los Angeles, CA 90036
(323) 937-5930

Northeast Valley Multipurpose Senior Center

11300 Glenoaks Blvd.
Pacoima, CA 91331
(818) 834-6100
Services also available in Spanish

ONEgeneration

17400 Victory Blvd.
Van Nuys, CA 91406
(818) 708-6625
Services also available in Spanish

Partners in Care Foundation Lynwood Office

3737 E. Martin Luther King Blvd., Ste.. 201
Lynwood, CA 90262
(310) 632-9980
Services also available in Chinese, Korean, Spanish

Partners in Care Foundation San Fernando Office

732 Mott St., Ste. 150
San Fernando, CA 91340
(818) 837-3775

CARE MANAGEMENT

SCAN Independence at Home

2501 Cherry Ave., Ste. 380
Signal Hill, CA 90806
(562) 492-9878
Services also available in Korean,
Spanish, Tagalog

WLCAC/Theresa Lindsay

Multipurpose Center
429 E. 42nd Pl.
Los Angeles, CA 90011
(323) 846-1920

Wilmington Multipurpose Senior Center

1371 N. Eubank Ave.
Wilmington, CA 90744
(310) 518-4533
Services also available in Spanish

Local Senior Centers

These centers often provide care management services and access to the Meals on Wheels Program. To find your local senior center, please call the Area Agency on Aging. The Area Agency on Aging not only offers referrals to local senior centers, but also information and referrals on benefits and services available to older individuals in their communities.

**Los Angeles County Area
Agency on Aging**
(213) 738-4004

**City of Los Angeles
Department of Aging**
(800) 510-2020

Websites related to care management services

National Association of Professional
Geriatric Care Managers
www.caremanager.org

City of Los Angeles Department of Aging
<http://aging.lacity.org>

Los Angeles County
Community & Senior Services
<http://css.lacounty.gov>

National Association of Area Agencies
www.n4a.org



DIAGNOSTIC CENTERS

Diagnostic centers provide complete medical, neurological and psychological examinations to determine the possible causes of a person's memory problem. Alzheimer's diagnostic research centers specialize in evaluating and treating people with symptoms of Alzheimer's disease and related dementias.

LOS ANGELES

**Alzheimer's Disease
Research Center
University of Southern California
Geriatric Studies Center**

3715 McClintock Ave.
Los Angeles, CA 90089-0191
(213) 740-7777
Services also available in Spanish

**Cedars-Sinai Medical Center
Department of Psychiatry**

8730 Alden Dr., E-134
Los Angeles, CA 90048
(310) 423-2856

**Center for Geriatric Health
Olympia Medical Center**

5901 W. Olympic Blvd., Ste. 303
Los Angeles, CA 90036
(323) 932-5333
Services also available in Spanish, Tagalog

**Geriatric Neurobehavior Center
Rancho Los Amigos Medical Center**

7601 E. Imperial Highway/
800 West Annex
Downey, CA 90242
(562) 401-8130
Services also available in
Spanish, Cantonese

**The Memory Disorders Clinic
at the Sports Concussion Institute**

5230 Pacific Concourse Dr., Ste. 300
Los Angeles, CA. 90045
(310) 643-9595
www.concussiontreatment.com

**The Mary S. Easton Center
for Alzheimer's Disease Research at UCLA**

10911 Weyburn Ave., Ste. 200
Los Angeles, CA 90095
(310) 794-6039

**St. Barnabas
Alzheimer's Disease Center
University of Southern California**

675 S. Carondelet St.
Los Angeles, CA 90057
(213) 388-4444
Services also available in Spanish, Korean,
Mandarin, Cantonese, Armenian

**VA Greater Los Angeles
Health Care System
West Los Angeles Division**

11301 Wilshire Blvd.
Los Angeles, CA 90073
(310) 478-3711
Services also available in other languages

SAN FERNANDO VALLEY

**Family Medicine Center
Geriatric Assessment Clinic**

801 S. Chevy Chase Dr., Ste. 230
Glendale, CA 91205
(818) 500-5586
Services also available in Spanish,
Armenian, Korean, Russian

Northridge Neurological Center

18433 Roscoe Blvd., Ste. 210
Northridge, CA 91325
(818) 349-2503

DIAGNOSTIC CENTERS AND DRIVING

S+AGE @ Sherman Oaks Hospital

4911 Van Nuys Blvd., Ste. 100
Sherman Oaks, CA 91403
(818) 990-2573
Services also available in German,
Italian, Polish, Hebrew

Veteran's Administration Greater LA Health Care System Sepulveda Care Center

16111 Plummer St. (116A-9)
North Hills, CA 91343
(818) 891-7711
Services also available in French, Spanish

SAN GABRIEL VALLEY

Huntington Memorial Hospital Geriatric Assessment Clinic

837 S. Fair Oaks Ave., Ste. 100
Pasadena, CA 91105
(626) 397-3127
Services also available in Spanish, Chinese

SOUTH BAY / HARBOR

Harbor UCLA Family Health Center

1403 Lomita Blvd.
Harbor City, CA 90710
(310) 534-7600
Services also available in Spanish



DRIVING

California law requires that physicians report people diagnosed with dementia to the County Health Department. The Department of Motor Vehicles (DMV) is then notified. Based on an evaluation of the person with dementia, the DMV decides whether to suspend, revoke, or restrict the person's license. Please call your local DMV for more information or visit www.dmv.ca.gov and click on "seniors."

Driving evaluation programs assess whether a person can continue to drive safely. Hospital-based driving evaluation programs require a physician's referral and are usually offered by appointment only. Fees may vary.

Cedars-Sinai Medical Center

444 S. San Vicente, Ste. 701
Los Angeles, CA 90048
(310) 423-9200

Northridge Hospital

18300 Roscoe Blvd., 41st Floor
Northridge, CA 91328
(818) 885-8500

Rancho Los Amigos Medical Center

7601 E. Imperial Hwy.
900 Building Room 91
Downey, CA 90242
(562) 401-7111
Services also available in other languages



EARLY STAGE SERVICES

People are now being diagnosed with dementia at earlier stages of the disease and at earlier ages. In response, the Alzheimer's Association has programs to serve their unique needs. Information about these programs is available through the Helpline: (800) 272-3900.

Alzheimer's Association Memory Club

Memory Club is for individuals with early stage Alzheimer's disease or related dementia and their care partners. The weekly meetings support and empower members as they deal with early stage issues, and shed light on challenges as they arise. This includes the emotional impacts of dementia on individuals, care partners and families. The nurturing atmosphere fosters new friendships and peer support during and beyond the group experience.

Alzheimer's Association Graduation Club

Graduates from Memory Club may choose to continue in Graduation Club. The Graduation Club maintains the same objectives as the Memory Club while utilizing the input of current members to guide programming and topic discussions.

Family Consultation

When someone receives a diagnosis of Alzheimer's or a related dementia we are here to help with information, support, guidance and resources.

The Heart of Looking at Art

This program follows the MOMA Alzheimer's Project guidelines for making art accessible to people with dementia. Sessions take place in the galleries at the Los Angeles County Museum of Art (LACMA).

Memory Clubs

Los Angeles

5900 Wilshire Blvd., Suite 1100
Los Angeles, CA 90036
(323) 930-6256

South Bay

Beach Cities Health District
514 N. Prospect Ave., 3rd Floor
Redondo Beach, CA 90277
(310) 374-3426, ext 166

San Fernando Valley

16933 Parthenia Street, Suite 200
Northridge, CA 91343
(818) 830-4837

Early Stage Community Services

Leeza's Place at Circle of Care
5000 Van Nuys Blvd., Suite 110
Sherman Oaks, CA 91403
(818) 817-3259

**Leeza's Place at Olympia
Medical Center**
5901 W. Olympic Blvd., #300A
Los Angeles, CA 90036
(323) 932-5414

**OPICA Adult Day Services and
Counseling Center**
11759 Missouri Ave.
Los Angeles, CA 90025
(310) 478-0226

WISE & Healthy Aging
1510 Pico Blvd.
Santa Monica, CA 90405
(310) 452-7802



ELDER ABUSE

Elder abuse is the mistreatment or neglect of an older adult, either self-inflicted or by someone else. It can take the form of physical, sexual and/or financial abuse, as well as neglect. People with dementia are particularly vulnerable to elder abuse. Please contact any of the following agencies if you suspect abuse of an older adult.

Adult Protective Services –Centralized Intake

Provides assistance and assessments for cases of suspected abuse.

Los Angeles County (until 5:00 p.m.)
(213) 351- 5401

Los Angeles 24-Hour Line
(800) 992-1660
(877) 477-3646

Outside of California
(800) 677-1116

California Dept. of Aging

The California Department of Aging (CDA) administers programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout the State.

Senior Information Line
(800) 510-2020
www.aging.ca.gov

Ombudsman

Provides assistance in dealing with abuse associated with professional long-term care settings such as assisted living facilities, board & care homes and skilled nursing homes.

(310) 393-3618
(800) 334-9473
www.aging.ca.gov/programs/ombudsman.asp

Crisis line (24/7)
(800) 231-4024

Websites on elder abuse

L.A. County Dept.
Community & Senior Services
<http://css.lacounty.gov>

City of Los Angeles
Dept. of Aging
<http://aging.lacity.org>



HEALTH & WELL-BEING

Healthy aging is a process that should begin sooner in life rather than later in order to maintain the health of the body and mind for as long as possible. Research shows that healthy lifestyle choices such as managing blood pressure, cholesterol, blood sugar levels and body weight contribute to healthier aging and may also reduce risk for Alzheimer's disease and stroke-related memory loss. A listing of community resources and websites is below. In addition, *10 Ways to Maintain Your Brain* and the *10 Symptoms of Caregiver Stress* are included at the end of this Resource Directory.

