

FAMILY CAREGIVER SUPPORT PROGRAM



Senior Access

70 Skyview Terrace, Building B, San Rafael, CA 94903

Jen Tripathy, MFT 415.491.2500 extension 140

email: jtripathy@senioraccess.org

Senior Access offers licensed, innovative, social and therapeutic day programs for persons with Alzheimer's disease and related dementias at the San Rafael center, as well as the Excursion program for those who enjoy going on outings. Through FCSP, respite grants are available to caregivers so that their family members can attend the daytime club or the Excursion program.

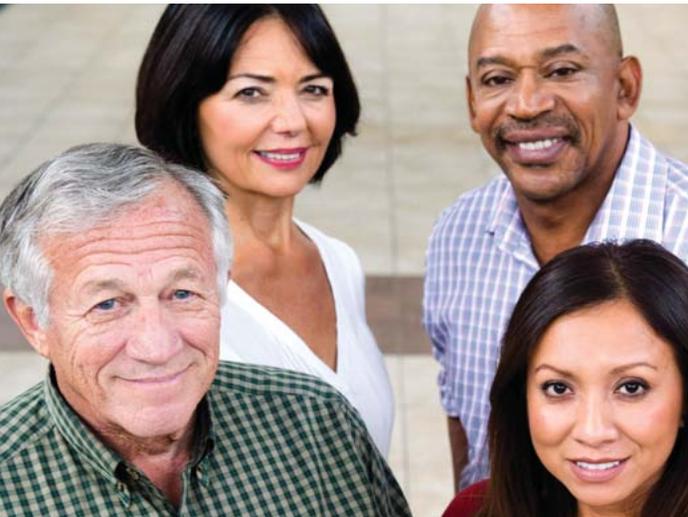


The Spahr Center

910 Irwin Street, San Rafael, CA 94901

415.457.2487

The Spahr Center is dedicated to serving, supporting and empowering Marin's LGBT community and everyone in the county living with and affected by HIV. Through FCSP, the center provides outreach to caregivers with information about supportive resources in the county. We also provide support and assistance in connecting with partner agencies in the family caregiver network to assure that caregivers and their loved ones find and receive the services they need.



A DIVISION OF JEWISH FAMILY AND CHILDREN'S SERVICES

Seniors At Home, a division of Jewish Family and Children's Services

600 Fifth Avenue, San Rafael, CA 94901

415.449.3777

Seniors At Home's Center for Dementia Care provides specialized in-home support for people experiencing Alzheimer's or other forms of dementia, as well as practical and emotional support for families. We also offer comprehensive senior services including non-medical home care, care management, palliative care, fiduciary services, conservatorship, and counseling. Through FCSP, Seniors At Home will offer the following services in Marin County:

- Advanced Health Care Directive planning workshops
- Education and counseling for family members
- In-home respite care



West Marin Senior Services

11435 State Route One

Pt. Reyes Station, CA 94956

415.663.8148

Helping seniors live safely and with dignity in our community.

West Marin Senior Services (WMSS) helps seniors live safely and with dignity in West Marin by providing options for a range of in-home, assisted living, and community services that foster independence and participation in our community. Under FCSP, West Marin Senior Services provides:

- In-Home Respite for family caregivers in West Marin
- Extended overnight respite for a loved one at Stockstill House

