

Alzheimer's Resource Directory

Los Angeles County



Resource Directory

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We make every effort to include as many relevant resources as possible. If you feel that your organization would be of benefit to the individuals and families who are coping with Alzheimer's or a related dementia, please contact us at (844) 435-7259 in order to be considered for inclusion in the Resource Directory.



844.HELP.ALZ
AlzheimersLA.org



LOS ANGELES has one of the highest rates of individuals impacted by Alzheimer's or other dementias in the country. More than 250,000 people living in our community are currently affected. That's almost half of the people in California living with the disease. Alzheimer's doesn't

discriminate. It crosses all boundaries: age, race, culture, socioeconomic status, sexual preference, and gender. Although awareness and acceptance are increasing, we still have a long way to go in finding a cause, treatment, or cure. Until we do, Alzheimer's Los Angeles is here for you when you need us most, helping individuals and families navigate their way through the twists and turns that accompany a diagnosis.

If you're reading this letter, you've picked up the directory and are probably looking for information that might help you or someone you care about. We are here for you through our Helpline **844.HELP.ALZ** or **(844) 435-7259** and our comprehensive website **AlzheimersLA.org**. We can connect you with one of our Care Counselors, who will be your partner for as long as you need or like along your path. We offer a wide variety of programs including support groups, programs for people and their care partners in the early- or mid-stage of the disease, art programs, caregiver education, community outreach, advocacy, and many other programs and services designed to meet the needs of our diverse community. And we partner with numerous organizations and businesses throughout Los Angeles, San Bernardino, and Riverside Counties, as well as organizations across the country to provide a seamless array of support.

The information included in this directory will help you navigate the complex service delivery world that exists for those with Alzheimer's and their families in LA. We hope you find it helpful and that you reach out to us if you find you need more help. We know this journey can be overwhelming, frightening, and lonely.

We're here for you every step of the way.

A handwritten signature in black ink that reads "Heather Cooper Ortner". The signature is written in a cursive, flowing style.

Heather Cooper Ortner

President & CEO



**Alzheimer's
LOS ANGELES**

844.HELP.ALZ
AlzheimersLA.org



Helpline: 844.435.7259

available for information, emotional support, resources, and referrals



Care Counseling

guidance, support, and dementia expertise from experienced social workers



Learning Opportunities

classes about Alzheimer's disease, dementia, brain health, and caregiving



arts4ALZ & Memory Mornings

activities that focus on art, music, cognitive stimulation, and socialization



Savvy Caregiver Workshops

courses to gain the knowledge, skills and understanding needed to care for a family member with Alzheimer's or another dementia



Support Groups

share information and understanding with other caregivers or others living with dementia
Offered for different groups & in different languages

Worried about MEMORY LOSS?

HAVE YOU NOTICED CHANGES IN:

- 1 feeling less able to do day to day activities
- 2 managing finances & paying bills
- 3 misplacing or losing things more often
- 4 increasing anger, anxiety, or sadness
- 5 trouble with reading, writing, & conversations
- 6 repeating questions or stories
- 7 withdrawing from family, friends, or social activities
- 8 getting lost on familiar roads or paths
- 9 needing more reminders to stay organized
- 10 hearing that others have concerns about changes in your memory or behavior

About This Directory

The resources listed in this directory have been compiled by Alzheimer's Los Angeles. Additional information is available through our Helpline, at **(844) 435-7259**.

As you use this directory, please keep in mind:

- Alzheimer's Los Angeles does not endorse the agencies listed in this directory nor was any payment received for their inclusion.
- We suggest calling or visiting three to four agencies or facilities to consider your options before making a final decision on a service provider.
- Although we do our best to keep all information up-to-date, resource contact information changes frequently. Please call us at (844) 435-7259 if any information proves to be incorrect.
- This Resource Directory is specific to Los Angeles County. For referrals to resources in Riverside and San Bernardino counties, please call our Helpline at (844) 435-7259.

Here are some helpful suggestions:

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



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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, provide much-needed respite for family caregivers, or offer family members a safe place for their loved one to stay while they work.

There are three basic models of Adult Day Services:

Adult Day Programs (ADP)

Provide non-medical care to persons who require personal care services, protective care or assistance with activities of daily living. These social day centers are recreational in nature and accept persons with dementia, but they may or may not accept those who have problems with wandering, incontinence or aggressive behaviors. Services are on a private pay basis.

Community Based Adult Services Program (CBAS)

Formerly known as Adult Day Health Care, these centers provide medical, rehabilitative and social services for adults who are physically or mentally impaired. There is usually a nurse, therapist and/or social worker available. Services may be paid for by Medi-Cal or private pay.

Alzheimer's Day Care Resource Centers (ADCRC)

Some centers identify themselves as specializing in providing services to people with dementia; they are usually equipped to handle wandering, incontinence and challenging behaviors. Services may be paid for by Medi-Cal if they are additionally identified as a CBAS, or they are private pay.

Steps to Selecting Adult Day Services

Find Adult Day Services Near You

- Call our Helpline: **(844) 435-7259**

Call for Information

Contact several adult day centers and ask for a brochure, a monthly activity calendar, menu, fee schedule and enrollment information.

Know What to Ask

- Days and hours of operation?
- Is transportation available? How much does it cost?
- What is the cost? Are scholarships or a sliding scale available?
- Number of staff per participant ratio?
- Does the staff receive specialized dementia training?
- Other populations served?
- Are people who wander safely supervised?

Schedule a Visit

- Did you feel welcomed?
- Did someone explain the services and activities?
- Were participants involved in activities, and if not, were staff attentive to these individuals?
- Was the facility clean and pleasant?

Try the Program Out

Select an adult day service center. Try it out for a month. Ask staff for suggestions on how to help your loved one adjust to the new program.

Websites

California Association of Adult Day Services

caads.org

California Department of Health Care Services

dhcs.ca.gov

California Department of Social Services, Community Care Licensing

cclid.ca.gov

When to consider care outside the home

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

- Is the person with memory loss becoming unsafe in their home?
- Is constant care required beyond my physical capability?
- Am I becoming impatient or irritable toward the person for whom I am caring?
- Would structured activities and increased social interaction benefit the person I care for?
- Am I neglecting my family, my job or myself in order to provide care?
- 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.

What to look for when visiting care facilities

Environment

License: Ask to see the facility's valid California State License, issued by the State of California, Department of Social Services Community Care Licensing Division.

Atmosphere: When you walk in do you "feel" the nurturing, loving, and supportive environment your loved one needs and deserves?

Living space: Is there indoor and outdoor space? Are there safe walking paths or secured access to fresh air and outdoor activities?

Visiting hours: Does the visitation policy meet your needs? Visit unannounced at different times to see the staff interact with residents.

Structure: Is the facility designed and constructed with the abilities, comfort, and freedom of the resident in mind?

People

Staff: Has the staff been screened and properly trained?
Residents with memory loss present unique challenges to staff, requiring ongoing training.

