



**AGING & VETERANS  
SERVICES**

Stanislaus County  
*Caregiver Resource Guide*

**For More Information:  
Area Agency on Aging  
(209) 558-8698 or  
(800) 510-2020  
[www.agingservices.info](http://www.agingservices.info)**

### Introduction

Caregiving may be the most important job in our society. Everyone needs care as infants and most of us will need some kind of care at the end of our lives. At both ends of our lives, caregiving is most often done in the family setting.

Caring for adults involves unique challenges. Often the caregiving is being done in the family by spouses or adult children who have a variety of needs and responsibilities outside of that caregiving role. Too often the caregiver neglects his or her own needs, resulting in their own health crisis. To exacerbate this crisis, many caregivers view looking for help as a weakness or even as reneging on a promise to care for their loved one.

Help for caregivers to continue in their roles can be as little as finding supportive information and as much as having someone else provide care, either temporarily or on a long term basis. Respite services are those services that allow a caregiver to have time away from his or her loved one to regain their physical and emotional strength and energy. The services can be performed informally by other family and friends, through a fee-based agency, or through limited subsidized programs.

This Resource Guide is intended to be a point of entry to the possibilities of receiving various levels of assistance in doing the very important role of caregiving. It was developed to assist caregivers of elders and disabled persons and contains partial lists of resources in the Stanislaus County area. **The information provided does not reflect an endorsement of any particular agency.**

**For the most up to date version of this booklet go to the website: [www.agingservices.info](http://www.agingservices.info).**

## Notes

### Free Care Home Referral Services

<b>A+ Senior Care Solutions</b> .....	209-652-2118
<b>Apexcare</b> .....	209-525-9111
<b>A Place Called Home</b> .....	209-342-7697
<b>A Place For Mom</b> .....	209-294-3253
<b>Golden Placement Services</b> .....	209-222-7138
<b>Provident Care</b> .....	209-578-1210
<b>Superior Care</b> .....	209-568-9209

**To receive caregiver updates via email, contact:**

Tiffany Walter-Leijten, [leijtent@stancounty.com](mailto:leijtent@stancounty.com)



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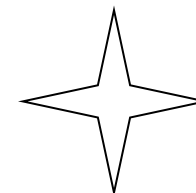


“There are four types of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers.”

Former First Lady Rosalynn Carter

“Sometimes when we are generous in small, barely detectable ways it can change someone else's life forever.”

Margaret Cho



## **Information, Services & Resources**

### **Alzheimer's/Dementia Support Center**

**700 McHenry Ave., Ste. B, Modesto, CA 95350**

**209- 577-0018   [www.adsc-modesto.org](http://www.adsc-modesto.org)**

Alzheimer's/Dementia Support Center, Inc. ("ADSC") is a Community-Based Nonprofit Corporation that offers:

- Support –see pg. 16 for a list of Support Groups for Caregivers and Care Receivers
- Guidance
- Educational Resources
- Issues related to Alzheimer's Disease
- Memory Loss
- Other Dementia Related Illnesses

## **Home Health & Personal Care Agencies**

<b>Access Home Care .....</b>	<b>209-918-8005</b>
<b>Addus Health Care .....</b>	<b>209-526-8451</b>
<b>All Ways Caring.....</b>	<b>209-523-9194</b>
<b>Alegre Home Care .....</b>	<b>209-846-3610</b>
<b>Apexcare.....</b>	<b>209-525-1111</b>
<b>Assured Care Inc.....</b>	<b>209-579-5540</b>
<b>Care One .....</b>	<b>209-632-8888</b>
<b>Caregiver To You .....</b>	<b>800-869-4373</b>
<b>Comfort Keepers.....</b>	<b>209-543-0444</b>
<b>Covenant Care at Home.....</b>	<b>209-250-5250</b>
<b>Home Helpers.....</b>	<b>209-222-5839</b>
<b>Interim Health Care.....</b>	<b>209-577-5936</b>
<b>Legacy Home Style Service.....</b>	<b>209-800-7333</b>
<b>Lift-A-Hand.....</b>	<b>209-996-6132</b>
<b>Provident Care.....</b>	<b>209-578-1210</b>
<b>Rescare HomeCare.....</b>	<b>209-523-9194</b>
<b>Right At Home.....</b>	<b>209-579-9445</b>
<b>Sequoia Companion Care &amp; Home Health</b>	<b>209-559-7727</b>
<b>Sutter Care at Home.....</b>	<b>209-571-1055</b>
<b>Valley Caregiver Resource Center.....</b>	<b>209-232-5236</b>
<b>Valley Home Care .....</b>	<b>209-549-9745</b>
<b>Valley Home Health Care .....</b>	<b>559-222-4060</b>
<b>Visiting Angels .....</b>	<b>209-952-3585</b>

