

SAN DIEGO COUNTY ALZHEIMER'S DISEASE AND RELATED DEMENTIAS

INFORMATION & RESOURCES FOR CAREGIVERS

Information & Resource Lines

- 211: County-wide info/resources, <http://211sandiego.org>
- Aging & Independence Services: (800) 510-2020, specific info/resources for older adults, including Adult Protective Services, <http://sandiegocounty.gov/hhsa/programs/ais/>
- Alzheimer's Association: (800) 272-3900, Alzheimer's disease specific <http://alz.org>
- Alzheimer's San Diego: (858) 492-4400, San Diego based resource organization; <http://alzsd.org>
- Southern Caregiver Resource Center: (800) 827-1008, Caregiver focused info/resources <http://caregivercenter.org/>

Alzheimer's-Specific Resources

- Alzheimer's Association: (800) 272-3900, Includes information on specific behavioral issues
- Alzheimer's San Diego: (858) 492-4400, <http://alzsd.org>
- Glenner Center: (619) 543-4700, <http://glenner.org>
- Southern Caregiver Resource Center: (800) 827-1008, <http://caregivercenter.org>
- UC San Diego Shiley-Marcos Alzheimer's Disease Research Center: (858) 822-4800, <http://adrc.ucsd.edu>

Common Needs Resources

- California Department of Aging, 916-322-5290, <http://www.aging.ca.gov>
- Caregiver Resources: Southern Caregiver Resource Center, (800) 827-1008, <http://caregivercenter.org>
- Health Insurance Resources: Health, Information, Counseling & Advocacy Program (HICAP), (858) 565-1392, <http://www.cahealthadvocates.org>
- In-Home Care Resources: In-Home Supportive Services, (800) 510-2020, <http://sandiegocounty.gov/hhsa/programs/ais/>
- Jewish Family Services Older Adult Helpline 858-637-3040, <http://www.jfssd.org>
- Legal Resources: Elder Law & Advocacy, (858) 565-1392, <http://www.seniorlaw-sd.org>
- SeniorHelp.org Directory for assisted living communities, in-home caregivers, etc. 866-333-5183.
- US Department of Health and Human Services Administration on Aging, <http://www.aoa.gov>
- VA San Diego Healthcare System Caregiver Support. www.caregiver.va.gov 619-497-8424.
- Getting to Know Dementia: A Patient's Guide to Diagnosis, Treatment and Care, Fourth Edition, 2011. UBC eHealth Strategy Office, 855 W 10th Avenue, Vancouver, British Columbia, Canada, V5Z http://www.iconproject.org/dnn_icon/Portals/0/Docs/2011-06-08-GTKDEnglish-Web.pdf
- Mace, N. & Rabins, P. The 36-Hour Day: A Family Guide to Caring for People with Alzheimer Disease, other Dementias, and Memory Loss in Later Life.

Conversation Project: http://theconversationproject.org/wp-content/uploads/2016/05/TCP_StarterKit_Alzheimers.pdf

Safety Resources

- Alzheimer's Association "Safe Return" program using identification products such as necklaces and bracelets, wallet cards, clothing labels with toll free 800 numbers on them. www.alz.org/SafeReturn
- Adult Protective Services: (800) 510-2020, for elder and disabled adult abuse reporting
- Sheriff's "Take Me Home" Program and You Are Not Alone Program: www.sdsheiff.net/tmh (info on registering)