Administrator: Does the Administrator seem knowledgeable about dementia and the special care required?

Physical contact: Is there positive physical contact between staff and residents – a warm touch, an arm around the shoulders?

Humor: Do staff and residents interact joyfully and set a tone of lightheartedness?

Verbal cues: How do staff redirect a resident? Do they command or encourage?

Residents

Personal care: Is care (bathing, toileting, etc.) done with respect and dignity for the resident?

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.

Personal belongings: Are residents allowed to bring in furniture, bedding, and photos that are familiar to them? This helps them to feel “at home” and gives them a sense of belonging and not being lost.

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

Home life: Can the residents participate in meaningful activities such as setting the table, washing dishes, folding the laundry, etc.?

Programming: What does the structured activity program look like?
Are projects interesting and success-oriented?
Are activities planned with the dementia resident in mind?

Assisted Living Facilities Resources

A Home That Cares

Referrals to RCFEs* in LA County
(310) 592-2381
ahomethatcares.com

Assisted Living Locators

Referrals to RCFEs in LA County
(310) 853-8282
assistedlivinglocatorsla.com

California Registry

Referrals to RCFEs and nursing facilities statewide
(800) 777-7575 • calregistry.com

Care Patrol

Referrals to RCFEs & nursing facilities nationwide
(866) 560-5656 • carepatrol.com

Caring.com

Referrals to RCFEs & nursing facilities nationwide
(800) 973-1540 • caring.com

Concepts for Living

Referrals to RCFEs in Southern CA
(800) 414-4242
conceptsforliving.com

Connections Care Home Referrals

Referrals to RCFEs in Southern CA
(800) 330-5993
carehomefinders.com
Services available in Spanish

Elderlink

Referrals to RCFEs & nursing facilities statewide
(800) 613-5772 • elderlink.org

Gently Guided

Referrals to RCFEs in SGV and LA County
(310) 308-9967 • gentlyguided.com

Heart Light

Referrals to RCFEs in LA County, including SFV & South Bay
(310) 204-2223 • heartlightonline.com

Helping Hands Senior Foundation

Referrals to RCFEs in LA, Orange Riverside & Ventura Counties
(818) 279-6580 • helpinghandsla.org

MeriCare

Referrals to RCFEs in LA County
(818) 400-7679 • mericare.com

Premier Residential Solutions

Referrals to RCFEs in LA, Ventura and Orange Counties
(818) 876-9999
premierresidentialolutions.com

Senior Placement Hotline

Referrals to RCFEs and nursing facilities in LA County
(877) 353-3756
placementhotline.com

Southern California Senior Resources

Referrals to RCFEs in Southern CA
(866) 697-3646 • socalseniors.com
Services available in Spanish

Total Senior

Referrals to RCFEs in LA County
(818) 570-1087 • totalsenior.com

Website

Nursing Home Compare

medicare.gov/NHCompare/Home

*RCFE - Residential Care Facilities for the Elderly

An autopsy is an examination of a person's body after death. 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 **Research & Clinical Trials** section, p.37). 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 should be arranged prior to death.

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

Brain Research Program
(323) 442-7600
adrc.usc.edu/brain-research-study

**UCI Mind
UC Irvine Alzheimer's Disease
Research Center**

(949) 824-5032
[mind.uci.edu/research-studies/
brain-donation](http://mind.uci.edu/research-studies/brain-donation)

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

Brain Donation Program
(310) 825-7846
[eastonad.ucla.edu/index.php/
patients-caregivers/brain-
donation-program](http://eastonad.ucla.edu/index.php/patients-caregivers/brain-donation-program)

**UCLA Pathology
& Laboratory Medicine
Autopsy/Decedent Affairs**

Services include brain only
autopsy
(310) 825-7846
[pathology.ucla.edu/autopsy-
decedent-affairs](http://pathology.ucla.edu/autopsy-decedent-affairs)

**The Human Brain and Spinal Fluid
Resource Center
Gift of Hope Brain Donor Program**

(310) 268-3536
[brainbank.ucla.edu/why-donate/
gift-of-hope](http://brainbank.ucla.edu/why-donate/gift-of-hope)

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 and individuals may be eligible for services through Medi-Cal as well as private pay.

Alzheimer's Los Angeles Care Counseling

The staff at Alzheimer's Los Angeles 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 Counseling services by telephone, e-mail or in person. These include: assessment of needs, help with planning and problem solving, as well as caregiver training.

For information, call our Helpline at **(844) 435-7259**.

Aging Life Care Professionals

(previously known as Geriatric Care Managers)

The Aging Life Care Association lists private individuals who are trained to provide a variety of services for older adults and their families including consultation, assessment, care coordination and advocacy. **aginglifecare.org**

Local Senior Centers

Many senior centers offer care management services and access to Meals on Wheels and on-site nutrition programs. To receive a list of local senior centers, contact our Helpline at **(844) 435-7259**.

The following Agencies on Aging can also provide referrals to local senior centers and information about services available to older adults in their communities.

Los Angeles County Area Agency on Aging

Information and Assistance
Call Center

(213) 738-2600

wdacs.lacounty.gov

City of Los Angeles Dept of Aging

221 N. Figueroa St, Ste 500
Los Angeles, CA 90012

(800) 510-2020 • (213) 482-7252

TTY: **(213) 473-3231**

aging.lacity.org

Multipurpose Senior Services Program (MSSP)

MSSP is available for individuals eligible for Medi-Cal. Services provided include in-home care, care management, legal assistance, meal services, transportation, health education, and screening services. These services are specifically designed for frail older adults who are at high risk for placement in nursing homes. MSSP is available through the 6 agencies listed below.

Human Services Association

6800 Florence Ave.
Bell Gardens, 90201

(626) 358-1185

Regions they serve: South Pasadena to Glendora

Huntington Health Senior Care Network

100 W. California Blvd.
Pasadena, CA 91105

(626) 397-3110, select option 1

Regions they serve: San Gabriel Valley

Partners in Care Foundation - North

732 Mott St., Ste 150, San Fernando, 91340

(818) 837-3775

Regions they serve: Antelope Valley, Santa Clarita, SFV, various parts of LA County

Partners in Care Foundation - South

3621 East Martin Luther King Blvd., Ste B, Lynwood, 90262

(213) 296-3000

Regions they serve: Central LA, South Central, East LA, South LA, South Bay

SCAN Independence at Home

3800 Kilroy Airport Way, Ste 100
Long Beach, 90806

(866) 421-1964

Regions they serve: South Bay to Santa Monica

Jewish Family Service of LA

12821 Victory Blvd.
North Hollywood, 91606

(323) 937-5930

Regions they serve: San Fernando Valley, various parts of the westside of Los Angeles.

Counseling & Therapy

A variety of services are available to assist caregivers and people with Alzheimer's or other dementias during the stages of the disease process. While many caregivers benefit from support groups, some may find that they need more support. The following agencies offer assistance in the area of counseling to help with feelings of depression, anxiety, and frustration. 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 services best meet your needs.