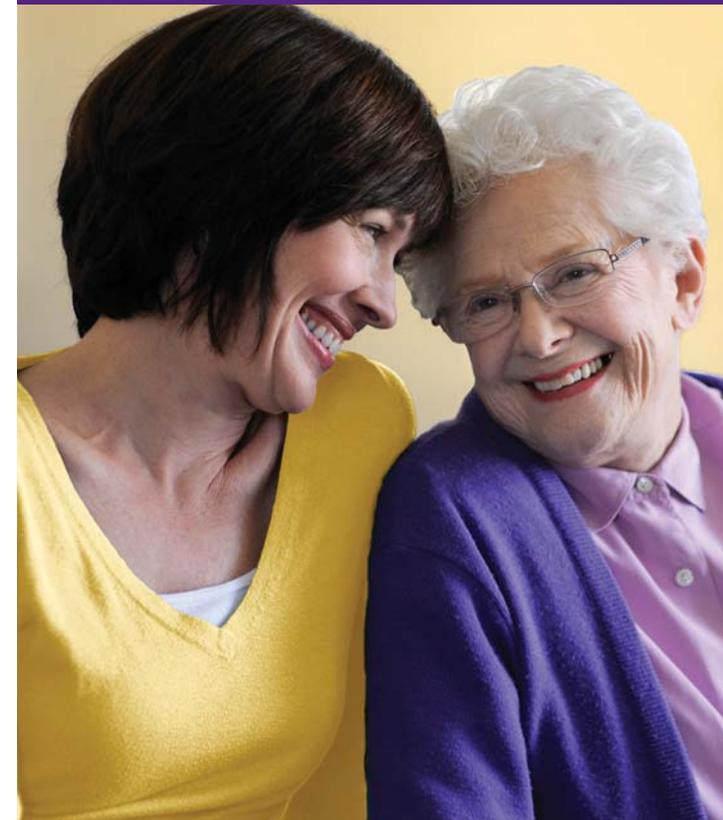


Health, Well-being & Safety

**the Marin Department of Health and Human Services,
Aging and Adult Services.**

**Funding for this program,
at least in part, is
made available by the
Older Americans Act,
administered locally by**

A CAREGIVER'S GUIDE FOR HELP IN MARIN COUNTY



alzheimer's association®

Take that first step...ask us!

FAMILY CAREGIVER SUPPORT PROGRAM

Family members and friends unquestionably provide the major percentage of support to loved ones needing care and assistance, often taking its toll both physically and emotionally on the caregiver.

Welcome to the Family Caregiver Support Program (FCSP) Collaborative, courtesy of funds provided by the Marin County Division of Aging from the National Family Caregiver Support Act. This grant program, administered by the Alzheimer's Association, offers information and assistance to family caregivers

through support, education, and respite care services by eight Marin County agencies. Family caregiver refers to an adult family member, spouse, partner, adult child, other relative or friend who is an informal provider of in-home and community care to an older individual or to an individual of any age with Alzheimer's disease or a related dementia.

Now in its eleventh year, the FCSP Collaborative has successfully demonstrated the value in having a strong network of community partners working together to coordinate community services and integrate a cohesive delivery system that will benefit both the caregiver and care recipient.

Through our array of programs and services, we can ease the additional burdens and challenges faced throughout this difficult journey. The FCSP Collaborative offers family caregivers a starting place to get the assistance they need in the following areas:

- **Outreach**
- **Information and Assistance**
- **Assessment**
- **Case Management**
- **Counseling**
- **Support Groups**
- **Caregiver Training**
- **Respite Care (in-home, day and overnight care)**

alzheimer's association®

Alzheimer's Association — North Bay Office

4340 Redwood Highway, Suite D314, San Rafael, CA 94903

415.472.4340 800.272.3900 - 24/7 Helpline

www.alz.org/norcal

The Alzheimer's Association is a 24/7 resource for help, information, referrals, and the opportunity to make a difference in the fight against Alzheimer's disease. We are the leading voluntary health organization in dementia care, support, and research and we offer a broad range of programs and services for individuals and families coping with Alzheimer's Disease as well as all forms of dementia. Programs include a 24/7 Helpline, support groups for both the caregiver and the early stage diagnosed individual, and education programs. Call 1.800.272.3900 for reliable information, referrals and support in 140 languages.



Family Caregiver Alliance

235 Montgomery St., Suite 950, San Francisco, CA 94103

800.445.8106

www.caregiver.org

Family Caregiver Alliance offers quality information, support, and resources for family caregivers of adults with chronic physical or cognitive conditions. To learn more, give us a call or visit our website. We now offer FCA CareJourney, our online caregiver support tool that brings together FCA's resources based on an individual caregiver's specific needs and location. To join FCA CareJourney, caregivers simply answer a series of questions, and they are provided with information tailored to their care situation.

!LIGHTHOUSE!:
FOR THE BLIND AND VISUALLY IMPAIRED

LightHouse of Marin

851 Irwin St., Suite 206, San Rafael, CA 94901

415.258.8496

www.lighthouse-sf.org

Through FCSP, the LightHouse Social Worker provides support, education and resources to caregivers who are blind or low vision, and to sighted support persons who may be assisting an individual who is. Our goal is to work with the family or supportive team to achieve successful interdependent living.



Lifelong Marin Adult Day Health Center

1905 Novato Blvd., Novato, CA 94947

415.897.6884

www.MarinADHC.org

Lifelong Marin Adult Day Health Center (Community Based Adult Services) offers a medical model through an outpatient day program for older persons and adults with chronic medical, cognitive or mental health conditions and/or that are at risk of needing institutional care. A coordinated team of licensed professionals includes nurses, social workers, physical, speech and occupational therapists. We focus on medical, preventive and social care to improve health outcomes for our participants.



County of Marin

**Department of Health and Human Services
Division of Aging and Adult Services**

10 N. San Pedro Rd., San Rafael, CA 94903

415.457.4636

For information about services for disabled adults, family caregivers, and older persons in Marin County, call the **Aging and Adult Information & Assistance Line** at 415-457-INFO (415-457-4636).