FAMILY CLINICS

Asian Pacific Health Care Venture

1530 Hillhurst Ave., #200
Los Angeles, CA 90027
(323) 644-3880

Crenshaw Expo Medical Center

3631 S. Crenshaw Blvd., Ste. 110
Los Angeles, CA 90016
(323) 734-1414

Hubert Humphrey Health Clinic

5850 S. Main St., #1205
Los Angeles, CA 90003
(323) 846-4312

Multiservice Family Center

101 N. La Brea Ave., Ste. 301
Inglewood, CA 90301
(310) 412-0202

Senior Services Liaison

Beverly Hospital

309 W. Beverly Blvd.
Montebello, CA 90640
(323) 837-3411

South Bay Family Health Clinic

1091 S. La Brea
Inglewood, CA 90301
(310) 802-6170

The California Hospital

1401 S. Grand Ave.
Los Angeles, CA 90015
(213) 742-5580

T.H.E. Clinic Inc.

3860 W. Martin Luther King Jr. Blvd.
Los Angeles, CA 90008
(323) 295-6571

Buddist Tzu-Chi Free Clinic

1000 Garfield Ave.
Alhambra, CA 91501
(626) 281-3383

HEALTH ASSOCIATIONS

American Heart Association

816 S. Figueroa
Los Angeles, CA 90017
(213) 291-7000
www.americanhear.org

BREATHE L.A.

5858 Wilshire Blvd., Ste. 300
Los Angeles, CA 90036
(323) 935-8050
www.breathla.org

American Diabetes Association

5200 W. Century Blvd., Ste. 480
Los Angeles, CA 90045
(800) DIABETES (342-2383)
www.diabetes.org

Parkinson's Disease Association

Provides general information regarding Parkinson's disease.
(800) 223-2732
www.apdaparkinson.org

American Stroke Association

(213) 291-7000
www.strokeassociation.org

NUTRITION

Assistance League in Hollywood

Provides home-delivered meals.
Serves ZIP codes: 90004, 90026, 90027, 90028, 90029, 90038, 90039, 90046, 90068
(323) 957-3905

Los Angeles County Health & Nutrition Hotline

Provides information on nutritional programs in Los Angeles County.
(877) 597-4777

Los Angeles Regional Foodbank Brown Bag Program

Provides food distribution for low-income seniors.
(323) 234-3030

Meals on Wheels Program

Provides home delivered meals to the elderly. Meals on Wheels programs are often administered through local senior centers. Please call to find the program nearest you.

St. Vincent Meals on Wheels
(213) 484-7775

SENIOR SERVICES

American Association of Retired Persons (AARP)

200 S. Los Robles Ave., Ste. 400
Pasadena, CA 91101
(866) 448-3615
www.aarp.org

Asian Pacific Islander (API) Older Adults Task Force

Provides information on aging issues related to the API Communities
231 E. 3rd St., Ste. G101
Los Angeles, CA 90013
(213) 473-1640

Asian Pacific Health Care Venture

1530 Hillhurst Ave., Ste. 200
Los Angeles, CA 90027
(323) 644-3880 ext. 298
Services also available in Japanese, Thai, Cambodian, Spanish, Tagalog, Vietnamese, Cantonese, Mandarin

Beach Cities Health District

514 N. Prospect Ave., 3rd Floor
Redondo Beach, CA 90277
(310) 374-3426

California Department of Aging

1300 National Dr. #200
Sacramento, CA 95834
(800) 510-2020
www.aging.ca.gov

Center for Healthy Aging

1527 4th Street, Ste.. 200
Santa Monica, CA 90401
(310) 576-2550
Services also available in Spanish

Center for the Partially Sighted

12301 Wilshire Blvd., Ste. 600
Los Angeles, CA 90025
(310) 458-3501

California Telephone Access Senior Telephone Program

6370 Magnolia Ave., #310
Riverside, CA 92506
(800) 806-1191

Eldercare Locator

Provides referrals to local services for seniors.
(800) 677-1116

Leeza's Place

5000 Van Nuys Blvd., Ste. 110
Sherman Oaks, CA 91403
(818) 817-3259
and
5901 W. Olympic Blvd., #300A
Los Angeles, CA 90036
(323) 932-5414
www.leezasplace.org

Life Long: Sisters Staying Healthy

2239 W. Washington Blvd.
Los Angeles, CA 90018
(310) 991-6685

Mexican American Opportunity Foundation

972 S. Goodrich Blvd.
City of Commerce, CA 90022
(323) 890-1555
Services also available in Spanish

National Asian Pacific Center on Aging

3727 W. 6th St., Ste. 614
Los Angeles, CA 90020
(213) 365-9005

Oasis-Baldwin Hills

Baldwin Hills Crenshaw Plaza,
2nd Level
4005 Crenshaw Blvd.
Los Angeles, CA 90008
(323) 291-3414

Older Women's League (OWL)

666 11th St., NW
Washington, DC 20010
(800) 825-3695
www.owl-national.org

The Respite Enrichment Center Community Senior Services

2120 Foothill Blvd., Ste. 115
La Verne, CA 91750
(909) 593-7511

RSVP

Provides telephone reassurance and support.
(323) 461-4363

The Salvation Army-Golden Agers

1533 4th St.
Santa Monica, CA 90401
(310) 451-1358

Today Senior

Online magazine
www.todayseior.com

UCLA Healthcare 50 Plus

1250 16th St.
Santa Monica, CA 90404
(800) 516-5323

WISE & Healthy Aging

1510 Pico Blvd.
Santa Monica, CA 90405
(310) 452-7802



HOME CARE AND CAREGIVER ASSISTANCE PROGRAMS

Homecare is caregiving assistance in the home provided by a paid caregiver. There are several types of home care services:

Personal care: Provides assistance with bathing, toileting, dressing and dental care.

Skilled nursing care: Works with your physician, family members and other care providers to make sure that all of the proper care is given, including case management, minor medical attention, patient/family education, medication control and more.

Companions and Homemakers: Assist with household duties such as light housekeeping, laundry and meal preparation.

Please call the Alzheimer's Association Helpline at (800) 272-3900 for assistance in assessing your particular homecare needs.

Government-Funded Homecare Programs

In-Home Supportive Services (IHSS)

A Los Angeles County program that assists low-income seniors by paying for in-home care. (888) 944-4477

In-Home Supportive Services (IHSS) Ombudsman

Provides assistance in resolving problems related to IHSS, as well as information about the program. (888) 678-4477

Financial Assistance for Homecare

Jewish Free Loan Association

Provides interest-free loans of up to \$2,000 for in-home care. (323) 761-8830
www.jfla.org

Friends of Alzheimer's Caregivers

Provides limited financial homecare assistance for those who qualify. (562) 795-5679

Los Angeles Caregiver Resource Center

Provides limited financial home care assistance for those who qualify. (800) 540-4442
www.losangelesccrc.org

Home Care Agencies

ANTELOPE VALLEY

Alden Home Health, Inc.

1061 W. Ave. M-14
Palmdale, CA 93551
(661) 266-8560

A.V. Home With Love & Care

Serving Antelope Valley
(800) 497-5255

Dynamic Home Care & Dynamic Nursing Inc.

14260 Ventura Blvd., Ste. 301
Sherman Oaks, CA 91423
(800) 955-9111

Seniors Helping Seniors, Inc. (SHS)

P.O. Box 707
11519 Jurupa Rd.
Mira Loma, CA 91752
(951) 681-5720

LOS ANGELES

24Hr HomeCare

5901 Green Valley Cir #470
Culver City, CA 90230
(310) 258-9525
Serves East L.A., Metro L.A., San Fernando
Valley, San Gabriel Valley, Santa Clarita
Valley, South L.A., West L.A.

A La Carte Companion Services

2554 Lincoln Blvd. Ste. 681
Venice, CA 90291
(323) 845-5200

A Plus Healthcare Agency, Inc.

3325 Wilshire Blvd., Ste. 306
Los Angeles, CA 90010
(800) 820-3488
Services also available in Spanish,
Tagalog, Korean

Action Health Care/ Action Home Health Care

6300 Wilshire Blvd., Ste. 1490
Los Angeles, CA 90048
(310) 659-9930
Services also available in Spanish,
Russian, Farsi, Tagalog

After-Care

280 South Beverly Drive Ste. 410
Beverly Hills, CA 90212
(310) 271-5073

Admiral Home Health, Inc.

4010 Watson Plaza Dr., Ste. 140
Lakewood, CA 90712
(562) 461-2080
Services also available in Spanish,
Tagalog, Chinese

After-Care Professional Nurses Registry, Inc.