Los Angeles County Mental Health Programs

Department of Mental Health (DMH)

Provides referrals and crisis intervention

(800) 854-7771

dmh.lacounty.gov

Genesis Program

Offers mental health assessments for people over the age of 60

(213) 351-7284

Hotlines

IMAlive

An Online Crisis Network

imalive.org

National Suicide Prevention Lifeline

(800) 273-8255

Friendship Line

Institute on Aging's 24-hour toll-free crisis and non-crisis line for people aged 60 years and older and adults living with disabilities; also makes outreach calls to older adults to monitor physical and mental health concerns

(800) 971-0016

*Contrary to popular belief, the Department of Mental Health **does** provide services to people living with a dementia.*

National Domestic Violence Hotline

Available in English & Spanish, 24/7

(800) 799-7233

The LA Warmline

7 nights a week, 10PM–6AM

(855) 952-9276

Services available in English & Spanish

The NAMI Help Line

A confidential NON-CRISIS toll-free line if you need someone to talk to 7AM–5PM

(800) 950-6264

7 Cups of Tea

Free 24-7 chat and support chat rooms

7cups.com

Sage LGBT Elder Hotline
(877) 360-5428

Crisis Text Line

Text HOME to 741-741
CrisisTextLine.org

Free, confidential 24/7 support line;
a live trained crisis counselor will
answer your text

Community Clinics

Free, low-cost, sliding scale
and Medi-Cal health clinics are
located throughout Los Angeles.
Please contact Alzheimer's Los
Angeles at **(844) 435-7259** for a list.



When scheduling a dental appointment for someone with a dementia, inform the dentist's office of your loved one's diagnosis. Go with them to the appointment, and allow extra time to get there. For more tips on preparing for a dentist's visit or for additional referrals, please call the Helpline at **(844) 435-7259**.

Comprehensive and Mobile Dental Care

Mobile Dentistry
(310) 743-5206
inhomedentalcare.com

Dental Hygiene for the Homebound

Brenda Kibbler, RDHAP
Mobile Dental Hygiene Services
(818) 521-8572

Karsh Center of Wilshire Blvd Temple

3750 W. 6th St
Los Angeles, CA 90020
(213) 401-4651
karshcenter.org/programs-and-services

L.A. County/USC Medical Center Dental Clinic

925 W. 34th St
Los Angeles, CA 90089
(213) 740-2805

Lumina Healthcare

Provides Mobile Dental Care
5330 Pacific Concourse Dr, Ste 120
Los Angeles, CA 90045
(800) 373-5400

Mobile Dental Hygiene Services

10736 Jefferson Blvd, #411
Culver City, CA 90230
(310) 617-2302

Royal Dental Practice

7230 Medical Center Dr, #208
West Hills, CA 91307
(818) 334-6655
royaldentalwesthills.com

Roybal Comprehensive Health Center – Dental Department

245 S. Fetterly Ave.
Los Angeles, CA 90022
(323) 362-1010
dentalclinicdirectory.com

Smile Partners

Mobile Dental Hygiene Services
614 Arden Ave
Glendale, CA 91202
(818) 314-0101
smilepartners.com

UCLA Dental Clinic at Mission Community Hospital

San Fernando Community Health Center
732 Mott St.
San Fernando, CA 91340
(818) 963-5690

Diagnostic Centers

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

Los Angeles

Cedars-Sinai Medical Center Neurology

8635 W. Third St, #850W
Los Angeles, CA 90048
(310) 385-6016

Cedars-Sinai Medical Center Neurology-Santa Monica

1919 Santa Monica Blvd, #100
Santa Monica, CA 90404
(424) 314-7810

Executive Mental Health Psychology & Neuropsychology

11835 W. Olympic Blvd, Ste 1265E
Los Angeles, CA 90064
(310) 273-4843 • emhla.com

Kaiser Permanente West LA Geriatric Medicine Clinic

Culver Marina Medical Office
12001 W. Washington Blvd
Los Angeles, CA 90066
(310) 915-4550

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

*UCLA Dementia and Memory
Disorders Clinic at UCLA Medical
Center, Westwood*
300 Medical Plaza, Ste #B200
Los Angeles, CA 90024
(310) 794-7491 (general info)
(310) 794-1195 (appointments)



Memory Disorders Clinic at the Sports Concussion Institute

6101 W. Centinela Ave, #211
Culver City, CA 90230
(310) 642-9595

Rancho Los Amigos/USC

*California Alzheimer's Disease
Center (CADC)*
7601 E. Imperial Hwy
800 West Annex
Downey, CA 90242
(562) 385-8130

The USC Memory and Aging Center at Keck Medicine of USC

*Alzheimer's Disease Research
Center*
1520 San Pablo St, Ste 3000
Los Angeles, CA 90033
(323) 442-5775

**VA Greater Los Angeles
Healthcare System**
*West Los Angeles Medical Center
Geriatric Research & Clinical Center*
11301 Wilshire Blvd, Bldg 401
Los Angeles, CA 90073
(310) 268-4110

San Gabriel Valley

Family Medicine Center
801 S. Chevy Chase Dr, Ste 230
Glendale, CA 91205
(818) 500-5586

**Parexel Community
Memory Clinic / California
Clinical Trials**
1560 E. Chevy Chase Dr, Ste 140
Glendale, CA 91206
(818) 254-1925
parexel.com/losangeles

Persona Neurobehavior Group
2 N. Lake Ave, Ste 800
Pasadena, CA 91101
(626) 449-2484

San Fernando Valley

**Mary S Easton Center
for Alzheimer's Disease
Research at UCLA**
*Memory Disorders Clinic at
Olive View-UCLA Medical Center*
Clinic B 2A-185 Room
14445 Olive View Dr
Sylmar, CA 91342
(818) 364-1555

**Kaiser Permanente
Woodland Hills Geriatric Center**
Woodland Hills Medical Center
5601 De Soto Ave
Woodland Hills, CA 91367
(818) 719-2002 (info)
(818) 719-4279 (appointments)

Northridge Neurological Center
18251 Roscoe Blvd, Ste 101
Northridge, CA 91325
(818) 349-2503

Pharmacology Research Institute
6345 Balboa Blvd, Bldg III, Ste 363
Encino, CA 91316
(818) 705-7450
encino@priresearch.com

**VA Greater Los Angeles
Healthcare System**
*Sepulveda Ambulatory
Care Center*
1611 Plummer St
North Hills, CA 91343
(818) 891-7711

South Bay/Harbor

Geriatric Neurobehavior Center
*USC/Rancho Los Amigos
National Rehabilitation Center*
7601 E. Imperial Hwy
800 West Annex
Downey, CA 90242
(562) 385-8130

**Kaiser Permanente Harbor City
Geriatric Cognitive Assessment
Clinic**
South Bay Medical Center
25825 S. Vermont Ave
Harbor City, CA 90710
(310) 325-5111
(800) 780-1230 (advice)

Pharmacology Research Institute
4281 Katella Ave, Ste 115
Los Alamitos, CA 90720
(714) 827-3667 • (562) 795-6955
losalamitos@priresearch.com

California law requires that physicians report people diagnosed with dementia, including Alzheimer's, 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. For details, please call your local DMV or visit dmv.ca.gov/about/senior.