*This resource guide and reference to home health agencies does not constitute or imply its endorsement, sponsorship, or recommendation by Stanislaus*

*County or its contributors.*

## Assistive Device Resources

### Allegro Medical

[www.allegromedical.com](http://www.allegromedical.com)

### California Connect (Telephone Communication)

1-800-806-1191

[www.caconnect.org](http://www.caconnect.org)

### Dignity At Home Fall Prevention Program

209-558-8698

[www.healthyagingassociation.org/dignity-at-home.html](http://www.healthyagingassociation.org/dignity-at-home.html)

### Freedom Knee Scooter and Equipment Rental

2717 Coffee Rd, Suite G, Modesto, 95355

Phone: 209-408-8545

[www.freedomkneescooter.com](http://www.freedomkneescooter.com)

### Home Safety Services-Grab Bars and more!

Phone: 209-438-7233

[www.homesafety.net](http://www.homesafety.net)

### Medical Market

3848 McHenry Ave, Suite 215, Modesto

Phone: 209-409-8427

### Mobility Plus-Home Medical Equipment

627 Galaxy Way, Modesto, 95356

Phone: 209-552-2244

[www.MobilityPlusofCA.com](http://www.MobilityPlusofCA.com)

### Modesto Mobility Center, Inc.

1025 Lone Palm Ave, Suite 5 A-B, Modesto 95351

Phone: 209-577-1069

### Walmart

[www.walmart.com](http://www.walmart.com)

## Information, Services & Resources

### Area Agency on Aging Information & Assistance

3500 Coffee Rd, Suite 19, Modesto, 95355

209-558-8698 or 1-800-510-2020

[www.agingservices.info](http://www.agingservices.info)

The local agency responsible for Older Americans Act Services:

- Senior Meals-Sites and Home-Delivered
- Family Caregiver Support Program
- Case Management
- Homemaker Services
- Long Term Care Ombudsman and Elder Abuse Prevention
- Senior Law Project
- Health Insurance Counseling & Advocacy Program (Medicare Help)
- Information about services for seniors and caregivers; referrals to related programs and services.
- Senior Exercise and Fall Prevention Classes

California State Programs:

- Multipurpose Senior Services Program
- Depression Prevention & Early Intervention Programs
- Family Caregiver Support Program- Gives unpaid informal caregivers opportunities to safely leave a care receiver at home with professional caregivers.

**Veterans Services** - 209-558-7380; Connecting veterans of all ages to services.

# Information, Services & Resources

## Catholic Charities-Social Services

209-529-3784

[www.ccestockton.org](http://www.ccestockton.org)

Catholic Charities is a nonprofit organization that has been serving Stanislaus County seniors for more than 30 years. Many of our services are specifically designed to safely help older adults maintain independence in their home. We also assist residents in facility settings.

- Assisted Transportation: provides rides for those who are 60+ years and are unable to use fixed route or dial-a-ride buses; includes wheelchairs.
- Homemaker Program: provides limited housekeeping services twice monthly.
- Long Term Care Ombudsman: provides advocacy for residents of assisted living and skilled nursing facilities.
- SEAPA (Stanislaus Elder Abuse Prevention Alliance): conducts educational opportunities aimed at preventing elder and dependent adult abuse.
- CalFresh and SNAP-Ed Programs: assist with applications for food stamps and provide nutrition education.
- Family Counseling Service: short term counseling needs.
- Immigration Service: works with Family Reunification and other Homeland Security programs.

# Support Groups

## Contact the Groups for current information

### **Silver & Gold Support Group 4 LGBT Elders**

Contact: Steven C.—[stevecullen@sbcglaobal.net](mailto:stevecullen@sbcglaobal.net)  
559-799-0464

Thurs: 1 p.m.-Queen Bean Coffee House, 1126 14th St, Modesto

Ongoing support group to meet the mental health and wellness needs of the LGBT community

### **Us TOO-Prostate Cancer-Education & Support**

Contact: Ken Wilmarth 209-521-6468

Fourth Monday: 6:30 p.m.-9:00 p.m.-  
Sutter Gould Health Center, 1700 McHenry Ave, Suite 60-B, Modesto  
\*Speakers available\*

### **VA Palo Alto Health Care System Caregiver Support**

Contact: Tari Gatson 209-557-6200, Ext. 46021

Alternate Wednesdays: 11 a.m.-12 p.m., 3 p.m.-4 p.m.  
VA Modesto Clinic, 1225 Oakdale Rd, Modesto

## **Support Groups**

### **Contact the Groups for current information**

#### **VIPS-Visually Impaired Persons Support**

*Contact: 846-9027 for more information*

#### **Covenant Care Hospice**

*Contact: Cathy Morelli, 209-664-2550*

#### **Grief Support Groups & Individual Counseling**

Call for information, dates & times.

