

Caregiver Resources

BY AGGIE JORDAN AND JULIE HARRIS

In February's *The View*, we promised you a list of resources for caretakers. We hope this list is helpful to you. It's perforated so that you can tear it out and keep it for when you might find it valuable. This page will also be available on the SCSHCA website.



US Administration on Aging

<https://www.hhs.gov/aging/long-term-care/index.html>, is a great place to start for any question. Also see www.aging.com. <https://eldercare.acl.gov/Public/Index.aspx> also offers a list of providers by ZIP code.

AARP Online Resources

AARP provides a lengthy list of services for patients with dementia or other long-term illness. Their *Prepare to Care* is a 36-page guide that can be downloaded or ordered online or by phone from 877-333-5885. This guide offers just about everything you want to know as you enter this journey of caregiving. AARP also has resources on the following topics: Caregiving Basics; Care At Home; Caregiver Life Balance; Community (provides the opportunity to connect online with other caregivers); Caregivers Resource Guide (the community resources given here are meal delivery; in-home care giving services; transportation; and telehealth), www.aarp.org.

Riverside County on Aging

Provides a number of services and a list of organizations under ADRC (Aging and Disability Resource Connection, www.rcaging.org).

Network of Care

www.riverside.networkofcare.org/aging/services/subcategory.aspx?cid=41944&tax=LT-1750.1700 lists associations and facilities that provide in-home services and care facilities.

Dementia Friendly Café

This group's sole purpose is socialization for both the patient and the caretaker. They meet at PF Chang's in a separate room on the third Wednesday of the month from 3 pm to 5 pm. Just show up.

Eisenhower Memory Care Adult Day Center in Palm Desert

This facility offers both respite for the caregiver and the chance for the individual member to develop skills and explore new interests. <https://www.eisenhowerhealth.org/health-services/other-health-services/eisenhower-memory-care-center-adult-day-center/>; phone: 760-836-0232.

Eisenhower Driver's Assessment Program

This program needs a referring physician's recommendation. The patient will be tested for visual and perceptual abilities. Contact your physician for referrals in order to be sure that the patient has the necessary capability for driving.

SPECIAL SERIES: FOCUS ON DEMENTIA

Alzheimer's Coachella Valley

Provides supportive programs and services that respond to the needs of families living with Alzheimer's and other related disorders with emphasis on the caregiver and diagnosis. They can be reached at: www.cvalzheimers.org and 760-776-3100.

Indio Senior Center (ISC)

The ISC provides an Alzheimer's support group on Tuesdays from 10 – 11:30 am. For exact dates, 760-391-4170 or https://indio.org/your_government/community_services/senior/clubs/alzhemier.htm.

Legal Help

Most elder law attorneys handle legal matters affecting an older or disabled person, including issues related to health care, long-term care planning, guardianship, retirement, Social Security, Medicare, and Medicaid. Search online for "Elder law attorney in Coachella Valley" to see listings; also available is the radio show, "Elder Answers," on KNEWS 94.3 FM/970 AM.

Caregiver Contracts

People who use their own assets to pay for caregiving can draw up a contract to pay a son or daughter for the care provided. Discuss the possibility with other siblings involved and consult an elder care lawyer.

Veterans Benefits

If the care recipient is a veteran of a military conflict after September 11, 2001, phone 877-WAR-VETS (927-8387) toll free to learn about benefits for primary caregivers. If the patient qualifies for veterans benefits, there is a local representative who can provide assistance in finding what you need. For general information: <https://www.benefits.va.gov/persona/veteran-elderly.asp>. For contacting our local representative: <http://veteranservices.co.riverside.ca.us/Meet-the-Staff>.

Professional Advisors

Impartial advisors can provide placement assistance when you need to decide what type of facility is best for your family member. They can also refer you to providers who can help with additional senior care services, such as continuing care, hospice, and home health care.

The Aging Life Care Association

The association provides a list of paid, certified professionals in your area by ZIP code who can give you assistance in planning the patient's care: www.aginglifecare.org.

Long-term insurance

Some long-term insurance policies allow family members to be paid. They may exclude people who live in the same household. Check with the policyholder's insurance agent about coverage.

Financial Hardship

If money is tight, family members may be eligible for in-home help. Contact PayingforSeniorCare.com at www.payingforseniorcare.com/longtermcare/paying-for-home-care.html.



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