Although not connected to the DMV, there are driving evaluation programs through area hospitals and the American Occupational Therapy Association that assess whether a person can continue to drive safely. These evaluation programs may require a physician's referral and are usually offered by appointment only. Fees vary.

Cedars-Sinai Medical Center Outpatient Rehabilitation Services

Driving and Vision Program
444 S. San Vicente Blvd, Ste 103
Los Angeles, CA 90048
(310) 423-9222 (fax physician's
prescription and you will be
contacted)
[cedars-sinai.org/programs/
physical-medicine-
rehabilitation/treatments/
driving-assessment.html](http://cedars-sinai.org/programs/physical-medicine-rehabilitation/treatments/driving-assessment.html)

Northridge Hospital

18300 Roscoe Blvd,
4th Floor, IFL Bldg
Northridge, CA 91328
(818) 885-5460

Rancho Los Amigos National Rehabilitation Center

7601 E. Imperial Hwy
900 Building, Room 88A
Downey, CA 90242
(562) 385-7111

DMV Senior Ombudsman Program

(310) 412-6103

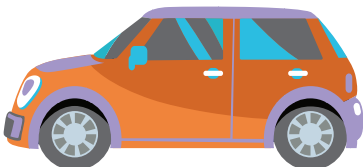
Website

American Occupational Therapy Association

[aota.org/practice/productive-
aging/driving.aspx](http://aota.org/practice/productive-aging/driving.aspx)

When It's Not Safe To Drive Anymore

- Hide the keys
- Park the car out of sight
- Remove the car battery or starter wire
- Say the car is in the shop
- Get in the car first so you can be the driver
- Give a set of keys that look like the old keys, but won't start the car
- Make having someone else drive sound like fun



Early Stage Services

People are now being diagnosed with dementia at earlier stages of the disease. In response, Alzheimer's Los Angeles has programs to serve their unique needs.

Family Counseling

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

Memory Club

Memory Club is for individuals with early stage Alzheimer's disease or related dementias 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. The nurturing environment fosters new friendships and peer support during and beyond the group experience.

Grad Club

Grad Club is an extension of Memory Club for those who want to continue to participate in a warm, nurturing, supportive environment. Group topics are chosen by members based on current needs and challenges.

Engagement Opportunities

People with early stage Alzheimer's or a related dementia often seek meaningful activities to be involved in. Alzheimer's Los Angeles offers a variety of activities. These can include volunteering to help with Walk4ALZ, making donor calls and volunteering in our office; participating in advocacy efforts by speaking with elected officials; and participating in programs aimed at providing social connections. Care Counselors can also provide information and referrals to additional early stage services in the community.

To enroll in any of these programs, call our Helpline at (844) 435-7259.

Elder Abuse, Neglect & Self-Neglect

Elder Abuse is the maltreatment of an older adult age 65+ (or under age 65 and considered dependent); these forms of mistreatment include physical, sexual and financial. An older adult can also be neglected by another person who does not ensure that their physical and safety needs are met, and an older adult can be self-neglectful when they are unable to care for their own physical and safety needs. People with dementia are particularly vulnerable to elder abuse, neglect and self-neglect.

Contact the following if you suspect maltreatment of an older adult:

911

Immediately dial 911 if you are afraid for yourself or others and in any emergency

Adult Protective Services Los Angeles County (877) 477-3646

If you suspect abuse or neglect has taken place in a facility, contact:

Wise and Healthy Aging Long Term Care Ombudsman Program

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 (direct line to confidential Ombudsman Program)

(800) 334-WISE (9473)

wiseandhealthyaging.org/city-and-county-of-los-angeles-long-term-care-ombudsman

Long-Term Care Ombudsman State Crisis Line

(800) 231-4024

For more information about elder abuse, go to agelessalliance.org

Warning Signs of Elder Abuse

Elder abuse can be physical, sexual, financial, or emotional. Here are a few signs to watch out for:

- ✓ Untreated and severe bedsores or unexplained injuries
- ✓ Poor hygiene or malnutrition
- ✓ Being hesitant to talk freely, especially around the perpetrator
- ✓ Lack of amenities even though the elder can clearly afford them
- ✓ Having the elderly person provide gifts or large amounts of money in exchange for care
- ✓ Missing medical aids, such as hearing aids, walkers, dentures, or eye wear
- ✓ The perpetrator is verbally aggressive and demeaning

Fraud

Older Americans lose an estimated \$2.9 billion annually to financial exploitation, and it's estimated that for each case that is reported, 43 others go unrecognized.* People living with dementia are particularly vulnerable to scams, swindles and outright fraud because the disease can make it hard to recognize and process warning signs. These can include telemarketing schemes, health insurance fraud, Medicare scams, and home repair or contractor fraud.

The following websites will help you to spot and protect yourself from fraud:

- ✓ stopfraud.gov/protect-yourself.html
- ✓ fraud.org/fraud_older_adults
- ✓ ncoa.org/economic-security/money-management/scams-security/
- ✓ fbi.gov/scams-and-safety/common-fraud-schemes/seniors

If you think you've been a victim of fraud, call the California Attorney General's office at 800-952-5225

**Source: consumerfinance.gov/about-us/blog/spotlight-on-scams-that-target-older-adults/*

Help protect your loved one from unwanted phone calls:

National Do Not Call Registry
Donotcall.gov • (888) 382-1222

Health Associations

American Heart Association & American Stroke Association

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

American Diabetes Association

611 Wilshire Blvd, Ste 900
Los Angeles, CA 90017
(888) 342-2383
diabetes.org

American Parkinson Disease Association

California Chapter at Providence St John's Health Center
1301 20th St, Suite 150, Santa Monica, CA 90404
(800) 223-2732 • (310) 582-7641 • apdaparkinson.org

The Association for Frontotemporal Degeneration

Provides general information regarding frontotemporal disorders
(866) 507-7222 • theaftd.org

Lewy Body Dementia Association

Provides general information regarding dementia with Lewy Body
(404) 935-6444
(800) 539-9767 (support line)
lbd.org

Health Insurance & Social Security

These services are sponsored by state and federal government and may assist you with financial planning and healthcare options.