125 North Broadway, Turlock

#### **Kinship Support Services Program-Services for Senior Relatives Raising Minor Children**

*Contact: 209-558-8550*

#### **Support Groups and Other Assistance-Call for Information**

421 E. Morris Avenue, Modesto

#### **Seva Hospice**

*Contact: Michelle Donaldson, 209-846-9488*

#### **Groups Available through Zoom-Call for Information**

#### **Individual Counseling Available**

5330 Pirrone Rd, Suite 303

Salida, CA 95368

## **Information, Services & Resources**

### **American Cancer Society**

**800-227-2345 [www.cancer.org](http://www.cancer.org)**

Caregiver Information is available at:

**[www.cancer.org/treatment/caregivers/index](http://www.cancer.org/treatment/caregivers/index)**



## **Information, Services & Resources**

### **Community Hospice**

4368 Spyres Way, Modesto, CA 95356

209-578-6300 [hospiceheart.org](http://hospiceheart.org)

Community Hospice is a nonprofit, community-based hospice agency, serving the Central Valley since 1979. Community Hospice embraces individuals and families facing life-changing journeys, enhancing quality of life for all. Care extends to over 2,000 patients and families every year in private homes, skilled nursing facilities and at the sixteen-room Alexander Cohen Hospice House. Community Hospice also provides palliative care, grief and mental health support. For more information, please call 209-578-6300 or visit [hospiceheart.org](http://hospiceheart.org).

Community Hospice services include:

- Physician consultations
- Regular visits by nurses to provide symptom control, pain management and to educate patients and caregivers
- Social workers trained to support the emotional needs of the patient and family
- Spiritual support from interfaith chaplains
- Assistance with bathing and personal care from home health aides
- Visits from volunteers that provide temporary relief for family caregivers
- Medication and therapies
- Medical equipment such as beds, commodes, wheelchairs, walkers and oxygen concentrators
- Short-term respite and inpatient care at the Alexander Cohen Hospice House
- Bereavement support for caregivers and the family
- Specialized care addressing the unique needs of veterans and children.

Hospice services are covered by Medicare and most insurers. Call for a free consultation.

## **Support Groups**

### **Contact the Groups for current information**

#### **Alzheimer's Association**

*Contact: 1-800-272-3900-24-Hour Hotline*

*[www.alz.org](http://www.alz.org)-On-line & Virtual Support Groups*

#### **Community Hospice**

*Contact: 209-578-6300 or visit their website: [hospiceheart.org](http://hospiceheart.org)*

*- List of Groups specific to your need.*

#### **Parkinson's Disease Information & Support**

*Contact: Beth Bollinger, 209-668-9434*

*Email-[Modestoparkinsons@gmail.com](mailto:Modestoparkinsons@gmail.com)*

*Every 3rd Wednesday: 1:30 p.m.-Virtual*

#### **Turlock Parkinson's Disease Support Group**

*Contact: Paul Barnes, 209-216-5620*

*Call for Information*

#### **Valley Caregiver Resource Center**

1101 Standiford Ave.#A10, Modesto, CA 95350

*Contact: 209-232-5236 or 800-541-8614*



## Support Groups

### Contact the Groups for current information

#### **Alzheimer's/Dementia Support Center**

##### Caregiver & Early Stage Memory Groups

700 McHenry Ave., Ste. B, Modesto *Contact 209-577-0018*

##### Every Monday

##### Caregivers:

9:30 a.m.-12:00 p.m.

##### Memory Group:

10:30 a.m.-12:00 p.m.

5:30 p.m.-7:00 p.m.

(includes Memory Group)

##### Every Thursday

##### Caregivers & Memory Group

Husbands Only Caregivers

Noon—1 p.m.

Younger Onset Spouses Caregivers

1 p.m.—2 p.m.

All Caregivers

2:00 p.m.-3:30 p.m.

##### Paramount Court Assisted Living

3791 Crowell Rd, Turlock. *Contact: 209-664-9500.*

##### Every Wednesday-Caregivers & Memory Group:

9:30 a.m. –11:00 a.m.

