



**Caregiver Information,
Services and Resources**
in Stanislaus County

**For More Information:
Area Agency on Aging
(209) 558-8698 or
(800) 510-2020**

www.agingservices.info

Introduction

Caregiving may be the most important job in our society. Everyone needs care as infants and most of us will need some kind of care at the end of our lives. At both ends of our lives caregiving is most often done in the family setting.

Caring for adults involves challenges not seen with children. Often the “caring” is being done by spouses or adult children who have a variety of needs and responsibilities outside of that “caring” role. Too often the caregiver neglects his or her own needs, resulting in the caregiver’s own health crisis. Many caregivers view looking for help as weakness or reneging on a promise to care for their loved one.

Help for caregivers to continue in their roles can be as little as finding helpful information and as much as having someone else provide care, either temporarily or on a long term basis. Respite services are those services that allow a caregiver to have time away from his or her loved one to recharge their physical and emotional “batteries”. The services can be performed informally by other family and friends, through a fee-based agency, or through limited subsidized programs.

This Resource Guide is intended to be a point of entry to the possibilities of receiving various levels of assistance in doing the very important role of caregiving. It was developed to assist caregivers of elders and disabled persons and contains partial lists of resources in the Stanislaus County area. **The information provided does not reflect an endorsement of any particular agency.**

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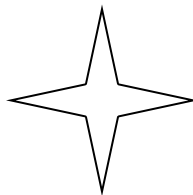


“There are four types of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers.”

Former First Lady Rosalynn Carter

“Sometimes when we are generous in small, barely detectable ways it can change someone else's life forever.”

Margaret Cho



Information, Services & Resources

Alzheimer/Dementia Support Center

700 McHenry Ave., Ste. B, Modesto, CA 95350

209- 577-0018 www.adscmodesto.org

Alzheimer's/Dementia Support Center, Inc. ("ADSC") is a Community-Based Nonprofit Corporation that offers:

- Support - See pg. 16 for a list of Support Groups for Caregivers & Care Receivers
- Guidance
- Educational Resources
- Issues related to Alzheimer's Disease
- Memory Loss
- Other Dementia Related Illnesses

Information, Services & Resources

Area Agency on Aging Information & Assistance

3500 Coffee Rd, Suite 19, Modesto, 95355

209-558-8698 or 1-800-510-2020

www.agingservices.info

The local agency responsible for Older Americans Act Services:

- Senior Meals-Sites and Home-Delivered
- Family Caregiver Support Program
- Case Management
- Homemaker Services
- Long Term Care Ombudsman and Elder Abuse Prevention
- Senior Law Project
- Health Insurance Counseling & Advocacy Program
- Information about services for seniors and caregivers; referrals to related programs and services
- Senior Exercise and Fall Prevention Classes

California State Programs:

- Multipurpose Senior Services Program
- Depression Prevention & Early Intervention Programs

Family Caregiver Support Program-Gives unpaid informal caregivers occasional opportunities to safely leave a care receiver at home with professional caregivers.

Veterans Services - 209-558-7380; Connecting veterans of all ages to services.

Information, Services & Resources

Catholic Charities-Social Services

209-529-3784

www.cstockton.org

Catholic Charities is a nonprofit organization that has been serving Stanislaus County seniors for more than 30 years. Many of our services are specifically designed to safely help older adults maintain independence in their home. We also assist residents in facility settings.

- Assisted Transportation: provides rides for those who are 60+ years and are unable to use fixed route or dial-a-ride buses; includes wheelchairs.
- Homemaker Program: provides limited housekeeping services twice monthly.
- Long Term Care Ombudsman: provides advocacy for residents of assisted living and skilled nursing facilities.
- SEAPA (Stanislaus Elder Abuse Prevention Alliance): conducts educational opportunities aimed at preventing elder and dependent adult abuse.
- CalFresh and SNAP-Ed Programs: assist with applications for food stamps and provide nutrition education.
- Family Counseling Service: short term counseling needs.
- Immigration Service: works with Family Reunification and other Homeland Security programs.

Information, Services & Resources

American Cancer Society

800-227-2345 www.cancer.org

Caregiver Information is available at:

www.cancer.org/treatment/caregivers/index

Road To Recovery Transportation Program:

The American Cancer Society Road to Recovery program provides transportation to and from treatment for people who have cancer who do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars so that patients can receive the life-saving treatments they need.

Information, Services & Resources

Community Hospice

4368 Spyles Way, Modesto, CA 95356

209-578-6300 www.hospiceheart.org

Serving the Central Valley since 1979, Community Hospice provides compassionate care, comfort & support to terminally ill patients and their families, regardless of ability to pay. Care extends to over 260 patients every day in private homes, skilled nursing facilities and at the 16-room Alexander Cohen Hospice House. Community Hospice also provides bereavement and grief support to anyone in the community.