CA Department of Insurance Consumer Hotline

Assists with insurance complaints, claims, information and referrals
(800) 927-4357

California Health Advocates

Provides counseling for benefit enrollment & general questions
(855) 613-7080
(800) 434-0222

cahealthadvocates.org

Covered California

Determine eligibility and apply for Medi-Cal (aka Medicaid) online
coveredca.com

Health Care Options

Select or make changes to Medi-Cal managed care health plans
(800) 430-4263

Health Insurance Counseling & Advocacy Program (HICAP)

AKA Center for Health Care Rights
520 S. Lafayette Park Place, Ste 214
Los Angeles, CA 90057
(213) 383-4519 • (800) 824-0780
healthcarerights.org
cahealthadvocates.org

Los Angeles Department of Public Social Services

Request a printed Medi-Cal application and ask about eligibility **(866) 613-3777**
yourbenefits.laclrs.org/ybn/Index.html (online application)

Medi-Cal Telephone Service Center

Provides assistance to those already enrolled in Medi-Cal
(800) 541-5555

Medi-Cal Managed Care Ombudsman

Provides assistance resolving problems with Medi-Cal managed care plans **(888) 452-8609**

Medicare

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

National Council on Aging Benefits Check-Up

Find programs to help pay for health care, medications, food and utilities
benefitscheckup.org

Social Security Administration

Provides assistance with obtaining social security benefits, information and Medicare issues
(800) 772-1213 • ssa.gov

Websites

Administration for Community Living / Administration on Aging

acl.gov/about-acl/administration-aging

Centers for Medicare & Medicaid Services

cms.gov

Medi-Cal Forms

(CA Dept of Health Care Services)
dhcs.ca.gov

US Dept of Health & Human Services

hhs.gov

Home care is caregiving assistance “in the home” provided by a paid caregiver. Paid caregivers can be paid for in a variety of ways: 1) private hire through a caregiving agency; 2) In-Home Supportive Services paid for by the state; 3) respite care through a grant. In California, most caregiving agencies provide non-medical care (assistance with activities of daily living, companion care, homemaking, transportation), although there are some that also provide a medical level of care (IVs, medications, etc). Medicare may pay for a limited number of home care visits if the physician documents a medical need.

In-Home Supportive Services (IHSS)

This program is available to seniors eligible for Medi-Cal. IHSS will assess and determine the number of hours of home care needed, and the caregiver is paid by the state. A family member or friend can be an IHSS caregiver once they have been through the screening, and there is also a registry of caregivers.

(888) 944-4477 or **(213) 744-4477**

In-Home Supportive Services (IHSS) Ombudsman

Provides assistance in resolving problems related to IHSS as well as information about the program

(888) 678-4477

Assistance for Caregivers

Alzheimer’s Los Angeles Care Counseling Program

Our social workers work one-on-one with caregivers to develop a care plan and help access resources. Free caregiver support groups, caregiver education workshops, and limited respite grants are also available. Call **(844) 435-7259** or find us on social media at @alzheimersla.

Hilarity for Charity Home Care Grants

Apply online at helpforalzheimersfamilies.com

Jewish Free Loan Association

Provides interest-free loans on a non-sectarian basis up to \$3,000 for caregiving needs. **(323) 761-8830** • jfla.org

Special Service for Groups (SSG) SILVER Program

905 E. 8th St
Los Angeles, CA 90021

(213) 553-1800

ssg.org/programs-and-services/older-adults

USC Family Caregiver Support Center

(formerly Los Angeles Caregiver Resource Center)

3715 McClintock Ave
Los Angeles, CA 90089

(855) 872-6060 • fscsgero.org

Hospice & Palliative Care

Hospice care is a specialized form of care for persons at the end of life. It emphasizes comfort and dignity by providing expert medical care, pain management, and emotional and spiritual support tailored to the patient and family's wishes, either in the home or care facility. Below are agencies that provide services in LA County.

Palliative care seeks to address not only physical pain, but also emotional, social, and spiritual pain to achieve the best possible quality of life for patients and their families. Palliative care extends the principles of hospice care to a broader population that could benefit from receiving this type of care earlier in their illness or disease process. Ask your physician whether or not palliative care would be appropriate.

All Care Hospice

100 W. Broadway Ave, Ste 810
Glendale, CA 91210
(818) 241-9108

Assisted Home Hospice

10550 Sepulveda Blvd
Mission Hills, CA 91345
(818) 830-5003

Family Choice Hospice, Inc.

(714) 460-2219
FamilyChoiceHospice.org

First Serenity Hospice

10350 Santa Monica Blvd, Ste 210
Los Angeles, CA 90025
(310) 388-8790

Kaiser Permanente Hospice

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

Los Angeles Hospice

6855 S. Carondelet St, 2nd Floor
Los Angeles, CA 90057
(213) 351-1030

Medserv Hospice, Inc.

217 W. Alameda, Ste 103
Burbank, CA 91502
(818) 480-7904

Roze Room Hospice

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

Salus Hospice

21151 S. Western Ave. Unit 207
Torrance, CA 90501
(888) 881-4822

Silverado Hospice

15821 Ventura Blvd
Encino, CA 91436
(818) 845-4048 • (818) 328-6636

SoCal Premium Hospice

Encino, CA
818-646-0279
info@socalpremiumhospice.com

Skirball Hospice

6345 Balboa Blvd, Ste 315
Encino, CA 91316
(818) 774-3040

Sunrise Hospice Inc.

1545 N Verdugo Road,
Suite 210
Glendale, CA 91208
(951) 444-8440

Hospice & Palliative Care, con't.

Trinity Care Hospice

5315 Torrance Blvd, Ste B1
Torrance, CA 90503
(800) 535-8446

Visiting Nurses Association

2500 E. Colorado Blvd, Ste 240
Pasadena, CA 91107
(626) 568 2588

VA Greater Los Angeles Healthcare System

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

VITAS Innovative Hospice Care

1343 N. Grand Ave, Ste 100
Covina, CA 91724
(626) 918-2273

Websites

Southern California Hospice Foundation

socialhospicefoundation.org

Hospice Foundation of America

hospicefoundation.org

National Hospice & Palliative Care Org.

nhpco.org

California Hospice & Palliative Care Foundation

calhospice.org

Housing Resources

One out of seven people with Alzheimer's disease live alone. The disease may affect housing choices and relationships with landlords. The following agencies assist individuals in locating low-income housing and dealing with tenants' rights.

Affordable Living for the Aging

Housing Alternatives for Seniors

Provides co-operative housing and free roommate matching service

(323) 650-7988

Services offered in Spanish

City of Los Angeles Housing Dept.

