

# Information and Resources for Caregivers

## Information and 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>
- CaregiverSD.com: Listings and weekly info; <http://sandiegouniontribune.com/caregiver>
- Jewish Family Service Older Adult Helpline (858) 637-3388, <http://www.jfssd.org>
- Southern Caregiver Resource Center: (800) 827-1008, Caregiver focused information and resources <http://caregivercenter.org/>

## Alzheimer's-Specific Organizations and Services

- Alzheimer's Association: (800) 272-3900, [alz.org](http://alz.org)
- Alzheimer's San Diego: (858) 492-4400, [alzsd.org](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>

## Caregiver Resources

- Respite Voucher Program offers matching funding. Call 858-268-4432 or 619-350-2768
- Southern Caregiver Resource Center, (800) 827-1008, <http://caregivercenter.org>
- Respite Volunteer Program: Alzheimer's San Diego; (858) 492-4400, <http://alzsd.org>
- ChooseWell: Listings and ratings of assisted living facilities; County HHSA; [choosewellsandiego.org](http://choosewellsandiego.org)

- In-Home Care Resources: In-Home Supportive Services, (800) 510-2020, <http://sandiegocounty.gov/hhsa/programs/ais/>
- A Place for Mom: National senior care referral service; (800) 765-0741; <http://aplaceformom.org>
- VA San Diego Healthcare System Caregiver Support. [www.caregiver.va.gov](http://www.caregiver.va.gov) (619) 497-8424

## Insurance and Legal Resources

- California Department of Aging, 916-322-5290, <http://www.aging.ca.gov>
- Health Insurance Resources: Health, Information, Counseling & Advocacy Program (HICAP), (858) 565-1392, <https://cahealthadvocates.org>
- Legal Resources: Elder Law & Advocacy, (858) 565-1392, <http://www.seniorlaw-sd.org>
- US Department of Health and Human Services Administration on Aging, <http://www.aoa.gov>

## Print Resources

- 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 <https://chinese.iconproject.org/Portals/0/Docs/DementiaBooklet.pdf>
- Mace, N. & Rabins, P. The 36-Hour Day: A Family Guide to Caring for People with Alzheimer's Disease, other Dementias, and Memory Loss in Later Life.

## Safety Resources

- Alzheimer's Association "Safe Return" program using identification products with toll free 800 numbers [www.alz.org/SafeReturn](http://www.alz.org/SafeReturn)
- Adult Protective Services: (800) 510-2020, for elder and disabled adult abuse reporting
- SD County Sheriff's "Take Me Home" Program and "You Are Not Alone" Program: [www.sdsheriff.net/tmh](http://www.sdsheriff.net/tmh) (info on registering)