Community Hospice services include:

- Physician consultations
- Regular visits by nurses to provide symptom control, pain management and to educate patients and caregivers
- Social workers trained to support the emotional needs of the patient and family
- Spiritual support from interfaith chaplains
- Assistance with bathing and personal care from home health aides
- Visits from volunteers that provide temporary relief for family caregivers
- Medication and therapies
- Medical equipment such as beds, commodes, wheelchairs, walkers and oxygen concentrators
- Short-term respite and inpatient care at the Alexander Cohen Hospice House
- Bereavement support for caregivers and the family
- Specialized care addressing the unique needs of veterans and children.

Hospice services are covered by Medicare and most insurers.

Call for a free consultation.

Information, Services & Resources

VIPS -Visually Impaired Persons Support –

Building a Good Life

209-846-9027 Mon - Fri 8 :00 a.m. - 4:00 p.m.

www.vipsmodesto.org

Address: 1409 H Street, Modesto, CA 95354

VIPS provides a place of compassion, support, understanding, education and personal growth for any person who is blind or visually impaired, through independent life and job skills training.

- Personalized training programs*
- Computer Training
 - Microsoft Office[®], Email, Web browsing
 - Scanning documents
 - Screen reading and magnification
- Assistive Technology (CCTV, Magnifies +)
- Independent Living Skills
 - Cooking
 - Organization & Home Management
 - Money Identification
 - Signature Writing
- Braille Instruction
- Adjustment to Blindness & Vision Loss
- Support Groups– Both visually-impaired persons and caregivers.

* Programs funded by Department of Rehabilitation or Veterans Administration for qualified individuals. Contact VIPS for other funding options.

Elder Care Coordination Agencies

Shelton Care Management

209-681-7242

1-800-916-6482

patty@SheltonCareManagement.com

Patricia Shelton, RN, CCM

www.SheltonCareManagement.com

Professional assistance in navigating the medical, financial and local resources available to support your aging loved ones. Delivering care-coordination to preserve the dignity and safety of each individual.

Web Resources

Aging Care	www.AgingCare.com
Alzheimer’s Aid Society	www.alzaid.org
Alzheimer’s Association	www.alz.org
Alzheimer/Dementia Support Center, Inc.	www.adscmodesto.org
California Advocates for Nursing Home Reform— CANHR	www.CANHR.org
Caregiving	www.Caring.com
Catholic Charities	www.ccstockton.org
Community Hospice	www.hospiceheart.org
Disability Resource Agency for Independent Living	www.DRAIL.org
Health Net	www.healthnet.com
Healthy Aging Association	www.healthyagingassociation.org
Medicare	www.cms.gov or www.medicare.gov
Mesothelioma Cancer Alliance	www.mesothelioma.com
Parkinson’s Disease	www.parkinsons.org
Social Security Administration	www.ssa.gov
Stanislaus County Aging & Veterans Services	www.agingservices.info
Visually Impaired Persons Support ...	www.vipsmodesto.org

Caregiver Frequently Asked Questions

Question: *My mother is disabled and I drive her wherever she needs to go. How can I get a handicapped placard to use in my car?*

Answer:

- How to apply for a placard: www.dmv.ca.gov/pubs/brochures/fast_facts/ffvr07.htm
- Access the DMV Application for Disabled Person Placard or Plates: apps.dmv.ca.gov/forms/reg/reg195.pdf
- Helpful Information for Disabled Using DMV Services: www.dmv.ca.gov/dl/disabled_info.htm
- DMV Telephone Service Center: 1-800-777-0133

Question: *Where do I get a list of agencies that I can employ to help me in my home?*

Answer: Contact the Stanislaus County Area Agency on Aging, 209-558-8698 or 1-800-510-2020 for a list that includes agencies, phone numbers, websites and description of services.

Question: *What is In Home Supportive Services (IHSS) and how do I register for this service?*

Answer: IHSS is a program to assist lower income seniors and persons with disabilities to remain in their homes, instead of moving prematurely to a care home. Contact the Stanislaus County Adult Services Department, 209-558-2637. To find a registered and approved IHSS caregiver, or to be included in the Registry as a caregiver, contact *Link 2 Care*, 209-558-1650.