280 S. Beverly Dr., Ste. 410
Beverly Hills, CA 90212
(310) 271-5073

All About Loving Care

520 N La Brea
Inglewood, CA 90302
(310) 348-1420
Serves East L.A., South Bar/Harbor,
South L.A., West L.A.

Allpoint Home Health

2211 Corinth Ave., Ste. 305
Los Angeles, CA 90064
(310) 441-2009
Services also available in Spanish,
Russian, Tagalog

Altamed Health Services

5425 East Pomona Blvd.
Los Angeles, CA 90022
(323) 728-0411
Services also available in Spanish

HOME CARE & CAREGIVER ASSISTANCE

American All Care Services

5322 Wilshire Blvd. #250
Los Angeles, CA 90036
(323) 934-4749

American Caregivers–Westwood

947 Tiverton Ave. #533
Los Angeles, CA 90024
(310) 208-8005

American Reliable Homecare Services

423 N. Harvard Blvd., #2
Los Angeles, CA 90004-3252
(323) 599-8222

Angeles Home Health Care, Inc.

3435 Wilshire Blvd., Ste. 500
Los Angeles, CA 90010-1906
(213) 487-5131
Services also available in Farsi,
Korean, Spanish

Apex Homecare Services, Inc.

3350 Wilshire Blvd., Ste. 900
Los Angeles, CA 90010
(213) 380-1674
Services also available in Spanish,
Korean, Tagalog, Korean, Chinese

AssistaLife Family Assisted Care

5855 Green Valley Circle, Ste. 205
Culver City, CA 90230
(310) 337-7095
www.assitalife.com

Betty Wilson Senior Center

11641 Florence Ave.
Santa Fe Springs, CA 90670
(562) 929-7431
Services also available in Spanish

California Quality Home Care Providers

3325 Wilshire Blvd., Ste. 704
Los Angeles, CA 90010
(800) 588-9166
Services also available in Armenian,
Chinese, Korean, Russian, Spanish,
Tagalog, Vietnamese

Caring Companions

9056 Santa Monica Blvd. Ste. 102
West Hollywood, CA 90069
(310) 724-8126
Serves Los Angeles, San Fernando Valley,
San Gabriel Valley and Palm Springs

Colby Care Home Health

8939 Sepulveda Blvd., Ste. 225
Westchester, CA 90045
(310) 670-2800
Serves Metro LA., West L.A.

Comfort Keepers

10401 Venice Blvd. Ste. 100
Los Angeles, CA 90034
(310) 338-9500
Services also available in Spanish, Tagalog

Comprehensive Home Care Services

13930 N.W. Passage Ste 202
Marina Del Rey, CA 90292
(310) 301-4869
Serves Antelope Valley, East L.A., Metro L.A.,
South Bay/Harbor, South L.A., West L.A.

Dynamic Home Care & Dynamic Nursing Inc.

14260 Ventura Blvd., Ste. 301
Sherman Oaks, CA 91423
(800) 955-9111

Excellent In-Home Care for Seniors

6399 Wilshire Blvd., Ste. 918
Los Angeles, CA 90048
(323) 966-4990
Services also available in Spanish,
Tagalog, Russian

Good Company Senior Care

5820 Wilshire Blvd., Ste. 300
Los Angeles, CA 90036
(323) 932-8700

Griswold Special Care

1660 Malcolm Avenue #2
Los Angeles, CA 90024
(310) 477-6658
Serves most of Los Angeles County

Home Helpers

5482 Wilshire Blvd. Ste. 1524
Los Angeles, CA 90036
(310) 215-9928
Serves Metro L.A., West L.A.

Home Instead Senior Care

5601 W. Slauson Ave., Ste. 190
Culver City, CA 90230
(310) 590-1685
Serves West Los Angeles

Home Instead Senior Care

5770 Melrose Ave., Ste. 201
Los Angeles, CA 90038
(323) 466-2345
Services also available in Spanish,
Russian, Chinese, Korean, Tagalog, Yiddish

Home Management Care

8921 S. Sepulveda Blvd. #114
Los Angeles, CA 90045
(213) 739-2519
Services also available in Spanish

Hope Companion Services

4540 Bresee Ave.
Baldwin Park, CA 91706
(213) 321-2704

Interconnect

8600 W. 3rd St., Room #4
Los Angeles, CA 90048
(310) 285-0200
Services also available in Spanish, Polish,
Russian, Yiddish, Hungarian, Romanian

Kebson Group, Inc.

3540 Wilshire Blvd., Ste. 820
Los Angeles, CA 90010
(213) 388-0886
Services also available in Spanish

Liberty Nursing Services

6167 Bristol Parkway, Ste. 340
Culver City, CA 90230
(310) 645-6100

LivHome Corp.

5900 Wilshire Blvd., Ste. 705
Los Angeles, CA 90036
(323) 933-5880
Services also available in Russian,
Spanish, Tagalog, Farsi, Chinese

Mama's Home Care, Inc.

743 N. Sweetzer Ave., Ste. 105
Los Angeles, CA 90069
(323) 655-2622

Maxim Healthcare

1055 Wilshire Blvd., Ste. 1436
Los Angeles, CA 90017
(213) 250-4004
Services also available in Spanish,
Filipino, Polish

Nature Heart Care Services

447 S. Avenida Alipaz
Walnut, CA 91789
(310) 270-8816
Serves East L.A., Metro L.A.,
South Bay/Harbor, South L.A. & West L.A.

Norwalk Senior Services

14040 San Antonio Dr.
Norwalk, CA 90650
(562) 929-5580
Services also available in Spanish,
Korean, Chinese, Tagalog

Nursefinders, Inc.

5455 Wilshire Blvd. #800
Los Angeles, CA 90036
(323) 937-5566

Sheridan In Home Care, Inc.

1551 S. Robertson Ste. D
Los Angeles, CA 90035
(310) 204-1187

Silver and Gray Home Care

1601 N. Gower, #210
Hollywood, CA 90028
(323) 461-0500
Services also available in Spanish, Tagalog

HOME CARE & CAREGIVER ASSISTANCE

Spirit Home Health Care

8929 S. Sepulveda Blvd. Ste. 306
Westchester, CA 90045
(310) 641-4100
Serving Greater Los Angeles

Visiting Angels

1321 7th Street Ste. 204
Santa Monica, CA 90401
(310) 395-7686
Serves Metro L.A.,
San Fernando Valley, West L.A.

Visiting Angels of South L.A. and LAX Area

6709 La Tijera Blvd. #629
Los Angeles, CA 90045
(323) 291-0100

Wellbridge Home Care

311 N. Robertson Blvd. #100
Beverly Hills, CA 90211
(310) 788-9355
Serves Metro L.A., San Fernando Valley,
West L.A.

West Hollywood Comprehensive Service Center-JFS

7377 Santa Monica Blvd.
West Hollywood, CA 90046
(323) 851-8202

SAN FERNANDO VALLEY

AAA Warman Agency

Ventura County Corp. Offices
(800) 840-9616
Services also available in Spanish,
Chinese, Vietnamese, Tagalog

Accredited Nursing Care

5955 De Soto Ave., Ste. 160
Woodland Hills, CA 91367
(818) 986-1234
Services also available in Spanish, Tagalog,
Korean, Chinese, French, Russian

All Saints Home Care

6901 Topanga Canyon Blvd., Sre. 202
Woodland Hills, CA 91303
(818) 760-0988
Services also available in Spanish,
Russian, Tagalog

Always Right Home Care

9700 Reseda Blvd., Ste. 105
Northridge, CA 91324
(310) 316-8343
Services also available in Spanish, Tagalog

APS Home Care

19360 Rinaldi, Ste. 320
Porter Ranch, CA 91326
(818) 366-0092
Services also available in Spanish,
Chinese, Tagalog, Farsi

Assisted Healthcare Services

8550 Balboa Ave., Ste. 282
Northridge, CA 91325
(818) 893-7867
Services also available in Spanish, Tagalog

California Medical Nursing Services, Inc.

6507 Winnetka Ave.
Canoga Park, CA 91306
(818) 888-0700

The Caring Connection

22048 Sherman Way, Ste. 109
Canoga Park, CA 91303
(818) 251-9909
(888) 595-4555
Services also available in Spanish,
Russian, Tagalog

Comfort Keepers In-Home Care

17915 Ventura Blvd., Ste. 216
Encino, CA 91316
(818) 776-5060
Services also available in Spanish

Continuity Care Home Nurses

12722 Riverside Dr., Ste. 108
North Hollywood, CA 91607
(818) 753-5106
Services also available in Spanish,
Armenian, French, Russian

Dynamic Home Care & Dynamic Nursing Inc.

14260 Ventura Blvd., Ste. 301
Sherman Oaks, CA 91423
(800) 955-9111

Eminence Home Health Care, Inc.