Rent Stabilization Division
Rent stabilization ordinance

(866) 557-7368

Menorah Housing Foundation

Offers affordable senior housing for those who qualify

(310) 475-6083

mhfla.org

US Dept of Housing and Urban Development (HUD)

Office of Public Housing

Provides information on rental assistance and subsidy programs

(800) 955-2232



Websites

Community Development Commission, County of Los Angeles
lacda.org

(800) 477-5977

(800) 731-4663

(626) 262-4510 (housing assistance)

Housing Rights Center
housingrightscenter.org
(202) 708-1112

HUD Senior Resources
hud.gov/groups/seniors.cfm

Los Angeles County Housing Resource Center
(877) 428-8844
housing.lacounty.gov

Information and Referral

The following are helpful resources for information related to government, social services, healthcare including Medicare and Medi-Cal, transportation, food, housing and education in LA County:

211 Los Angeles County

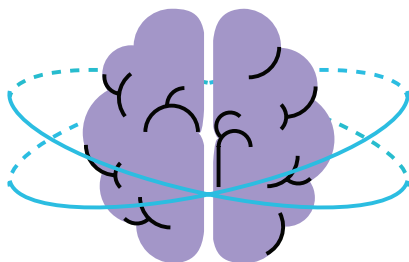
Provides referrals throughout LA County 24 hours/day, 7 days/week
Dial: 2-1-1 • www.211LA.org
Outside LA Co: **(800) 339-6993**
Services available in Spanish

City of Los Angeles Department of Aging

Information and referral
(800) 510-2020 • aging.lacity.org
Services available in Spanish, Korean, Tagalog, Chinese & Vietnamese

311 City of Los Angeles

Provides referrals through the City of Los Angeles
7AM–10PM daily
Dial: 3-1-1 or **(213) 473-3231** outside the greater LA area



Legal & Financial Planning

Asset protection, advance directives, power of attorney, and conservatorships are very important issues to consider when planning for your future and making plans for care. It is wise to consult with attorneys, financial planners, or other specialists to help you with your legal and financial needs.

Websites

American Bar Association

Commission on Law and Aging
americanbar.org/groups/law_aging/

Bet Tzedek

bettzedek.org

California State Bar

calbar.ca.gov

CaringInfo

Info about Advance Directives and links to downloadable Advance Directives
caringinfo.org

National Academy of Elder Law Attorneys

Find an attorney online
naela.org

Legal Assistance & Information



Bet Tzedek Legal Services

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

(323) 939-0506 • bettzedek.org

California Advocates for Nursing Home Reform (CANHR)

Provides consumer counseling around issues of long-term Medi-Cal, nursing homes & assisted living facilities, legal support, advocacy & attorney referral services

(800) 474-1116 • canhr.org

Center for Health Care Rights (LA)

Provides legal assistance for Medicare and Medi-Cal beneficiaries

(213) 383-4519 • **(800) 824-0780**
healthcarerights.org

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

Provides free legal assistance and referrals

(310) 533-1996 • help4srs.org

Justice in Aging

Provides advocacy for lower income older adults at state & federal levels

1444 Eye St, NW, Ste 1100
Washington, DC 20005

(202) 289-6976 • justiceinaging.org

Local office:

3660 Wilshire Blvd, Ste 718
Los Angeles, CA 90010

(213) 639-0930

Legal Aid Foundation of Los Angeles

Provides free legal and self-help services to low-income individuals

(800) 399-4529 • lafila.org

Neighborhood Legal Services Los Angeles (NLSLA)

Provides free legal and self-help services to low-income individuals

(800) 433-6251 • nlsla.org

Health Helpline: **(800) 896-3202**

Office of the Public Guardian

Provides information on conservatorships

(213) 974-0515

dmh.lacounty.gov/our-services/public-guardian

SmartLaw Lawyer Referral Services

866-SmartLaw (762-7852)

(213) 243-1525 • smartlaw.org

Elder Law Attorneys

Los Angeles

Michelle L. Abernathy

Gifford/Dearing + Abernathy, LLP
515 S. Figueroa St, #2060
Los Angeles, CA 90071
(213) 626-4481

Leslie Barnett

1631 Beverly Blvd, 1st Floor
Los Angeles, CA 90026
(213) 250-7800

Collins Law Group

3330 W. Manchester Blvd
Inglewood, CA 90305
(310) 677-9787

Law Offices of Terry M. Magady

2215 Colby Ave
Los Angeles, CA 90064
(310) 478-6543

Donald L. Scoggins

9190 W. Olympic Blvd
Beverly Hills, CA 90212
(213) 386-7686

San Fernando Valley

Ronald Berman

Law Offices of Berman & Berman
16633 Ventura Blvd, #940
Encino, CA 91436
(818) 593-5050

Bonnie Marie Bursk

Law Offices of Savin & Bursk 10663
Yarmouth Ave
Granada Hills, CA 91344
(818) 368-8646

Services available in Spanish

Goldfarb & Luu

Estate Planning & Elder Law 18757
Burbank Blvd, Ste 201 Tarzana, CA
91356
(888) 489-1699

Gerald L. Kane

Law Offices of Gerald L Kane
16255 Ventura Blvd, Ste 510
Encino, CA 91436
(818) 905-6088

Caren R. Nielsen

Rodnunsky & Associates
5959 Topanga Canyon Blvd, Ste 200
Woodland Hills, CA 91367
(818) 737-1090 Ext. 5544

Howard A. Schnee

Rodnunsky & Associates
5959 Topanga Canyon Blvd, Ste 200
Woodland Hills, CA 91367
(818) 737-1090 Ext. 5544

Elder Law Attorneys, con't.

Sirkin & Sirkin

21550 Oxnard St, 3rd Fl
Woodland Hills, CA 91367
(818) 340-4479

Doron M. Tisser

16030 Ventura Blvd, Ste 260
Encino, CA 91436
(818) 528-5553 • (818) 226-9125

Stuart D. Zimring

16133 Ventura Blvd, Ste 1075
Encino, CA 91436
(818) 755-4848

San Gabriel Valley

Moravec, Varga & Mooney

2233 Huntington Dr, Ste 17
San Marino, CA 91108
(626) 793-3210

Ruth A. Phelps Law Group

301 N. Lake Ave, Ste 1002
Pasadena, CA 91101
(626) 795-8844

Linda Torossian

Taylor, Summers, Torossian
& Lansing LLP
301 E Colorado Blvd, Ste 450
Pasadena, CA 91101
(626) 795-7400, ext 3

South Bay/Harbor

Alex R. Borden

Borden Law Offices
1518 Crenshaw Blvd
Torrance, CA 90501
(310) 787-7577

Chris Carico

Carico, Johnson & Toomey, LLP
841 Apollo St, Ste 450
El Segundo, CA 90425
(310) 545-0010

Weshler + Company

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



Medication Coverage

The US Food and Drug Administration (FDA) has approved two types of medications to treat cognitive symptoms of Alzheimer's disease. When clinically indicated, these drugs can help manage symptoms associated with the progression of Alzheimer's disease. The two types of medications are:

- Cholinesterase inhibitors, which support communication among nerve cells. Examples include: Aricept®, Exelon® (patch or pill)
- Memantine, which works by regulating the activity of glutamate, a messenger chemical involved in learning and memory. Example: Namenda®

Alternative Sources for Discounted Medications

Note: When purchasing prescription drugs online, patients should exercise caution. The FDA offers pointers on its website: fda.gov Many pharmaceutical companies also offer discounts on their medications. Listed below are places to get additional information.



AARP Prescription Discount Program

(877) 422-7718
aarp.com

Costco

(800) 607-6861
Press 6 to locate a Costco pharmacy near you and talk to them about their specific discount medications.

