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
- Caregiver Support Groups
- Elder Abuse Education and Fraud Prevention
- Health Insurance Information
- Home Care
- Home Modifications
- Legal Services
- Meal Services
- Placement Assistance
- Transportation
- Hospice
- Program of All-Inclusive Care for the Elderly - On Lok Lifeways

Some services may have waiting lists.

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.
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, you make it easier for you and your loved one.

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 local care and support for all those affected by Alzheimer's and other dementias. A professionally staffed 24/7 Helpline (1.800.272.3900) offers information and advice. Care consultations, support groups and classes are available throughout Santa Clara County. The Alzheimer's Association is also the world's largest nonprofit funder of Alzheimer's research. Our vision is a World Without Alzheimer's. There are a variety of ways to get connected and involved. 800.272.3900 (24/7) www.alz.org/norcal

Language Capabilities: English, Mandarin, Spanish, and Portuguese. Translation services available for other languages.

The Social Services Agency's Department of Aging and Adult Services (DAAS) promotes a safe and independent lifestyle for seniors, dependent adults and the disabled through the delivery of protective services, quality nutrition and supportive in-home services.

Main Phone: 408.755.7600
Adult Protective Services: 408.975.4900
In-Home Supportive Services: 408.792.1600
Senior Nutrition Program: 408.755.7680
Senior's Agenda/Age-friendly: 408.755.7695
Public Administrator/Guardian/Conservator: 408.755.7610
www.sccgov.org/daas

Language Capabilities: English, Spanish, Vietnamese, Chinese, Tagalog

Adult Day Care Programs

Adult Day Care (ADC) is a specialized program of recreation, stimulation and nutrition for frail, disabled and dependent seniors in Santa Clara County. The caregivers of ADC clients receive respite and support in maintaining their senior loved ones at home.

Avenidas Adult Day Health: 650.289.5499
Alzheimer's Activity Center: 408.279.7515
Day Break Adult Day Care: 408.325.5237
Grace Adult Day Health: 408.731.8866
Live Oak Adult Day Services: 408.971.9363
Sarah Care: 408.374.2273
Saratoga Adult Care Center: 408.868.1262
Yu Ai Kai: 408.294.2505

Sourcewise supports seniors and caregivers including persons with disabilities and all adults in Santa Clara County by informing, educating, and preparing all adults to navigate their health and life options. In 2015, Sourcewise increased access to South County Residents with a new office in Morgan Hill. We collaborate with Santa Clara County, state, and local networks to provide a streamlined approach to service and support systems. We empower individuals by providing access to information, allowing for personal choices, and continued independence. 408.350.3200
408.762.7362 (Morgan Hill, San Martin, Gilroy)
www.mysourcewise.com

Language Capabilities: Professional interpreters available for over 200 languages.