16921 Parthenia St., Ste. 301
North Hills, CA 91343
(818) 830-7113
Services also available in Spanish,
Tagalog, Chinese, Armenian, Vietnamese

Hanson Homecare Services

1464 Madero Rd., N.
Simi Valley, CA 93065
(818) 609-8289
Services also available in Spanish

Home Instead Senior Care

24400 Walnut St., Ste. E
Santa Clarita, CA 91321
(661) 254-8701
Services also available in Spanish

Home Instead Senior Care

5805 N. Sepulveda #101
Sherman Oaks, CA 91401
(818) 988-6848
Services also available in Spanish, Tagalog

Home Instead Senior Care

3917 ½ Riverside Dr.
Burbank, CA 91505
(818) 843-8688
Services also available in Spanish, Armenian

LivHome

5900 Wilshire Blvd., Ste. 705
Los Angeles, CA 90036
(323) 933-5880
Services also available in Russian,
Spanish, Tagalog, Farsi, French

Northeast Valley Multipurpose Senior

11300 Glenoaks Blvd.
Pacoima, CA 91331
(818) 834-6100
Services also available in Spanish

Pegasus Home Health Care

132 N. Maryland
Glendale, CA 91206
(818) 548-1239

ResCare HomeCare

23901 Calabasas Rd. Ste. 2064
Calabasas, CA 91302
(800) 707-4855
Services also available in Spanish

SAN GABRIEL VALLEY

AssistaLife

225 S. Lake Ave. Ste. 300
Pasadena, CA 91101
(877) 337-7095
www.assistalife.com

Assisted Healthcare Services

1900 W. Garvey Ave., South #210
W. Covina, CA 9179
(626) 915-5595
Services also available in Spanish, Tagalog

Better Living Homecare Services

307 Santa Anita Ave., Ste. E
Arcadia, CA 91006
(626) 396-1771
www.betterlivinghc.com

California Quality Home Care Providers

3325 Wilshire Blvd., Ste. 704
Los Angeles, CA 90010
(800) 588-9166
Services also available in Armenian,
Chinese, Korean, Russian, Spanish,
Tagalog, Vietnamese

HOME CARE & CAREGIVER ASSISTANCE

Care Unlimited Health Services

1025 W. Arrow Hwy., Ste. 105
Glendora, CA 91740
(626) 332-3767

Comcare Home Health, Inc.

4529 Angeles Crest Hwy., Ste. 307
La Cañada Flintridge, CA 91011
(818) 952-5164

Services also available in Spanish, Tagalog

Dynamic Home Care

& Dynamic Nursing Inc.

14260 Ventura Blvd., Ste. 301
Sherman Oaks, CA 91423
(800) 955-9111

Heartland Home Health Care & Hospice

1000 Lakes Dr., Ste. 200
West Covina, CA 91790
(800) 696-9020

Services also available in Spanish, Tagalog

Home Care Medical Systems, Inc.

255 E. Santa Clara St., Ste. 100
Arcadia, CA 91006
(626) 574-7913

Services also available in Spanish

Home Instead Senior Care

167 E. College St.
Covina, CA 91723
(626) 938-0113

Home Instead Senior Care

899 W. Foothill Blvd., Ste. H
Monrovia, CA 91016
(626) 599-2310

Services also available in Spanish

Home Instead Senior Care

424 N. Lake Ave., Ste. 302
Pasadena, CA 91101
(626) 486-0800

Services also available in Spanish

Joslyn Adult Center–Alhambra

111 S. 1st St.
Alhambra, CA 91801
(626) 570-3220

Services also available in Spanish, Chinese

Kelly Home Care Service

2500 E. Colorado Blvd., Ste. 205
Pasadena, CA 91107
(800) 866-0860

Services also available in Spanish,
Cantonese, Mandarin, Russian, Tagalog

Maxim Healthcare Service

1900 W. Garvey Ave. South, Ste. 150
West Covina, CA 91790
(626) 962-6453

Services also available in Spanish

Options in Home Care

201 W. 4th Street Ste. 203
Claremont, CA 91711
(909) 621-2273

www.optionsinhomecare.com

People's Care, Inc.

6355 Greenleaf Ave., 2nd Flr.
Whittier, CA 90602
(866) 330-1330

Personal Care Services

791 Marylind Ave.
Claremont, CA 91711
(909) 399-0888

Right at Home

1785 Locust Street, Ste. 3
Pasadena, CA 91214
(626) 584-8130

Right Choice, Inc.

620 South Glendora Avenue
Glendora, CA 91740
(626) 610-2020

HOME CARE & CAREGIVER ASSISTANCE

Santa Anita Family Service Senior Center

603 S. Myrtle
Monrovia, CA 91016
(626) 358-1185
Services also available in Spanish

Visiting Angels

223 S. Glendora Ave., #104
Glendora, CA 91741
(626) 852-3302
Services also available in Spanish,
Italian, Farsi

VNA Support Services

150 W. 1st St., Ste. 176
Claremont, CA 91711
(909) 621-3961
Services also available in Spanish

SANTA CLARITA VALLEY

AAA Warman Agency

Ventura County Corp. Offices
(800) 840-9616
Services also available in Spanish,
Chinese, Vietnamese, Tagalog

Homemakers & Personal Attendants

18966 Soledad Canyon Rd.
Santa Clarita, CA 91351
(661) 298-5010
Services also available in Spanish

Limelight Healthcare

27943 Seco Canyon Rd. Ste. 539
Santa Clarita, CA 91350
(661) 476-5859

Special Care Nursing Services, Inc.

10154 Riverside Dr.
Toluca Lake, CA 91602
(818) 760-0988

Tender Touch Homecare

21601 Devonshire St. Ste. 201
Chatsworth, CA 91311
(818) 882-8720
Services also available in Korean

Villa Aurora/Villa Fe

15460 Morrison St.
Sherman Oaks, CA 91403
(818) 219-5012

SOUTH BAY/HARBOR

24Hr HomeCare

3812 Sepulveda Blvd. Ste. 240
Torrance, CA 90505
(310) 375-5353

Accent Care (Central Intake)

135 Technology Dr., Ste. 150
Irvine, CA 92618
(800) 834-3059
Services also available in Spanish

Apex Homecare Services, Inc.

3350 Wilshire Blvd., Ste. 900
Los Angeles, CA 90010
(213) 380-1674
Services also available in Spanish, Korean,
Chinese, Russian, Tagalog

Angels of Care

461 W. 6th Street #224
San Pedro, CA 90731
(310) 547-9070

At Home With Care

2512 Artesia Blvd. Ste. 305E
Redondo Beach, CA 90278
(310) 798-2700

California Quality Home Care Providers

3325 Wilshire Blvd., Ste. 704
Los Angeles, CA 90010
(213) 383-8977
Services also available in Armenian,
Chinese, Korean, Russian, Spanish,
Tagalog, Vietnamese

HOME CARE & CAREGIVER ASSISTANCE

Cambrian Homecare

5199 E. Pacific Coast Highway, #100
Long Beach, CA 90804
(562) 498-1800
cambrianhomecare.com

Colby Care Home Health

8939 Sepulveda Blvd., Ste. 233
Westchester, CA 90045
(310) 670-2800
Services also available in Spanish

Comfort Keepers In-Home Care

24355 Lyons Avenue Ste. 110
Santa Clarita, CA 91321
(661) 287-4200

Companion Care Plus

5155 W. Rosecrans Ave. #210
Hawthorne, CA 90250
(310) 676-2829

Duhaney Home Health Care

360 N. Sepulveda Blvd., Ste. 2030
El Segundo, CA 90245
(310) 416-1160

Dynamic Home Care & Dynamic Nursing Inc.

14260 Ventura Blvd., Ste. 300
Sherman Oaks, CA 91423
(800) 955-9111

Home Care Providers

259 S. Randolph Ave., Ste. 180K
Brea, CA 92821
(714) 671-6877
Services also available in Spanish, Tagalog

Home Instead Senior Care

3825 Del Amo Blvd., Ste. 104
Torrance, CA 90503
(310) 542-0563

Interim Healthcare

4501 E. Carson St., Ste. 203
Long Beach, CA 90808
(562) 420-6557
Services also available in Spanish,
Cantonese, Tagalog

Memorial Attendant Care

695 E. 27th St.
Signal Hill, CA 90755
(562) 933-0902
Services also available in Spanish, Tagalog

LivHome

5900 Wilshire Blvd., Ste. 705
Los Angeles, CA 90036
(323) 933-5880
Services also available in Russian,
Spanish, Tagalog, Farsi, French

Loving Hearts Private Care, Inc.

11616 Hawthorne Blvd., #204
Hawthorne, CA 90250
(310) 679-5900
www.lovingheartprivatecare.com

Nature Heart Care Services

447 S. Avenida Alipaz
Walnut, CA 91789
(310) 270-8816

Oxford Services

280 Atlantic Ave.
Long Beach, CA 90802
(562) 432-6441
Services also available in Spanish

Nurses Plus, Inc.

11050 Artesia Blvd., Ste. D
Cerritos, CA 90703
(562) 809-1192

Physicians Choice Home Health Inc.

3625 Del Amo Blvd., Ste. 390
Torrance, CA 90503
(310) 793-1616
Services also available in Spanish

ResCare Home Care

3187 Redhill Ave. Ste.. 115
Costa Mesa, CA 92626
(800) 707-8781

South Bay Senior Services

3246 West Sepulveda Blvd., Ste. 209
Torrance, CA 90505
(310) 325-2141

Samaritans Home Health Care

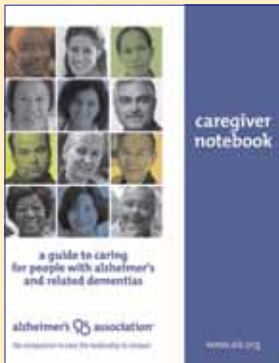
316 W. Carson St., #102
Carson, CA 90745
(310) 212-6648
Serves all of Los Angeles County

Villa Redondo ALC

237 Redondo Ave.
Long Beach, CA 90803
(562) 434-9931
www.trucarecommunity.com

CAREGIVER NOTEBOOK

Developed with input from caregivers like you, the Alzheimer's Association Caregiver Notebook is designed to be a tool throughout your journey. Using an easy-to-follow format, it covers the basics of Alzheimer's and contains tips for care and planning for the future, as well as a list of resources to use when you require additional information. Each chapter has a place to write notes or thoughts as you go, making this book a personal record you can refer to again and again. Use the convenient inside pocket and magnetic flap closure to store additional documents and keep information secure.