Partnership for Prescription Assistance

(888) 477-2669
pparx.org

OptumRx

(800) 356-3477
optumrx.com

Rx Hope

Locate the names of prescription drugs which are available at low cost through the program in partnership with your doctor.
rxhope.com

needymeds.org

(800) 503-6897

Medication Coverage, con't.

Sometimes, specific drug-makers offers discounts on certain drugs. For help specifically with paying for Alzheimer's and dementia medications, see the following chart:

Medication Name	Generic	Drug Company	Phone
Aricept®	Donepezil	Pfizer	(844) 226-2072
Exelon®	Rivastigmine	Novartis	(800) 245-5356
Namenda®	Memantine	AbbVie	(844) 424-6727
Namzaric®	N/A	AbbVie	(844) 424-6727

Source: brightfocus.org/alzheimers/article/financial-aid-alzheimers-medications

Nutrition

National Council on Aging Benefits Check-Up

Find programs to help pay for food, health care, medications & utilities.

benefitscheckup.org

LA Foodbank

lafoodbank.org/find-food/pantry-locator

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 of West Los Angeles

P.O. Box 241576
Los Angeles, CA 90024
(310) 208-4028

St. Vincent Meals on Wheels St. Vincent Medical Center

2303 Miramar St
Los Angeles, CA 90057
(213) 484-7775

Meals On Wheels West

1823-A Michigan Ave
Santa Monica, CA 90404
(310) 394-5133

Project Angel Food

Home-delivered, free, medically tailored meals for people living with critical illness in Los Angeles County.
922 Vine Street
Los Angeles, CA 90038
323-845-1810
angelfood.org

American Association of Retired Person (AARP)

200 S Los Robles Ave, Ste 400
Pasadena, CA 91101
(866) 448-3614 • aarp.org

Asian Pacific Health Care Venture

1530 Hillhurst Ave, Ste 200
Los Angeles, CA 90027
(323) 644-3888
www.aphcv.org

*Services in Japanese, Spanish, Thai,
Tagalog, Vietnamese, Cambodian,
Cantonese, Mandarin*

Catholic Charities of Los Angeles

1531 James M. Wood Blvd
Los Angeles, CA 90015
(213) 251-3400

Beach Cities Health District

514 N Prospect Ave, Unit 102
Redondo Beach, CA 90277
(310) 374-3426 ext. 256

County of Los Angeles Area Agency on Aging

Information & Referral Call Center
(800) 510-2020 • **(888) 202-4248**
css.lacounty.gov

Jewish Family Services of Los Angeles

Pico-Robertson Family Resource Center
8838 W Pico Blvd
Los Angeles, CA 90035
Central Access: **(877) 275-4537**
Admin. Office: **(323) 761-8800**

Karsh Center of Wilshire Blvd Temple

3750 W. 6th St
Los Angeles, CA 90020
(213) 401-4651
karshcenter.org/programs-and-services

Leeza's Care Connection at Providence St Joseph Medical Center

501 S. Buena Vista St
Burbank, CA 91505
(818) 847-3686
leezascareconnection.org

Los Angeles Department of Aging

221 N Figueroa St, Ste 180
Los Angeles, CA 90010
(800) 510-2020 • aging.lacity.org

National Asian Pacific Center on Aging

767 N. Hill St, Ste 301
Los Angeles, CA 90012
(213) 617-8553

Salvation Army – Santa Monica

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

UCLA Health 50 Plus

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

WISE & Healthy Aging

1527 4th St, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
wiseandhealthy.org
Services available in Spanish

Research & Clinical Trials

Scientists across the globe are researching medications that have the potential to prevent, slow or stop the progression of Alzheimer's and other dementias. There is an urgent need for more people to enroll in clinical studies and trials.

Joining a research study/clinical trial may increase your knowledge and understanding of the disease and how it specifically relates to both you and others. Some studies offer free exams and payments for participation. However, the greatest benefit is knowing that you are helping define the future of this disease.

For more information, visit **AlzheimersLA.org**.

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

710 Westwood Plaza C-224
Los Angeles, CA 90095
(310) 794-3665

eastonad.ucla.edu

Rancho/USC California Alzheimer's Disease Center

7601 E. Imperial Hwy
800 West Annex
Downey, CA 90242
(562) 385-8130

adrc.usc.edu

University of Southern California Alzheimer's Disease Research Center

1510 San Pablo St, HCC643
Los Angeles, CA 90033
(323) 442-7686

adrc.usc.edu

Brain, Behavior, and Aging Research Center

11301 Wilshire Blvd, B401
Los Angeles, CA 90073
(310) 478-3711 x 54437

semel.ucla.edu/bbar

CNS Network

2600 Redondo Ave, 5th floor
Long Beach, CA 90806

(855) 425-1515

cnstrial.com

Cedars-Sinai Medical Center

Department of Neurology
217 S. San Vicente Blvd, A6600
Los Angeles, CA 90048

(800) 233-2771

PAREXEL International

1560 Chevy Chase Dr, Ste 140
Glendale, CA 91206

(855) 814-8631

memory clinic: **(818) 254-1925**

parexel.com/losangeles

Pharmacology Research Institute

6345 Balboa Blvd, Building III, Ste 363
Encino, CA 91316

(818) 705-7450

priresearch.com

Schuster Medical Research Institute

5000 Van Nuys Blvd, Ste 216
Sherman Oaks, CA 91403

(818) 788-0747

smrionline.com

Websites

U.S. National Institutes of Health

A registry and results database of publicly and privately supported clinical studies in which you can search for memory-related clinical trials currently going on.
clinicaltrials.gov

National Institute on Aging

A free online resource that allows users to search for Alzheimer's disease and related clinical trials being conducted in their area.
nia.nih.gov/alzheimers/clinical-trials

Safety

Alzheimer's causes changes in the brain that may affect safety. Depending on the stage of the disease, this 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.

Home Modification

Accessible Design and Consulting

420 Hindry Ave, #B
Inglewood, CA 90301
(310) 215-3332
accessibleconstruction.com

Active Homes

Aging in Place Home Modification
(855) 924-7663
aginginplacemods.com

Forever Active

(888) 705-7441
foreveractivemed.com

Los Angeles Housing Department HomeSecure Program

Handy Worker Program; call for a referral
(213) 808-8803 English
(213) 808-8808 Toll-free/Spanish
lahd.lacity.org

Stayhome Safe, Inc

(626) 792-0070
stayhomesafe.com

Other Safety Devices

The Alzheimer's Store

Products designed for people with Alzheimer's and related dementias and their caregivers
(800) 752-3238 • alzstore.com

Connect America

A personal response service that provides 24-hour assistance via a push button device worn by the individual registered in the program
(800) 815-5809

Technological Options for Wandering Concerns

Personal GPS Locators

Take Along Tracker

portable-gps-devices.com

GoSafe

lifeline.philips.com

Pocketfinder

pocketfinder.com

Eyezon

eyezon.com

Phone Apps

Many smart phones have real time GPS tracking abilities. Check with your cell phone provider



A Word of Caution:

Cell phones & wearable technology can be taken off or lost and are not a 100% effective precaution against wandering.

