



CAREGIVERS COUNT!

15th

Annual Conference

3-Part Series on Saturdays:
September 6, 13 & 20, 2025
10: 00 AM - 12:00 PM

[HTTPS://WWW.CAREGIVERSCOUNT.NET/](https://www.caregiverscount.net/)

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Tools & Practical Low-Tech Solutions

Event Sponsors

Planning Committee

Barry J. Jacobs, PsyD

Barry J. Jacobs, PsyD, is a clinical psychologist, a family therapist, and a healthcare consultant. A former magazine journalist, he is the author of *The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent* (Guilford, 2006) and coauthor with his wife, Julia L. Mayer, PsyD, of *AARP Meditations for Caregivers: Practical, Emotional, and Spiritual Support for You and Your Family* (Hachette, 2016), *AARP Love and Meaning After 50: The 10 Challenges to Great Relationships - and How to Overcome Them* (Hachette, 2020), and the *AARP Caregiver Answer Book* (Guilford, 2025). He has also written a self-help column for caregivers for AARP.org since 2013. An honorary board member of the Well Spouse Association and former director of behavioral sciences for the Crozer Health Family Medicine Residency, he maintains a psychotherapy practice in Media, Pennsylvania, specializing in supporting individuals with chronic and serious illness and their caregivers.

Julia L. Mayer, PsyD

Julia L Mayer, PsyD, is a clinical psychologist in private practice in Media, Pennsylvania, who has specialized for three decades in helping women in caregiver roles, as well as those with troubled marriages and history of sexual trauma. She is the author of the novel *A Fleeting State of Mind* (2014) and coauthor of *AARP Meditations for caregivers* and *AARP Love and Meaning after 50*. She is a former president of the board PSCP - The Psychology Network. Since 2006 she has cohosted the podcast *Shrinks on Third* on Psychology and social justice.

- Barry J. Jacobs, Psy.D.
- Julia L. Mayer, Psy.D.
- The AARP Caregiver Answer Book
- www.caregiveranswerbook.com

Seven Questions About Transitions That Worry Caregivers





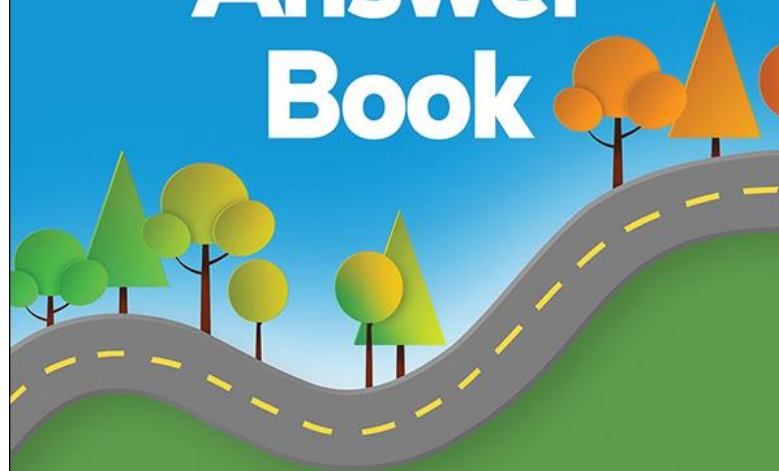
TODAY'S CONVERSATION

- Seven common questions about caregivers' transitions, including making the commitment, learning what to do, guilt, and exhaustion
- What questions would you like to discuss?



"Inspiring, reassuring, and easy to read."
—Katy Butler, bestselling author

The AARP Caregiver Answer Book



Barry J. Jacobs, PsyD
Julia L. Mayer, PsyD









- 
- A thick yellow vertical bar is located on the left side of the slide, extending from the top to the bottom. It has a small horizontal yellow rectangle at the top and a small yellow square at the bottom.
- My family member needs help but I don't know what I'm supposed to do or how. How do I figure this out? What if I mess it up?