It has 8 chapters covering topics such as:

- * Taking good care of yourself
- * Understanding an Alzheimer's diagnosis
- * The basics of Alzheimer's disease
- * Legal and Financial Planning
- * Caring for a person with Alzheimer's

**For a complimentary copy,
please call our Helpline at
(800) 272-3900.**

While supplies last.



HOSPICE CARE

Hospice care is a specialized form of care for persons at the end of life. It emphasizes quality and dignity by providing comfort, care and support services. It focuses on maximizing comfort and reducing pain for the person with a life-limiting illness. To find a listing of hospice care facilities nationwide, please call the Hospice Education Institute at (800) 331-1620. The following agencies can also be of direct assistance in accessing hospice services:

Assisted Home Hospice

8550 Balboa Blvd. Ste. 282
Northridge, CA 91325
(818) 830-5003

HomeReach Hospice

4647 Long Beach Blvd., Ste. C3
Long Beach, CA 90805
(562) 424-9405

Kaiser Permanente Hospice

3699 Wilshire Blvd., 3rd Floor
Los Angeles, CA 90010
(323) 783-7416

Los Angeles Hospice

3807 Wilshire Blvd., Ste. 1228
Los Angeles, CA 90010
(213) 389-4700

Roze Room Hospice

5455 Wilshire Blvd., Ste. 810
Los Angeles, CA 90036
(323) 938-1155

Skirball Hospice

6345 Balboa Blvd. Ste. 213
Encino, CA 91316
(818) 774-3040

St. Martin Hospice

1925 W. Temple St., Ste. 210
Los Angeles, CA 90026
(213) 413-4629

Trinity Care Hospice

2601 Airport Dr., #230
Torrance, CA 90505
(800) 535-8446

VA Greater Los Angeles Healthcare System

11301 Wilshire Blvd.
Los Angeles, CA 90073
(310) 478-3711

Visiting Nurses Association (Central Intake)

2826 W. Foothill Blvd., Ste. 101
Pasadena, CA 91107
(818) 956-1860

VITAS Innovative Hospice Care

598 S. Grand Ave.
Covina, CA 91724
(626) 974-2000

Wells House Hospice

245 Cherry Ave.
Long Beach, CA 90802
(562) 435-9363

Websites related to hospice care

California Hospice Foundation
www.hospicefoundation.info

Hospice Education Institute
www.hospiceworld.org

Hospice Foundation of America
www.hospicefoundation.org



HOUSING RESOURCES

The following agencies assist individuals in locating low-income housing and in dealing with tenants' rights.

Alternative Living for the Aging, Housing Alternatives for Seniors

Provides co-operative housing and free roommate matching service.
(323) 650-7988

City of Los Angeles Housing Department Rent Stabilization Division

Rent stabilization ordinance.
(866) 557-RENT

Los Angeles County Housing Resource Center

Phone: 2-1-1
www.housing.lacounty.gov

Menorah Housing Foundation

Offers affordable senior housing for those who qualify.
(310) 475-6083

US Department of Housing and Urban Development (HUD)

Office of Public Housing
Provides information on rental assistance and subsidy programs.
(213) 894-8000

Websites related to housing

Community Development
Commission/Housing Authority
County of Los Angeles
www.lacdc.org

Housing Rights Center
www.hrc-la.org

H.U.D. Senior Resources
www.hud.gov/groups/seniors.cfm



*Every 70 seconds, someone in the
U.S. develops Alzheimer's disease*



INSURANCE & SOCIAL SECURITY

The services listed below are sponsored by State and Federal government and may assist you in financial planning and attaining healthcare coverage.

California Department of Health Services–Medi-Cal (also known as Medicaid)

Provides health coverage that is determined by financial need, age and/or disability.
(800) 952-5294

CA Department of Insurance Consumer Hotline

Provides assistance with insurance complaints, claims, information and referrals.
(213) 897-8921
(800) 927-HELP (4357)

Medi-Cal Managed Care Ombudsman Program

Provides assistance with Medi-Cal.
(888) 452-8609

Medicare

Provides health benefits determined by age and severe disability.
(800) MEDICARE (633-4227)
www.medicare.gov

Social Security

Provides general assistance regarding Social Security matters, as well as with Medicare complaints.
(800) 772-1213

Websites related to insurance and social security

Administration on Aging
www.aoa.gov

Agency for Healthcare Research & Quality
www.ahrq.gov

California Community Care Licensing
www.cclid.ca.gov

California Health Advocates
www.cahealthadvocates.org

Centers for Medicare & Medicaid Services
www.cms.gov

Department of Veterans Affairs
www.va.gov

Eldercare Locator
www.eldercare.gov

Free Benefits Checkup
(Determines eligibility for programs)
www.benefitscheckup.org

Government Info for Seniors
www.usa.gov

HICAP (Health Insurance Counseling Advocacy Program)
www.cahealthadvocates.org/HICAP

Internal Revenue Services
www.irs.gov

Los Angeles County Department of Mental Health
www.dmh.lacounty.gov

Medical Forms
(California Dept. of Health Care Services)
www.dhcs.ca.gov

Medicare
www.medicare.gov

National Institute on Aging
www.nih.gov

Social Security Online Information
www.ssa.gov

U.S. Dept. of Health & Human Services
www.hhs.gov

Information and Referral

The following agencies are helpful resources for information related to government, social services, healthcare or Medicare-related issues.

211 Los Angeles County

Provides referrals to government, transportation, health and social services in Los Angeles county 24 hours/day, 7 days/week.

Phone: 2-1-1

Services also available in Spanish
www.infoline-la.org

California Advocates for Nursing Home Reform

Provides information and advocacy related to long-term care issues such as estate planning, Medi-Cal, elder abuse, resident rights, as well as involvement in legislation and policy. Statewide attorney referrals are also available.

(800) 474-1116

www.canhr.org

California Department of Managed Health Care California HMO Health Center

Provides assistance with filing HMO complaints.

(888) HMO-2219

(800) 400-0815

www.hmohelp.ca.gov

Center for Healthcare Rights, Health Insurance Counseling and Advocacy Program (HICAP)

(800) 434-0222

www.cahealthadvocates.org

Consumer Affairs

Provides assistance with business complaints.

(213) 974-1452 Los Angeles County

(800) 344-9940 State of California

Los Angeles Department of Aging

Information and referral

(800) 510-2020

www.aging.lacity.org

Services also available in Spanish, Korean, Tagalog, Chinese and Vietnamese

Medical Board of California Central Complaint Unit

Provides assistance with regards to filing a physician complaint.

(800) 633-2322

U.S. Consumer Product Safety Commission (Hotline)

A federal regulatory agency that protects the public against unreasonable risks of injuries and deaths associated with consumer products.

(800) 638-2772

Services also available in Spanish



*Alzheimer's is not limited to older adults.
It can occur in people in their 30s, 40s & 50s*



LEGAL & FINANCIAL PLANNING

Legal and financial planning should take place soon after a diagnosis of a dementia is made. Asset protection, advance directives and conservatorships are very important issues to consider while planning for your future and making plans for care. It is wise to consult with professional attorneys to help you with your legal and financial needs.

Legal Assistance & Information

Bet Tzedek Legal Services

Provides free legal assistance to low-income older adults. Also focuses on prevention of elder abuse.

(323) 939-0506

www.bettzedek.org

California Advocates for Nursing Home Reform (CANHR)

Provides consumer counseling, family council organizing, legal support, advocacy support and attorney referral service.

Consumer Hotline:

(800) 474-1116

www.canhr.org

Health Insurance Counseling & Advocacy Program (HICAP)

Also known as the Center for Health Care Rights, provides legal assistance for Medicare & Medi-Cal beneficiaries.

(213) 383-4519

(800) 824-0780 (Los Angeles only)

H.E.L.P. Health Care & Elder Law Programs

Provides free legal assistance and referrals.

(310) 533-1996

Information & Administrator Line

Provides information on conservatorships for the mentally ill, and assistance in locating family members for people who have died. Also provides estate management.

(213) 974-0515

(213) 974-0502

Los Angeles Bar Association Lawyer Referral & Information Service

(213) 243-1525

Los Angeles Caregiver Resource Center

Provides attorney referrals.

