

**DO YOU NEED HELP  
CARING FOR AN  
ELDERLY LOVED ONE?**

*you  
are not  
alone...*

Families provide the majority of care to chronically ill and disabled loved ones. These families know the challenges of caring for someone with a long-term illness. They also know how hard it is to locate services and support.

Caregivers can include spouses, partners, adult children or other relatives, and friends who provide in-home help or other assistance to loved ones. They may live with their loved one or help out from a distance. Help may include providing personal care, paying bills, doing chores, or running errands.

**TYPES OF SERVICES**

Refer to the agencies listed inside to get more information

- Adult Day Care and Adult Day Health Care  
[www.seniordaycare.org](http://www.seniordaycare.org)
- Caregiver Support Groups
- Elder Abuse Education and Fraud Prevention
- Health Insurance Information
- Home Care
- Home Modifications
- Legal Services
- Meal Services
- Placement Assistance
- Transportation

*Some services may have waiting lists.*

**SPECIAL THANKS TO:**

**The Health Trust and Kaiser Permanente**

**ADDITIONAL SUPPORT PROVIDED BY:**

**Live Oak Adult Day Services**

Specialized adult day care program for frail elderly and dependent seniors, including recreation, socialization, and nutritious meals, with respite, counseling, information and assistance, workshops and referrals for family caregivers.  
**408.971.9363**

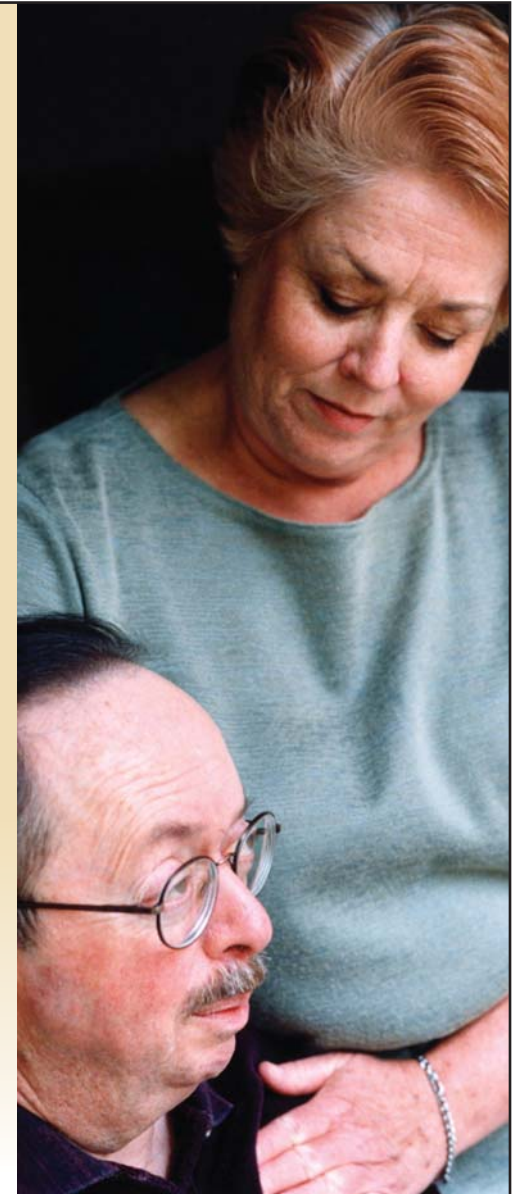
This brochure is a product of the Aging Services Collaborative, a consortium of individuals and organizations working together to advance the well-being of older adults and their caregivers in Santa Clara County.

A downloadable version of this brochure is available on [www.healthtrust.org/aging](http://www.healthtrust.org/aging)



# Caregiver Resources

*in Santa Clara County*





## ASKING FOR HELP IS NEVER EASY.

As a caregiver, you may not want to ask for help because others are counting on you. However, reaching out for help when you need it is a sign of strength. Help can come from your family, friends, community resources, and professionals. Caring for yourself is one of the most important—and often most forgotten—things you can do as a caregiver. When you take care of your needs, the person you care for will also benefit.

You don't have to face the challenges of caring for a loved one alone. Supportive services are available in Santa Clara County that can help improve life for you and your loved one.

**The following agencies can refer you to resources appropriate to your needs. Information and referrals are provided at no cost, but there may be fees for additional services.**



**The Alzheimer's Association** provides education, awareness, research and advocacy on issues related to memory loss, Alzheimer's, and dementia. The association offers support around making difficult decisions and thoughtful planning; including caregiver and early stage support groups, educational workshops; a regular newsletter/e-newsletter, and website. Additionally, MedicAlert + Safe Return program serve those who may wander. Materials reflect our diverse community. We are just a phone call away.

**800.272.3900** (24/7)

**[www.alz.org/norcal](http://www.alz.org/norcal)**

Language Capabilities: All languages spoken.



For 50 years, **Catholic Charities** has served older adults and their families throughout the county, and caregiver support services is a leading initiative in the agency's strategic plan for older adults. Services for grandparents raising grandchildren were our entry point into this arena in 1997, and our Day Break model launched in 2000 to serve family caregivers of dependent elders. Catholic Charities provides caregivers with the comprehensive services they need to keep their families intact.

**408.468.0100**

**[www.catholiccharitiesscc.org](http://www.catholiccharitiesscc.org)**

Language Capabilities: English, Spanish, Mandarin, Cantonese, and Vietnamese



### **The City of San Jose - Older Adult Resource Program and Senior Companion Program**

provide information and assistance by connecting seniors, families, and caregivers to services that promote independent living and enhance quality of life for San José residents. Consultations and needs assessments are available in private homes and at local City-sponsored senior centers. Volunteers of the Senior Companion Program provide friendship and personal assistance to frail, isolated, and homebound seniors. Senior Companion Volunteers can help by relieving caregivers who need a break from caregiving duties.

**408.979.7904** or **408.979.7911**

Language Capabilities: English and Spanish.



**The Council on Aging** provides direct services for seniors, family caregivers, and corporations, including Information & Assistance, Senior Services Directory, Employee Assistance Services, Care Management, Health Insurance Counseling, Senior Employment, Transportation, Meals on Wheels, In-Home Care, Emergency Response System, and Caregiver Respite Program.

**408.296.8290**

**[www.careaccess.org](http://www.careaccess.org)**

Language Capabilities: English, Spanish, Chinese, Vietnamese, Farsi, Russian, French, Italian, and Hindi.



**FAMILY CAREGIVER ALLIANCE®**

**The Family Caregiver Alliance** offers caregivers of people with cognitive impairments such as Alzheimer's disease, stroke, MS, and Parkinson's disease information, support, and assistance. An in-home assessment of their caregiving situation connects them with programs and resources. Additional services include classes and workshops to help caregivers learn about caring for themselves as well as their loved ones, online information and support groups, legal consultation, short-term counseling, and respite.

**800.445.8106**

**[www.caregiver.org](http://www.caregiver.org)**

Language Capabilities: English, Spanish, and Mandarin.