Caregiver Frequently Asked Questions

Question: *How can I talk to the doctor to make sure she/he answers my questions and I understand my condition and treatment plan?*

Answer:

- Develop a rapport with the doctor's assistant-nurse or receptionist; notify that person about questions
- Take a list of questions and a notebook to record answers
- Be non-confrontational, understanding of the staff's time constraints
- Take another person with you to the appointments
- Seek answers via your health plan's help line, web sites and health libraries (see below)

Question: *I don't use the internet. Are there local places where I can learn more about family caregiving, health and chronic conditions?*

Answer: The following organizations have on-site health libraries that you can visit and get information.

- Community Hospice, 4368 Spyres Way, Modesto, 209-578-6300
- Sutter Gould Medical Foundation, McHenry Village, 1700 McHenry Ave, Suite 60B, Modesto, 209-548-7860

Caregiver Frequently Asked Questions

Question: *I may need to find a care home if I can't handle things at home. How can I find the best place that will satisfy our needs?*

Answer: Contact the Area Agency on Aging, 209-558-8698 or 1-800-510-2020 for:

- A list of care homes in Stanislaus County.
- A list of **Free Referral Services** to help caregivers prioritize and find the appropriate care home. These services consider the needs of the senior, resources, and criteria expressed by the family and senior. Several care homes are suggested. If the senior and family choose one of the suggested care homes, the Referral Service staff is paid by the care home. **See pg. 22.**

Go to www.Medicare.gov/NursingHomeCompare/search.aspx

Question: *Are there options for Adult Day Care in the area?*

Answer: Adult Day Care is available:

Bethany Home Adult Day Services, Ripon 209-599-4221

Day Out Adult Day Care & Adult Day Health Care, Merced
209-388-9175

Question: *How do I enroll my loved one in Medi-Cal?*

Answer: Contact, 877-652-0734, and request an application.

Caregiver Frequently Asked Questions

Question: *I am a family caregiver, does that make me a mandated reporter for elder abuse? What is a mandated reporter and who do I call if I suspect abuse?*

Answer: Under California law (Welfare & Institutions Code 15630) if you are a caregiver (paid or unpaid), **you are a mandated reporter** of suspected elder or dependent adult abuse. You would make reports to Stanislaus County Adult Protective Services (209-558-2637) or the Long Term Care Ombudsman program, (for anyone living in assisted living or skilled nursing facilities; 209-529-3784). All reports of suspected abuse are strictly confidential –your identity as a reporter will **not** be disclosed! It is important to remember that a report should be made if you suspect abuse has or is occurring. Reports can also be made using the state SOC341, available online at: www.dss.cahwnet.gov/cdssweb/entres/forms/English/SOC341.pdf

Others who are mandated to report include: emergency responders, health practitioners, clergy members, and anyone who has “care and custody” (even temporarily) of an elder or dependent adult.

For information on Stanislaus County Adult Protective Services and to report suspected elder abuse - 24 hour reporting line: 1-800-336-4316 or visit www.stanworks.com/content.php?nav=adult-services/adult-protective-services.htm

Question: *Where do I find resources for a person with disabilities?*

Answer: Contact DRAIL, 209-521-7260.

Support Groups

Alzheimer's/Dementia Support Center

Caregiver & Early Stage Memory Groups

700 McHenry Ave., Ste. B, Modesto *Contact 209-577-0018*

Every Monday

Every Thursday

Caregivers:

Caregivers & Memory Group

9:30 a.m.-12:00 p.m.

2:00 p.m.-3:30 p.m.

5:30 p.m.-7:00 p.m. (includes Memory Group)

Memory Group:

Every Wednesday

10:30 a.m.-12:00 p.m.

9:30 a.m.-11 a.m.

Caregivers & Memory Group

Paramount Court Assisted Living

3791 Crowell Rd, Turlock. *Contact: 209-664-9500.*

Every Wednesday:

Every Thursday:

5:30 p.m.-7:00 p.m.

9:30 a.m. -11:00 a.m.

Caregivers Groups

Gladys Lemmons Senior Center, 450 E. A Street, Oakdale

Every Monday:

1 p.m.—2:30 p.m.

Bethel Retirement Community, 2345 Scenic Dr, Modesto

Contact: 209-577-1901

Every Wednesday:

4 p.m.-6:30 p.m.

Support Groups

Dale Commons, 3900 Dale Road, Modesto

Contact: Cheryl Lourenco, 209-526-2053

1st and 3rd Tuesday:

12-1:30 p.m., Lunch Included, RSVP Requested

Community Hospice

Contact: 209-578-6300 or visit their website:

www.hospiceheart.org for a list of Groups specific to your need.

Parkinson's Disease Information & Support

Contact: Debra Watson, 209-552-9043

*Facebook-*Modesto Parkinson's Group

*Email-*Modestoparkinson@outlook.com

Every 3rd Wednesday: 1:30 p.m.