(800) 540-4442

National Senior Citizens Law Center

1444 I Street, NW Ste. 1100
Washington, DC 20005

(202) 289-6976

<http://www.nslc.org>

Smart Law

Free legal information line

(213) 243-1500

Special Elder Law Programs

(213) 896-6590

Elder Law Attorneys

ANTELOPE VALLEY

Thomas P. Kestler, Esq.
Attorney-at-Law

A Professional Corporation
 723 W. Lancaster Blvd.
 Lancaster, CA 93534
 (661) 945-6115

William Walsh
Walsh, Delaney & Yep, Attorneys
 42306 10th St. West, Ste. C
 Lancaster, CA 93534
 (661) 945-3184

LOS ANGELES

Michelle L. Abernathy
Gifford & Dearing
 700 S. Flower St., Ste. 1222
 Los Angeles, CA 90017
 (213) 626-4481

Leslie Barnett
 12400 Wilshire Blvd., Ste. 400
 Los Angeles, CA 90025
 (310) 571-3680

Collins Law Group
 Collins Law Building
 3330 West Manchester Blvd.
 Inglewood, CA 90305
 (310) 677-9787

Steven A. Friedman
Law Offices of Steven A. Friedman
 3550 Wilshire Blvd., Ste. 420
 Los Angeles, CA 90010
 (213) 386-5400
 Services also available in Spanish

Leah V. Granof, Esq.
 16133 Ventura Blvd., Ste. 700
 Encino, CA 91436
 (818) 981-0511

Susan Jabowski
 2215 Colby Ave.
 Los Angeles, CA 90064
 (310) 473-7000

Thomas D. Klarin, Attorney-at-Law
 5850 Canoga Ave., Ste. 400
 Woodland Hills, CA 91367
 (818) 710-7138

Frankie Fook-Lun Leung
 444 S. Flower St., Ste. 3010
 Los Angeles, CA 90071
 (213) 228-8922
 Services also available in Chinese

Law Offices of Terry M. Magady
A Professional Corporation
 11400 W. Olympic Blvd., Ste. 900
 Los Angeles, CA 90064
 (310) 478-6543

Yadira Garcia
Bet Tzedek Legal Services
 145 S. Fairfax Ave., Ste. 200
 Los Angeles, CA 90036
 (323) 549-5866
 Services also available in Spanish

Wilfredo Trivino Perez
& Associates
 12400 Wilshire Blvd., Ste. 400
 Los Angeles, CA 90025
 (310) 571-2802
 Services also available in Spanish

Donald L. Scoggins & Mary K. Vo
Scoggins & Vo
 3580 Wilshire Blvd., Ste. 1400
 Los Angeles, CA 90010-2515
 (213) 386-8085
 Services also available in Vietnamese

Jeffery C. Segal
Selman Breitman
 11766 Wilshire Blvd., 6th Floor
 Los Angeles, CA 90025
 (310) 445-0800

LEGAL & FINANCIAL PLANNING

Kayretha Hale Willis

Law Offices of Kayretha Hale Willis

880 W. 1st St., Ste. 302
Los Angeles, CA 90012
(213) 617-1035

Christine J. Wilson

Tyler & Wilson

5455 Wilshire Blvd., Ste. 1925
Los Angeles, CA 90048
(323) 655-7180
Services also available in Spanish, Armenian

SAN FERNANDO VALLEY

Ronald Berman

Law Offices of Berman & Berman

21031 Ventura Blvd., Ste. 803
Woodland Hills, CA 91364
(818) 593-5050

Bonnie Marie Bursk, Esq.

Law Offices of Savin & Bursk

10663 Yarmouth Ave.
Granada Hills, CA 91344
(818) 368-8646
Services also available in Spanish

Neal S. Dudovitz, Exec. Director **San Fernando Valley Neighborhood** **Legal Services**

13327 Van Nuys Blvd.
Pacoima, CA 91331
(818) 896-5211
Services also available in Spanish, Chinese

Mitchell A. Karasov

Law Offices of Mitchell A. Karasov

5352 Laurel Canyon Blvd., 2nd Floor
North Hollywood, CA 91607
(818) 508-7192

Thomas D. Klarin, Attorney At Law

5850 Canoga Ave., Ste. 400
Woodland Hills, CA 91367
(818) 710-7138

Law Offices

of Robert E. Lowenstein, Jr.

15315 Magnolia Blvd. #402
Sherman Oaks, CA 91403
(818) 905-6611

F. Bentley Mooney, Jr.

F. Bentley Mooney, Jr., Inc.

4605 Lankershim Blvd., Ste. 718
North Hollywood, CA 91602
(818) 769-4221

Kim Williams

Bet Tzedek Legal Services

12821 Victory Blvd.
North Hollywood, CA 91606
(323) 648-4726
Services also available in Spanish,
Russian, German, Yiddish

Caren R. Nielsen, Esq.

Glantz, Nielsen, Gillin & Scott, LLP

15760 Ventura Blvd., Ste. 1520
Encino, CA 91436
(818) 501-3100

Howard A. Schnee

Law Offices of Howard A. Schnee

5550 Topanga Canyon Blvd., Ste. 200
Woodland Hills, CA 91367
(818) 999-1434

Sirkin Law Group, P.C.

20750 Ventura Blvd., Suite 201
Woodland Hills, CA 91364
(818) 340-7952

Doron M. Tisser

5425 Farralone Ave. Ste. 100
Woodland Hills, CA 91367-6312
(818) 226-9125

Stuart D. Zimring

Law Offices of Stuart D. Zimring

12650 Riverside Dr.
North Hollywood, CA 91607
(818) 755-4848 ext. 103

SAN GABRIEL VALLEY

**Leslie D. Rasmussen
Hegé and Rasmussen**

550 W. Duarte Rd., Ste. 4
Arcadia, CA 91007
(626) 447-3539

**Ruth A. Phelps
Phelps, Schwarz & Phelps**

527 S. Lake Ave., Ste. 106
Pasadena, CA 91101
(626) 795-8844

SOUTH BAY / HARBOR

**Alex R. Borden & Scott P. Schomer
Borden Law Offices**

1518 Crenshaw Blvd., Ste. 107
Torrance, CA 90501
(310) 787-7577

Popeney & Lebetsamer, LLP

3868 Carson St., Ste. 110
Torrance, CA 90503
(310) 540-5203

**Winnie Weshler Conservators
of Southern California**

904 Silver Spur Rd., Ste. 425
Rolling Hills Estates, CA 90274
(310) 221-0443

**Websites related to legal
& financial issues**

American Bar Association
Commission on Law and Aging
www.abanet.org/aging

Bet Tzedek
www.bettzedek.org

State of California
www.ca.gov

California State Bar
www.calbar.ca.gov

Center for Health Care Rights
(213) 383-4519
Services also available in Spanish, Korean
www.healthcarerights.org

National Academy
of Elder Law Attorneys
www.naela.org

Partnership for Caring
-Advanced Directives
www.caringinfo.org



*As many as 5.3 million Americans are
now living with Alzheimer's disease*



MEDICAL SUPPLIES, EQUIPMENT & ASSISTIVE TECHNOLOGY

Medical equipment companies supply hospital beds, wheelchairs, mattress pads and other durable medical equipment to help those requiring extra assistance with activities of daily living. Assistive technology resources work to enhance the capacity of use of telephones, computers, and daily living or work spaces for individuals requiring assistance due to physical or mental impairments.

Medical Supply Companies

Accredited Medical Supplies

21142 Ventura Blvd
Woodland Hills, CA 91364
(818) 986-1234
www.accreditedmedicalequipment.com

Confidence First

(310) 330-7636

Jewish Family Service of Los Angeles

Home Secure program

Medical supply & home
modification program
(323) 937-5855

Medcare Medical Distributors, Inc.

3931 W. Slauson Ave.
Los Angeles, CA. 90043
(323) 295-1953

PCP Medical Inc.

(877) 841-2455

Whittier Medical Homecare Supply

(888) 213-1211

Valley Home Medical Supply

(818) 225-7705

Assistive Technology and Related Products

Abledata

(800) 227-0216
www.abledata.com

Ageless Design

www.agelessdesign.com

The Alzheimer's Store

www.alzstore.com

Assistive Technology

(800) 793-9227
www.assistivetech.com

Assistive Technology Training

www.lighthouse.org

Comfort Zone

www.alz.org/comfortzone



MEDICATION COVERAGE

This section provides an overview of the available FDA-approved treatments with information on payment options for each as applicable. Health professionals often divide the symptoms of Alzheimer’s disease into “cognitive” and “behavioral and psychiatric” categories.

- Cognitive symptoms affect memory, language, judgment, planning, ability to pay attention and other thought processes.
- Behavioral and psychiatric symptoms affect the way we feel and act.

Treatments for cognitive symptoms

The U.S. Food and Drug Administration (FDA) has approved two types of medications to treat cognitive symptoms of Alzheimer’s disease. When clinically indicated, these drugs are effective in managing symptoms associated with the progression of Alzheimer’s disease.

1. *Cholinesterase inhibitors*, which support communication among nerve cells.

- On average, delay worsening of symptoms for 6 to 12 months for about half the people who take them. Some experts believe a small percentage of people may benefit more dramatically.
- Three cholinesterase inhibitors are commonly prescribed:
 - A. Donepezil (Aricept®), approved to treat all stages of Alzheimer’s disease.
 - B. Rivastigmine (Exelon®), approved to treat mild to moderate Alzheimer’s.
 - C. Galantamine (Razadyne®), approved to treat mild to moderate Alzheimer’s.

2. *Memantine (Namenda®)*, which works by regulating the activity of glutamate, a messenger chemical involved in learning and memory.

- Approved in 2003 for treatment of moderate to severe Alzheimer’s disease.
- Temporarily delays worsening of symptoms for some people. Many experts consider its degree of benefit is similar to the cholinesterase inhibitors.

Medi-Care

Medicare Part D is a federal program to subsidize the costs of prescription drugs for Medicare beneficiaries in the United States. For information on Medicare Part D—The Prescription Drug Benefit, please contact the Health Insurance Counseling and Advocacy Program (HICAP) at (213) 383-7519 or (800) 824-0780 or online at www.healthcarerights.org. Medicare Part D basics also are available on www.alz.org/living_with_alzheimers.asp

Medi-Cal

Medi-Cal is the name of the Medicaid program in the State of California. It is jointly administered by the California State Department of Health Care Services and the Centers for Medicare and Medicaid Services (CMS), operating as a Medical Assistance Program under Title XIX of the Social Security Act.