- 
- A thick yellow vertical bar is positioned on the left side of the slide, extending from the top to the bottom. It has a small horizontal yellow rectangle at the top and a small square yellow rectangle at the bottom.
- My care receiver doesn't want any help and refuses any suggestion I make. I help him because he needs it, not because I want to take over his life. What should I do to make him stop being so angry at me and cooperate a little more?

- 
- A thick yellow vertical bar is positioned on the left side of the slide, extending from the top to the bottom. It has a small horizontal yellow rectangle at the top and a small square yellow rectangle at the bottom.
- No matter how much I do, I still feel guilty for not doing enough or doing the wrong thing or not keeping my care receiver happy. How do I get rid of all this uncomfortable guilt?

- 
- A thick yellow vertical bar is positioned on the left side of the slide, extending from the top to the bottom. It has a small horizontal yellow rectangle at the top and a small square yellow rectangle at the bottom.
- I hear I'm supposed to have a caregiving team and make a caregiving plan. But my siblings don't want to be part of any team that I'm leading. How do I get them to stop criticizing me and instead do something useful?

- I'm exhausted and miserable a lot of the time because caregiving is so hard. I feel trapped and I want to escape. Does this mean I'm a bad person or that I don't love the person I'm caring for? And how do I keep going?

- At first, I thought my care receiver would get better, but now I know that's not going to happen. Her illness just goes on and on slowly getting worse. How do I know when she is beginning to reach the end? And how do I prepare?

- 
- A thick yellow vertical bar is positioned on the left side of the slide, extending from the top to the bottom. It has a small horizontal yellow rectangle at the top and a small square yellow rectangle at the bottom.
- Once caregiving is over, how do I bounce back? I just want to go back to the life I used to have. Is that possible?

Your turn

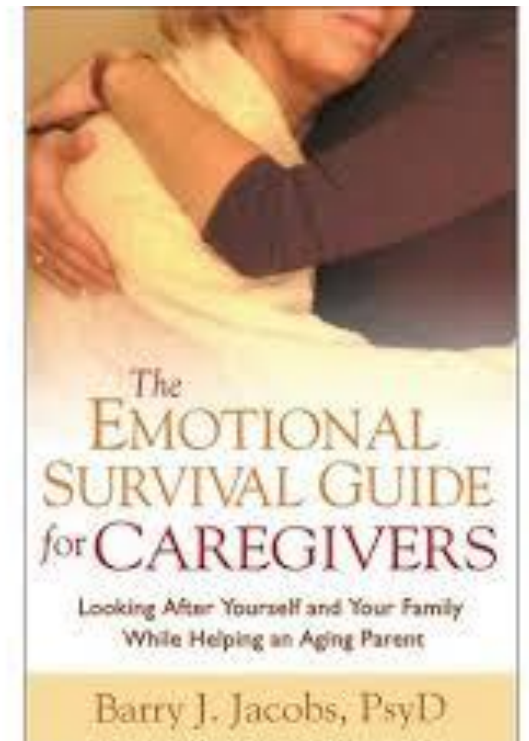
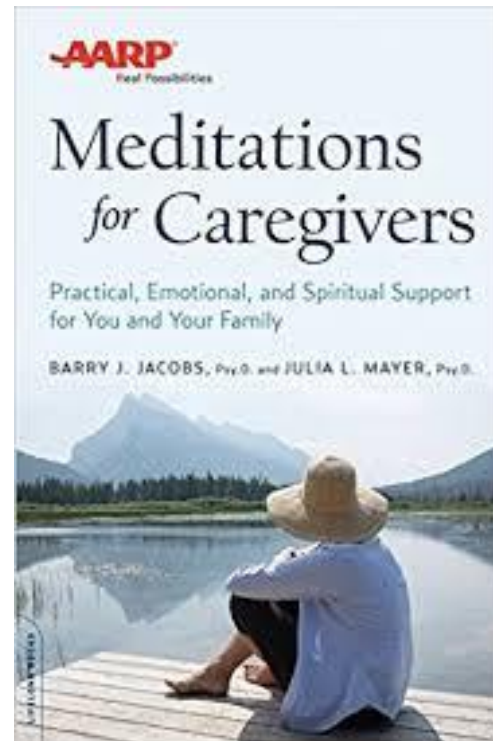
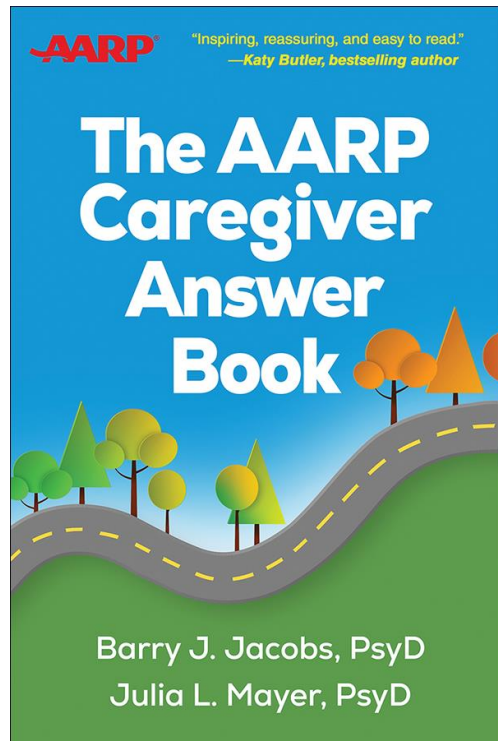


