

Resources for Senior Services

Knowledge, awareness, and utilization of community resources will alleviate some of the stresses and burdens confronting caregivers and will enhance the quality of life for those in need of care and supervision.

I. **Abuse** – the following are services for preventing and/or reporting cases of abuse that are available to victims, their families and professionals working with them:

- Adult Protective Services – (800) 510-2020
- Elder Abuse Reporting Line – (800) 510-2020
- California Advocates for Nursing Home Reform (800) 474-1116
- Crisis Team (24-hour crisis counseling) – (619) 557-0500
- Long-term Care Ombudsman – (800) 231-4024
- Police – 911

II. **Socialization**

a. **Adult Day Health Care (ADHC)** – a community based day program of health, rehabilitation, and social services for disabled adults and the frail elderly. Transportation is provided for a fee.

- This program helps participants to continue living at home and provides daytime respite to family members or other caregivers.
- Centers are licensed and Medi-Cal reimbursable; centers usually provide services in designated geographical areas.

b. **Adult Social Day Care** – programs, which serve as interim care for clients who, do not need Adult Day Health Care, but are not able to participate in a senior centers. Some provide transportation and may charge a fee for attendance.

c. **Senior Centers and Clubs** – programs which provide a variety social activities, exercise programs, outings, social services, information and referral, lectures, music, dancing, meal program, etc. In general, those who attend are independent and able to use public or private transportation without assistance.

III. **Caregiver Assistance**

a. **Caregiver Support Services** – groups (self-help or support) that put caregivers in touch with one another to share emotional support, understanding and suggestions for handling problems. For example, Alzheimer’s Association (AA), Parkinson’s Association (PA), and Heart Association (HA).

b. **Respite** – provides temporary respite for families and/or caregivers of elderly or disabled persons. Respite can be arranged for several hours, days or weeks

depending on what is selected and needed. For example, Southern Caregiver Resource Center (SCRC), AA, and PA.

- There are organizations that provide information and referral about respite.
- Types of respite care include out-of-town care, in-home care, overnight, and out-of-home care.

IV. **Case Management** – a program in which case managers (private and non-profit) coordinate all social, medical, and psychiatric services for clients with the intent of stabilizing clients at their current levels of care for a fee.

- Services can include support on an on-going basis, ongoing assessment of needs and care planning.
- Ensures a more stable environment.
- Includes implementation, and coordination of program delivery as well as follow-up and reassessment.
- Case managers work hand-in-hand with caregivers and other service providers.

V. **Home Management and Safety**

a. **Emergency Response Systems** – are services that bring help within minutes with a touch of a portable help button.

- Response systems provide immediate help 24 hours per day.
- Provide peace of mind and independence to the users.
- Provide respite and reassurance for family and caregivers.

b. **In-Home Support and Homemaker Services** – provide in-home supportive care and services ranging from homemakers to registered nurses.

- Some agencies screen and bond attendants.
- Some provide referrals; clients and/or caregivers must interview and screen.
- Some agencies are profit and others are non-profit.
- Some provide 24-hour care.
- Medicare and/or Medi-cal cover some services depending on the licensing agency.

c. **Home-Delivered Meals**

- Meals are available to persons 60 or over that are homebound due to illness, incapacitation, disability, or isolation. (There are programs available for younger disabled individuals also.)

- Spouses of the homebound persons may also receive home-delivered meals if certain criteria are met. Criteria are determined by Areas Agency on Aging.

VI. **Information and Referral** – services which inform, guide, direct and link people in need to the appropriate human services, to hopefully alleviate or eliminate that need.

- Eldercare Locator (to access Senior Information and Referral in any part of the United States) – 1 (800) 677-1116
- Aging and Independent Services: 1 (800) 510-2020

VII. **Mental Health Services** – provide community based mental health services to individuals who have mental health problems and are at risk.

- Community Mental Health is generally part of the Department of Public Health in each county.
- Some programs provide services to individuals residing in specific geographical areas.
- Fees vary according to income; generally Medi-Cal, Medicare and some other private insurance are accepted.
- Services include assessment, medication support, crisis intervention, 5150 enactment, group therapy, day treatment, and case management.