In California, there are disparities in prescription drug coverage depending on the drug and the payment source. The following provides an overview of California payment options for the FDA-approved treatments:

Aricept®

This drug is approved and on the Department of Health Care Services' Medi-Cal list of contract drugs, which provides Medi-Cal beneficiaries with access to the drug. Further, the drug manufacturer, Eisai/Pfizer, has a patient assistance program called Pfizer Helpful Answers® for Aricept. To enroll, call (800) 226-2072. If the patient has no insurance or third-party prescription drug coverage, the physician may request free medication through the Aricept® Patient Assistance Program at (800) 226-2072

Exelon®

This drug is approved and on the Department of Health Care Services' Medi-Cal list of contract drugs, which provides Medi-Cal beneficiaries with access to the drug. Exelon is a product of Novartis. If you need assistance with enrollment in the Medicare Part D prescription drug benefit, please contact the Medicare Novartis Rx Assistance line at (800) 620-3292.

Namenda®

Namenda, also known as Memantine, was approved by the FDA in January 2004 to assist those in the middle to late stages of the disease process. It is not among the Medical contract drugs. No known medication assistance programs are currently available. To receive more information on Namenda (Memantine), please contact Forest Laboratories directly at (800) 678-1605 and ask for the Professional Affairs Division or visit www.namenda.com.

Razadyne® (formerly Reminyl®)

This drug (also known as galantamine) is approved and listed on the Department of Health Care Services' Medical list of contract drugs but is restricted to claims with dates of service on or before January 31, 2008. Continuing care for a date of service on or after February 1, 2008 is available when specific conditions are met. Patients who meet specific medical criteria and lack financial resources may request pharmaceutical assistance through the Johnson & Johnson Patient Assistance Program at (800) 652-6227 or <http://www.access2wellness.com>

Alternative Sources for Discounted Medications

Note: When purchasing prescription drugs on-line, patients should exercise caution. The Federal Food and Drug Administration offers pointers on its website: www.fda.gov.

American Association of Retired Persons (AARP)
(800) 456-2277
www.aarppharmacy.com

Costco
www.costco.com

Medicine Assist Program
www.mostchoice.com

Novartis Patient Assistance Foundation
Provides affordable medication to help low-income seniors.
(800) 277-2254

Peoples Prescription Plan
(800) 591-4279
www.peoplesrxcard.com

Pfizer
Provides affordable medication to help low-income seniors.
(866) 776-3700

Prescription Solutions
www.rxsolutions.com

Rx Help for Californians Partnership for Prescription Assistance
(877) 777-7815
www.rxhelpforca.org

Rx Hope
(877) 267-0517
www.rxhope.com

Veterans Administration
(877) 222-VETS
www.va.gov

Alternate resources for information on low-income medications include:
www.canadadrugs.com
www.drugstore.com
www.needymeds.com



MENTAL HEALTH

A variety of services are available to assist caregivers and people with dementia during the various stages of the disease process. While many caregivers benefit from support groups, some may find they need more. The following agencies offer assistance in the area of counseling to reduce feelings of irritability, tearfulness, insomnia, lack of appetite and difficulty concentrating. When contacting an agency, please keep in mind that services differ from one place to another. We encourage you to ask questions that will help you determine which service meets your needs best.

Los Angeles County Mental Health Programs

California Network for Mental Health Clients

Focuses on legislative/policy and self-advocacy for mental health clients.
(800) 626-7447

Department of Mental Health Access Line

Provides referrals & crisis intervention.
(800) 854-7771
<http://dmh.lacounty.gov>

Genesis Program

Offers mental health assessments for people over the age of 60.
(213) 351-7284

Los Angeles Caregiver Resource Center

Assists those who care for adults in Los Angeles County who are permanently brain impaired and 18 years or older.
(800) 540-4442
(213) 740-1376

Mental Health Rehabilitation Services A Division of Pacific Clinics

3875 S. Western Avenue
Los Angeles, CA 90062-1105
(213) 639-0204

Local Mental Health Programs

LOS ANGELES

AltaMed Senior Health & Activity Center

(323) 889-7862
Services also available in Spanish

Asian Pacific Health Care Venture, Inc.

(323) 644-3880
Services also available in Japanese, Thai, Cambodian, Spanish, Tagalog, Cantonese, Mandarin

Chinatown Service Center

(213) 808-1700
Services also available in Cantonese and Mandarin

East Los Angeles Mental Health Services

(323) 725-1337
Services also available in Spanish

Little Tokyo Service Center

(213) 473-1602

Services also available in Spanish,
Japanese, Chinese, Korean

Mental Health Association

(213) 413-1130

**Tingstad Older Adult Counseling
Center (TOACC)**

(213) 740-3493

Women Helping Women Services

(323) 655-3807

(877) 655-3807

SAN FERNANDO VALLEY**Alexa Healthcare Services**

(310) 806-1165

**Northridge Hospital Medical Center
Mental Health Services**

(818) 885-5484

S+AGE @ Sherman Oaks Hospital

(818) 990-2573

SAN GABRIEL VALLEY**Center for Aging Resources
-Pasadena**

(626) 577-8480

**Glendale Adventist Medical
Center Psychiatric Institute**

(818) 409-8027

Las Encinas Hospital-Pasadena

(626) 795-9901

direct number to hospital

**Huntington Hospital Senior
Care Network-Pasadena**

(626) 397-3110

Pacific Clinics

(626) 441-4221

Services also available in Spanish

SOUTH BAY / HARBOR**Bridges Program- San Pedro
Peninsula Hospital**

(310) 514-5453

Beach Cities Health District

(310) 374-3426

Jewish Family Services

(562) 427-7916

San Pedro Peninsula Hospital

(310) 514-5359

WESTSIDE**Cedars-Sinai Medical Center
Department of Psychiatry
and Mental Health**

(310) 423-3411

Center for Healthy Aging

(310) 829-4715

**Didi Hirsch Community
Mental Health Center**

(310) 390-6612

(310) 390-8896

Services also available in Spanish



RESEARCH & CLINICAL TRIALS

Why is research important?

Scientists are developing drugs that have the potential to slow or stop the progression of Alzheimer's. There is an urgent need for more people to enroll in clinical studies and trials. Research contribute to the knowledge of Alzheimer's disease. These trials and studies test new medications, new drug delivery methods and may yield a variety of data that can improve care and address symptoms.

Joining a research study can increase your knowledge and understanding of the disease and how it specifically relates to you and others like you.

Why participate?

Benefits may include:

- Access to the most current information and treatments
- Specialized care and consultation
- Contribution to the development of future treatments and an eventual cure
- A free comprehensive exam or payment for participation

How can I locate a trial?

Whether you are a Baby Boomer, a "Mature" or Generation X, there are research studies for you. Some studies enroll people who have a diagnosis of mild cognitive impairment (MCI) and others look for "normals" as part of a control group. Some studies involve medications or supplements, and others involve testing mental acuity and physical tasks.

Alzheimer's Association TrialMatch™

Alzheimer's Association TrialMatch, a new clinical studies matching service, offers Internet-based and phone-based searching for Alzheimer's, MCI, and related dementia clinical trials, as well as follow up calls from the Alzheimer's Association's contact center. Alzheimer's Association TrialMatch provides optimal "personalized" matches to clinical trials based upon a person's diagnosis, preferences and location. The service is confidential and free.

- Alzheimer's Association TrialMatch:
www.alz.org/trialmatch or (800) 272-3900

Local Research Studies

The Alzheimer's Association does not endorse specific trials. The following local centers are provided for your information. For information about current research studies, visit www.clinicaltrials.gov or www.alz.org/trialmatch.

AVI Clinical Research

Carson
(310) 329-2170
www.aviclinicalresearch.com

California Clinical Trials

Glendale CA 91206
(818) 254-1600
www.cctrials.com

California Neuroscience Research Medical Group

Sherman Oaks
(818) 990-2671
www.cnrmg.com

Cedars-Sinai Medical Center S. Mark Taper Foundation

Imaging Center
Los Angeles
(310) 423-7546
<http://www.csmc.edu>

Neurological Research Institute

Santa Monica
(800)-255-1414
<http://nrisocal.com/>

Pharmacology Research Institute

Encino
(818) 705-7451
(562) 795-6955
<http://www.priresearch.com/>

Schuster Medical Research Institute

Sherman Oaks
(818) 788-0747 ext. 6
www.smrionline.com

The Semel Institute for Neuroscience and Human Behavior

Los Angeles
(310) 825-0545
www.semel.ucla.edu

UCLA Geriatric Psychiatry Program

Los Angeles
(310) 794-9523
www.semel.ucla.edu/latelife

UCLA Mary S. Easton Center for Alzheimer's Disease Research

Los Angeles
(310) 794-6039
www.eastonad.ucla.edu

UCLA/VA Greater Los Angeles

Healthcare System
Los Angeles
(310) 268-3043

UCLA/WLA VA Medical Center

Los Angeles
(310) 478-3711 ext. 44208,

USC Alzheimer's Disease Research Center

Los Angeles
(323) 442-5775
<http://geroweb.usc.edu/adrc/>

USC Memory & Aging Center

Los Angeles
(323) 442-5775
gsc@usc.edu



SAFETY & EMERGENCIES

Alzheimer's causes changes in the brain and body that may affect safety. Depending on the stage of the disease, these can include changes in judgment, abstract thinking, sense of time/place and behavior.