##### Gladys Lemmons Senior Center, 450 E. A Street, Oakdale

##### Every Monday-Caregivers & Memory Group:

1 p.m.—2:30 p.m. *Contact: 209-845-3566*

##### Covenant Living; 2125 N. Olive, Turlock

##### Every Wednesday-Caregivers & Memory Group:

11:30 a.m. -12:30 p.m. *Contact: 209-226-4621*

##### El Rio Senior Living; 2828 Healthcare Way, Modesto

1:30 p.m.—3:00 p.m. *Contact: 209-543-3805*

## Information, Services & Resources

### VIPS -Visually Impaired Persons Support –

#### **Building a Good Life**

**209-846-9027** Mon - Fri 8 :00 a.m. - 4:00 p.m.

[www.vipsmodesto.org](http://www.vipsmodesto.org)

**Address:** 1409 H Street, Modesto, CA 95354

VIPS provides a place of compassion, support, understanding, education and personal growth for any person who is blind or visually impaired, through independent life and job skills training.

- Personalized training programs\*
- Computer Training
  - Microsoft Office<sup>®</sup>, Email, Web browsing
  - Scanning documents
  - Screen reading and magnification
- Assistive Technology (CCTV, Magnifies +)
- Independent Living Skills
  - Cooking
  - Organization & Home Management
  - Money Identification
  - Signature Writing
- Braille Instruction
- Adjustment to Blindness & Vision Loss
- Support Groups– Both visually-impaired persons and caregivers.

\* Programs funded by Department of Rehabilitation or Veterans Administration for qualified individuals. Contact VIPS for other funding options.

## Elder Care Coordination Agencies

**Shelton Care Management**  
**1-800-916-6482**

**[patty@SheltonCareManagement.com](mailto:patty@SheltonCareManagement.com)**  
**Patricia Shelton, RN, CCM**

**[www.SheltonCareManagement.com](http://www.SheltonCareManagement.com)**

*Professional assistance in navigating the medical, financial and local resources available to support your aging loved ones. Delivering care-coordination to preserve the dignity and safety of each individual.*

## Caregiver Frequently Asked Questions

**Question:** *I am a family caregiver, does that make me a mandated reporter for elder abuse? What is a mandated reporter and who do I call if I suspect abuse?*

**Answer:** Under California law (Welfare & Institutions Code 15630) if you are a caregiver (paid or unpaid), **you are a mandated reporter** of suspected elder or dependent adult abuse. You would make reports to Stanislaus County Adult Protective Services (209-558-2637) or the Long Term Care Ombudsman program, (for anyone living in assisted living or skilled nursing facilities; 209-529-3784). All reports of suspected abuse are strictly confidential –your identity as a reporter will **not** be disclosed! It is important to remember that a report should be made if you suspect abuse has or is occurring. Reports can also be made using the state SOC341, available online at: [www.dss.cahwnet.gov/cdssweb/entres/forms/English/SOC341.pdf](http://www.dss.cahwnet.gov/cdssweb/entres/forms/English/SOC341.pdf)

Others who are mandated to report include: emergency responders, health practitioners, clergy members, and anyone who has “care and custody” (even temporarily) of an elder or dependent adult.

For information on Stanislaus County Adult Protective Services and to report suspected elder abuse - 24 hour reporting line: 1-800-336-4316 or visit [www.stanworks.com/content.php?nav=adult-services/adult-protective-services.htm](http://www.stanworks.com/content.php?nav=adult-services/adult-protective-services.htm)

**Question:** *Where do I find resources for a person with disabilities?*

**Answer:** Contact DRAIL, 209-521-7260.

## Caregiver Frequently Asked Questions

**Question:** *I may need to find a care home if I can't handle things at home. How can I find the best place that will satisfy our needs?*

**Answer:** Contact the Area Agency on Aging, 209-558-8698 or 1-800-510-2020 for:

- A list of care homes in Stanislaus County.
- A list of **Free Referral Services** to help caregivers prioritize and find the appropriate care home. These services consider the needs of the senior, resources, and criteria expressed by the family and senior. Several care homes are suggested. If the senior and family choose one of the suggested care homes, the Referral Service staff is paid by the care home. See pg. 22.