Trinity United Presbyterian Church, TELLE CENTER,
1600 Carver Rd, Modesto

Turlock Parkinson's Disease Support Group

Contact: Paul Barnes, 209-216-5620

Every 2nd Wednesday: 1 p.m.

Berg Hall, Covenant Village, 2125 N. Olive Ave, Turlock

Support Groups

VIPS-Visually Impaired Persons Support

Contact: 846-9027 for more information

Blind Faith: 1st and 3rd Wednesdays, 10:30 a.m.-12 noon.

Visionary: 2nd & 4th Wednesdays, 10:30 a.m.-12 noon

Social: 5th Wednesday, 10:30 a.m.-12 noon

Caregivers: First Wednesday, monthly, 10:30 a.m.-12 noon

Covenant Care Hospice

Contact: Jill Dhiesa, 209-664-2550

Grief Support Groups-Call for information, dates & times.

1850 Colorado Ave, Turlock

Kinship Support Services Program-Services for Senior Relatives Raising Minor Children

Contact: 209-558-8550

Support Groups and Other Assistance-Call for Information

421 E. Morris Avenue, Modesto

Valley Caregiver Resource Center

Contact: 1-800-541-8614

Every 4th Friday: 1:30-3 p.m.

Covenant Village, 2125 N. Olive Ave, Turlock

Support Groups

Silver & Gold Support Group 4 LGBT Elders

*Contact: Monica O - Tiamonica64@gmail.com or
Susan J - Susanthepoet@gmail.com
209-525-4919*

*Mondays: 3-4 p.m.-Community-Hope-Recovery,
305 Downey Ave, Modesto*

Ongoing support group to meet the mental health and well-ness needs of the LGBT community

Us TOO-Prostate Cancer-Education & Support

Contact: Ken Wilmarth 209-521-6468

*Fourth Monday: 6:30 p.m.-9:00 p.m.-Sutter Gould Health Center, 1700 McHenry Ave, Suite 60-B, Modesto
*Speakers available**

Alzheimer's Aid Society

Contact: 1-800-540-3340

*Thursdays: 2 p.m.-Covenant Village
2125 North Olive Ave, Turlock*

Two groups- Meetings for caregivers and care receivers in separate rooms.

VA Palo Alto Health Care System Caregiver Support

Contact: Tari Gatson 209-557-6200, Ext. 46021

Alternate Wednesdays: 11 a.m.-12 p.m., 3 p.m.-4 p.m.

Assistive Device Resources

Allegro Medical

www.allegromedical.com

Freedom Knee Scooter and Equipment Rental

1020 McHenry Ave, Modesto, 95350

Phone: 209-408-8545

www.freedomkneescooter.com

Medical Market

3848 McHenry Ave, Suite 215, Modesto

Phone: 209-409-8427

Mobility Plus-Home Medical Equipment

627 Galaxy Way, Modesto, 95356

Phone: 209 552-2244

www.MobilityPlusofCA.com

Modesto Mobility Center, Inc.

1025 Lone Palm Ave, Suite 5 A-B, Modesto 95351

Phone: 209-577-1069

Walmart

www.walmart.com

Home Health & Personal Care Agencies

Access Home Care	<i>209-918-8005</i>
Addus Health Care	<i>209-526-8451</i>
Alegre Home Care	<i>209-846-3610</i>
Apexcare	<i>209-525-9111</i>
Assured Care Inc.	<i>209-579-5540</i>
Covenant Care at Home	<i>209-250-5250</i>
Interim Health Care	<i>209-577-5936</i>
Provident Care	<i>209-578-1210</i>
ResCare Homecare	<i>209-523-9194</i>
Right At Home	<i>209-579-9445</i>
Sutter Care at Home	<i>209-571-1055</i>
Valley Home Care	<i>209-549-9745</i>
Valley Home Health Care	<i>559-222-4060</i>

Notes

Free Care Home Referral Services

A+ Senior Care Solutions	<i>209-652-2118</i>
Apexcare	<i>209-525-9111</i>
A Place Called Home	<i>209-342-7697</i>
A Place For Mom	<i>209-294-3253</i>
Golden Placement Services	<i>209-222-7138</i>
Provident Care	<i>209-578-1210</i>
Superior Care	<i>209-568-9209</i>

To receive caregiver updates via email, contact:

Linda Lowe, lowel@stancounty.com

Notes



Area Agency on Aging



Catholic Charities
Diocese of Stockton



"Just Ask!"

Alzheimer's/Dementia
Support Center



Community
Hospice



**Stanislaus County Senior & Caregiver Information line at:
209-558-8698 or Toll-Free: 1-800-510-2020**