Taking measures to ensure safety at all times can help prevent injuries, and it can help people with dementia feel relaxed and less overwhelmed. Use the resources in this section to evaluate your surroundings for any particular dangers and change them to meet individual needs.

MedicAlert® + Alzheimer's Association Safe Return®

A 24-hour nationwide emergency response service for individuals who wander or have a medical emergency. We provide 24-hour assistance, no matter when or where the person is reported missing. There is an initial enrollment fee of \$49.95 and a \$30.00 annual program fee. Scholarships are available for families in financial need. Contact our Helpline for information and enrollment: (800) 272-3900

To report a wandering incident: Call 911. Then call (800) 625-3780.

Alzheimer's Association Comfort Zone®

A Web-based service that uses the Internet and a GPS device to track the location of a person with Alzheimer's. Families can set-up safety zones in a Web application and receive alerts. All Comfort Zone plans come with MedicAlert® + Alzheimer's Association Safe Return®. To learn more, call (877) 259-4850 or visit www.alz.org/comfortzone

City of Los Angeles Dept. of Aging
(800) 510-2020
www.aging.lacity.org

County of Los Angeles Area Agency on Aging

Provides referrals to local senior centers that can assist with emergency housing, transportation, food, legal issues and other resources.
(213) 738-4004
www.css.lacounty.gov

Los Angeles Housing Department HomeSecure Program

Provides free minor home repairs for older adults throughout Los Angeles County. For a referral to a local office: (213) 808-8803 –English
(866) 557-7368 –Toll Free/Spanish
www.lahd.lacity.org

Jewish Family Services Home Secure Program

Provides home safety and security services for low-income older adults. Serves LA, Burbank, Culver City and Beverly Hills
(323) 937-5855 Los Angeles
(818) 762-5892 San Fernando Valley
www.jfsla.org

Lifeline: Cedars-Sinai Medical Center

A personal response service that provides 24-hour assistance via a push button device worn by the individual registered in the program.
(310) 423-5468



SUPPORT GROUP SERVICES

Support Groups allow caregivers, persons with dementia, and/or family members to meet on an ongoing basis to receive support from their peers and information on the disease. The following are types of support groups available through the Alzheimer's Association:

Caregiver Support Groups

When it comes to caring for someone with Alzheimer's disease or a related dementia, nobody can do it alone. This program provides education about the disease as well as support and advice. Groups are held in different languages throughout Los Angeles County.

Early Stage Support Groups

These support groups are specifically for persons in the early stage of Alzheimer's disease, as well as their care partners and family members. Participants can listen, share, learn, and problem solve around issues related to a diagnosis of dementia in a comfortable environment.

Support Group Facilitator Training

This program trains people interested in leading a group for caregivers of persons with Alzheimer's disease or a related dementia. The training includes techniques as well as unique resources provided by the Association in order to make a support group more effective.

Alzheimer's Online Community

This Web-based forum offers the opportunity to enjoy open discussions, share thoughts and experiences, read commentary or post questions. Topics include research, advocacy, tips, coping and caregiving. There is a Spanish-language section, too. To access the Message Boards, visit the Support Groups page of our Web site: www.alz.org/californiasouthland.

In our effort to provide you with the most up-to-date and accurate information, the full listing of available support groups in Los Angeles County is not listed in this Resource Directory. To receive a complete listing of support groups in Los Angeles County, please call our Helpline at (800) 272-3900, or visit www.alz.org/californiasouthland.



TRANSPORTATION

The following lists transportation services for seniors and/or disabled individuals including people with dementia.

It is important to keep in mind that these services may or may not provide additional assistance for people with dementia. Please call ahead of time to find out if additional assistance is provided.

Access Services

Provides transportation for disabled individuals including people with Alzheimer's.

(800) 827-0829

Dial-a Ride (also called CityRide)

Curb-to-curb transportation program for seniors. Sliding scale fare available

(323) 666-0895

(818) 908-1901

To register for the program call:

(213) 808-7433

Little Tokyo Service Center

Provides transportation services to SSI and medical appointments in specific geographic areas in Los Angeles County.

(213) 473-1602

TLC Senior Helpers

Transportation and Errand Services for L.A. Seniors

6245 Bristol Parkway #429

Culver City, CA 90230

(310) 338-7247

(888) TLC-DRVE (852-3783)

WISE Senior Services

This service provides low-cost, shared ride service and curb-to-curb transportation in the West Los Angeles area.

(310) 394-9871



VETERANS ADMINISTRATION (VA) SERVICES

Veterans services provide long-term care and other geriatric medical services for veterans (www.va.gov).

Sepulveda VA Geriatric Research Education and Clinical Center (GRECC)

16111 Plummer St.

Sepulveda, CA 91343

(818) 895-9311

West Los Angeles VA Geriatric Research Education and Clinical Center (GRECC)

11301 Wilshire Blvd.

Los Angeles, CA 90073

(310) 268-4110

alzheimer's  association

10 WAYS TO MAINTAIN YOUR BRAIN

1. Head first

Good health starts with your brain. It's one of the most vital body organs, and it needs care and maintenance.

2. Be heart smart

Heart disease, high blood pressure, diabetes and stroke can increase your risk of Alzheimer's.

3. Your numbers count

Keep your body weight, blood pressure, cholesterol and blood sugar levels within recommended ranges.

4. Use your head

Avoid unhealthy habits. Don't smoke. Don't drink excessive alcohol or use street drugs.

5. Work your body

Physical exercise keeps the blood flowing and encourages new brain cells. It doesn't have to be a strenuous activity. Do what you can—like walking 30 minutes a day—to keep both body and mind active.

There is growing evidence that lifestyle can affect your brain health and risk for dementia. Here are ways to make brain-healthy life choices.

6. Jog your mind

Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections. Read, write, play games, do crossword puzzles.

7. Connect with others

Leisure activities that combine physical, mental and social elements may be most likely to prevent dementia. Be social, converse, volunteer, join.

8. Heads up! Protect your brain

Take precautions against injuries. Use your car seat belts; unclutter your house to avoid falls; and wear a helmet when cycling.

9. Eat wisely

Research suggests that high cholesterol may contribute to stroke and brain cell damage. Eat a low-fat, low-cholesterol diet that features dark-skinned vegetables and fruits; foods rich in antioxidants; vitamins E, C and B-12; folate; and omega-3 fatty acids.

10. Think ahead—start today!

Take action today to protect your tomorrow.

10 SYMPTOMS OF CAREGIVER STRESS

Are you so overwhelmed by taking care of someone else that you have neglected your own physical, mental and emotional well-being? If you find yourself without the time to take care of your own needs, you may be putting yourself and your health at risk. If you experience some of these signs of stress on a regular basis, make time to talk to your doctor.

1. Denial about the disease and its effect on the person who's been diagnosed

I know Mom is going to get better.

2. Anger at the person with Alzheimer's or others; anger that no cure exists and anger that people don't understand what's going on

If he asks me that question one more time, I'll scream!

3. Social withdrawal from friends and activities that once brought pleasure

I don't care about getting together with the neighbors anymore.

4. Anxiety about facing another day and what the future holds

What happens when he needs more care than I can provide?

5. Depression that begins to break your spirit and affects your ability to cope

I don't care anymore.

6. Exhaustion that makes it nearly impossible to complete necessary daily tasks

I'm too tired for this.

7. Sleeplessness caused by a never-ending list of concerns

What if she wanders out of the house or falls and hurts herself?

8. Irritability that leads to moodiness and triggers negative reactions

Leave me alone!

9. Lack of concentration that makes it difficult to perform familiar tasks

I was so busy; I forgot we had an appointment.

10. Health problems that begin to take their toll, both mentally and physically

I can't remember the last time I felt good.

For reliable information and support all day, every day, contact the Alzheimer's Association Helpline at (800) 272-3900

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PLAN FOR THE FUTURE

When you are in the early stages of Alzheimer's, it's important to take steps right away to plan for the future. Doing so allows you to participate in making decisions and ensures your family won't be forced to make them for you in a crisis situation.

- Learn the difference between normal aging and Alzheimer's disease
- Get a proper diagnosis for memory problems
- Educate yourself about the disease
- Partner with your doctor and community service providers
- Learn the facts about caregiver health and wellness
- Identify care options: care consultant, adult day services, in-home and residential care, and home health
- Identify support services: care management, support groups, technology
- Consult an elder law attorney for advance directives in health care/finances and estate planning
- Review financial responsibility and accountability
- Consider autopsy, funeral arrangements and wishes

To learn more about Alzheimer's and the support services available, contact our 24/7 Helpline at (800) 272-3900 for care consultation, information and referral or visit www.alz.org/carefinder.

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**HELPLINE 24/7:
(800) 272-3900**

24/7 HELPLINE



(800) 272-3900

Services and Support for you and your family

- Talk with a caring professional
- Learn about education programs
- Understand
- Get connected
- Discover resources

www.alz.org/california-southland



alzheimer's association™

California Southland Chapter
5900 Wilshire Blvd., Ste. 1100
Los Angeles, Ca 90036