Go to [www.Medicare.gov/NursingHomeCompare/search.aspx](http://www.Medicare.gov/NursingHomeCompare/search.aspx)

**Question:** *Are there options for Adult Day Care in the area?*

**Answer:** Adult Day Care is available:

Turlock Adult Day Health Care Center, Inc. 209-250-0992

Bethany Home Adult Day Services, Ripon 209-599-4221

Day Out Adult Day Care & Adult Day Health Care, Merced  
209-388-9175

**Question:** *How do I enroll my loved one in Medi-Cal?*

**Answer:** Contact, 877-652-0734, and request an application.

## Web Resources

**Aging Care**.....[www.AgingCare.com](http://www.AgingCare.com)  
**Alzheimer's Aid Society**.....[www.alzaid.org](http://www.alzaid.org)  
**Alzheimer's Association**.....[www.alz.org](http://www.alz.org)  
**Alzheimer's/Dementia Support Center, Inc.**  
.....[www.adscmodesto.org](http://www.adscmodesto.org)  
**CalFresh** <https://benefitscal.com>  
**California Advocates for Nursing Home Reform—**  
**CANHR**.....[www.CANHR.org](http://www.CANHR.org)  
**CareLinx** ..... [carelinx.com](http://carelinx.com)  
**Caregiving**.....[www.Caring.com](http://www.Caring.com)  
**Catholic Charities**.....[www.ccstockton.org](http://www.ccstockton.org)  
**Community Hospice**..... [hospiceheart.org](http://hospiceheart.org)  
**Disability Resource Agency for Independent**  
**Living**.....[www.DRAIL.org](http://www.DRAIL.org)  
**Health Net** .....[www.healthnet.com](http://www.healthnet.com)  
**Healthy Aging Association**  
.....[www.healthyagingassociation.org](http://www.healthyagingassociation.org)  
**Medicare** .....[www.cms.gov](http://www.cms.gov) or [www.medicare.gov](http://www.medicare.gov)  
**Mesothelioma Cancer Alliance** [www.mesothelioma.com](http://www.mesothelioma.com)  
**MOVE Stanislaus Transportation**.... [movestanislaus.org](http://movestanislaus.org)  
**Parkinson's Disease**.....[www.parkinsons.org](http://www.parkinsons.org)  
**Social Security Administration** ..... [www.ssa.gov](http://www.ssa.gov)  
**Stanislaus County Aging & Veterans Services:**  
[www.agingservices.info](http://www.agingservices.info)  
**Visually Impaired Persons Support**...[www.vipsmodesto.org](http://www.vipsmodesto.org)

## Caregiver Frequently Asked Questions

**Question:** *My mother is disabled and I drive her wherever she needs to go. How can I get a handicapped placard to use in my car?*

**Answer:**

- How to apply for a placard: [www.dmv.ca.gov/pubs/brochures/fast\\_facts/ffvr07.htm](http://www.dmv.ca.gov/pubs/brochures/fast_facts/ffvr07.htm)
- Access the DMV Application for Disabled Person Placard or Plates: [apps.dmv.ca.gov/forms/reg/reg195.pdf](http://apps.dmv.ca.gov/forms/reg/reg195.pdf)
- Helpful Information for Disabled Using DMV Services: [www.dmv.ca.gov/dl/disabled\\_info.htm](http://www.dmv.ca.gov/dl/disabled_info.htm)
- DMV Telephone Service Center: 1-800-777-0133

**Question:** *Where do I get a list of agencies that I can employ to help me in my home?*

**Answer:** Contact the Stanislaus County Area Agency on Aging, 209-558-8698 or 1-800-510-2020 for a list that includes agencies, phone numbers, websites and description of services.

**Question:** *What is In Home Supportive Services (IHSS) and how do I register for this service?*

**Answer:** IHSS is a program to assist lower income seniors and persons with disabilities to remain in their homes, instead of moving prematurely to a care home. Contact the Stanislaus County Adult Services Department, 209-558-2637. To find a registered and approved IHSS caregiver, or to be included in the Registry as a caregiver, contact *Link 2 Care*, 209-558-1650.

## Caregiver Frequently Asked Questions

**Question:** *How can I talk to the doctor to make sure she/he answers my questions and I understand my condition and treatment plan?*

**Answer:**

- Develop a rapport with the doctor's assistant-nurse or receptionist; notify that person about questions
- Take a list of questions and a notebook to record answers
- Be non-confrontational, understanding of the staff's time constraints
- Take another person with you to the appointments
- Seek answers via your health plan's help line, web sites and health libraries (see below)

**Question:** *I don't use the internet. Are there local places where I can learn more about family caregiving, health and chronic conditions?*

**Answer:** The following organizations have on-site health libraries that you can visit and get information.

- Community Hospice, 4368 Spyres Way, Modesto, 209-578-6300
- Sutter Gould Medical Foundation, McHenry Village, 1700 McHenry Ave, Suite 60B, Modesto, 209-548-7860