GPS Watches & Wristbands

Keruve

keruve.com

Senior GPS Bracelet

trackingsystemdirect.com

Revolutionary Tracker

revolutionarytracker.com

iLoc Technologies

iloctech.com

Tracking System Direct

tracking-system.com

GPS Smart Sole

A GPS-enabled insole that can be inserted into almost any shoe
gpsmartsole.com

Be Prepared In Case Your Loved One Goes Missing

- ✓ Have current photo & basic personal information like height, weight, and identification markers.
- ✓ Know favorite places, commonly taken routes, etc.
- ✓ Let folks in the neighborhood know that if they see the person with dementia alone, to call you.
- ✓ Remember that tracking devices and wearables can be taken off.
- ✓ Keep a recently worn article of clothing in a sealed plastic bag. Touch it as little as possible and replace at least once a month. This will help with the canine search.
- ✓ Create a phone tree that can be activated in case the person goes missing.

Senior Move Managers

Making a major move at any age is difficult and stressful. Senior Move Managers recognize and help manage the stress of relocating older adults, helping older adults and their families through the downsizing and relocation process from their home to their new residence.

National Association of Senior Move Managers

nasmm.org

Agosti Moving and Storage

19338 Londelius St
Northridge, CA 91324
(818) 773-MOVE (6683)
seniormovingmanager.com

Clear Home Solutions

13351-D Riverside Dr, #317
Sherman Oaks, CA 91423
(818) 376-0125
clearhomesolutions.com

Doorsquad Relocation

4712 Admiralty Way, Ste #991
Marina Del Rey, CA 90292
(888) 402-4988
doorsquad.net

Gentle Transitions

1726 Manhattan Beach Blvd, Ste G
Manhattan Beach, CA 90266
(800) 894-0338
gentletransitions.com

The Move Managers LLC

17328 Ventura Boulevard, Ste 159
Encino, CA 91316
(818) 753-7737
TheMoveManagers.com

Moving Matters

14813 Lorne St
Panorama City, CA 91402
(818) 634-4818
MovingMattersLLC.COM

Professional Organizers

Professional organizers are dedicated to helping people and organizations bring order and efficiency to their lives and their homes. These organizers can assist before, during, or after a move, or anytime that an individual needs to sort through possessions and/or paperwork.

National Association of Professional Organizers

napo.net
Los Angeles: napola.org

A Clear Path

(818) 400-9592
aclearpath.net

Away With Chaos

4712 Admiralty Way, Ste 253
Marina del Rey, CA 90292
(818) 519-2938
awaywithchaos.com

Creating Balance

(310) 995-2228
creating-balance.net

Professional Organizers, con't.

creativeOrganizer

11684 Ventura Blvd, #975
Studio City, CA 91604
(323) 656-9665
creativeorganizer.com

Leave It To Lori

Westlake Village, CA 91361
(818) 324-3660 • (424) 234-3493
leaveit2lori.com

Making Space Work

(323) 246-0567
makingspaceworkLA.com

An Organized Life

PO Box 48041
Los Angeles, CA 90048
(323) 935-9235
anorganizedlife.net

**Organizing Concepts
and Designs**

(310) 560-5060
organizingconceptsanddesigns.com

Organizing Works

(805) 577-8267
organizingworks.us

The Traditional Home Organizer

(310) 396-5656
traditionalhomeorganizer.com



Support Group Services

Support Groups allow caregivers, persons with Alzheimer's or other 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 Alzheimer's Los Angeles.

Caregiver Support Groups

When it comes to caring for someone with Alzheimer's disease or a related dementia, it's hard to do it alone. This program provides education about the disease. Groups are peer support and held in different languages throughout Los Angeles County (such as Spanish, Korean and Japanese).

Telephone Support Groups

Sometimes it is not possible for a caregiver to attend a Support Group in person, whether due to life challenges or the nature of caregiving. Participating in a telephone support group allows the individual a regular time to talk to others who are going through a similar situation.

Early Stage Support Groups

These support groups are specifically for persons in the early stage of Alzheimer's disease. Information about these groups can be found in the Early Stage Services section of this directory.

Facilitate A Support Group

Interested in leading a group for people living with a dementia and/or their caregivers? Call us at **(844) 435-7259** to learn about our volunteer opportunities.

To receive a complete listing of the support groups in the Greater Los Angeles area, please call our Helpline at **(844) 435-7259** or go to our website at **AlzheimersLA.org**.

Transportation

The following are 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 when needed. Please call ahead to ensure your special needs can be met.

A number of communities offer local transportation services within their boundaries. Please call our Helpline at **(844) 435-7259** for referrals.

Access Services Los Angeles County

Provides transportation for disabled individuals including people with Alzheimer's and other dementias
(800) 827-0829
accessla.org

Butterfli

Assisted transportation for older adults and those with disabilities
(855) 267-2354
gobutterfli.com

Cityride Dial-a-Ride & Taxi Service City of Los Angeles

Curb-to-curb transportation program for seniors; sliding scale available

(323) 666-0895
(818) 908-1901
(213) 808-RIDE (7433)
(310) 808-RIDE
(323) 808-RIDE
(818) 808-RIDE



Go Go Grandparent

Connects seniors to ride sharing services like Lyft or Uber. Rides can be accessed by calling GoGoGrandparent directly, rather than using a smart phone app.
(855) 464-6872
gogograndparent.com

LADot Commuter Express

Transportation within the city
ladottransit.com

WISE & Healthy Aging Senior Services

Transportation and mobility program anywhere in the Santa Monica area 7 days/week. Limited group transportation to UCLA Westwood and Kaiser Cadillac and Marina locations
(310) 394-9871
wiseandhealthyaging.org

Utilities

CA Telephone Access Senior Telephone Program

425 W Broadway, Ste 105
Glendale, CA 91204

(800) 806-1191

(800) 949-5650 (Spanish language line; other languages available)

californiaphones.org

SoCalGas

socialgas.com/save-money-and-energy/assistance-programs

Southern California Edison

sce.com/residential/assistance/energy-savings-program

National Council on Aging Benefits Check-Up

Find programs to help pay for health care, medications, food and utilities.

benefitscheckup.org

Veterans Administration (VA)

The Veterans Administration provides long-term care and other geriatric medical services for veterans (va.gov)

Department of Veterans Affairs

General Info and Enrollment

(877) 222-8387

Caregiver Support Line

(855) 260-3274

Benefits hotline **(800) 827-1000**

va.gov

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

Outpatient Geriatric Services

11301 Wilshire Blvd

Los Angeles, CA 90073

(310) 478-3711

Sepulveda VA Geriatric Research Education & Clinical Center (GRECC)

Outpatient Geriatric Services

16111 Plummer St

North Hills, CA 91343

(818) 895-9311



**Alzheimer's
LOS ANGELES**

844.HELP.ALZ

AlzheimersLA.org