- What questions about making transitions as a caregiver most worry you?



- “Not all those who wander are lost.”
- --J.R.R. Tolkien, The Fellowship of the Ring

Our caregiver self-help books



Vanessa Souza, LCSW

Vanessa is a Licensed Clinical Social Worker with a focus on supporting older adults. She has a particular interest in ensuring people living with Alzheimer's disease and dementia, and their family and friends have the knowledge needed to prepare for the future. She has worked as an assisted living administrator, memory care director, and as a social worker in adult day healthcare. Today, she works as the Senior Manager for Community Engagement at the Alzheimer's Association of Northern California and Northern Nevada. Vanessa holds a Bachelor of Social Work from Seattle University and a Master of Science in Social Administration from Case Western Reserve University.

Tailoring Care & Support Care Transitions

ALZHEIMER'S  ASSOCIATION®

Objectives



Name types of transitions that may take place during caregiving



Understand the importance of balancing health and safety with independence



Identify steps for navigating care transitions

Caregivers in the United States



More than 6 million Americans are living with Alzheimer's. More than 11 million provide unpaid care.



Family members, friends or other unpaid caregivers provide the majority of the help to older adults.



Family members can have different caregiver roles. Some even help from far away.



Although 64% say caregiving is stressful, 92% say it is rewarding.

Types of transition

In home help

Residential Care

Adult day care

Palliative Care
or Hospice

Home
modifications

Moving in with a
relative / relative
moving in

Relocating
closer to family

Increasing hours
of care or type of
care

Moving to
different areas of
residential care

Changing care
staff

Hospitalization
and discharge

Signs it may be time for a change

The person is becoming unsafe in their own home, even if others are present.

The person lives alone and is neglecting personal care, exhibiting unsafe behaviors such as wandering, or not taking medications properly.

The person's care needs are beyond what the current caregiver(s) can realistically manage.

The person living does not have local support and/or the primary caregiver is long-distance.

The person's medical condition has changed and requires closer monitoring or skilled care.

A caregiver can no longer maintain their own physical, emotional and/or financial well-being while continuing to provide adequate care for the person with dementia.

Balancing Safety and Independence

Staying independent is very important to many people as they age, including people with dementia

As physical or cognitive conditions progress, it can get harder to balance safety with independence

Put safety measures in place and transition to a safer environment before an accident happens.

5 Steps to Successful Transitions



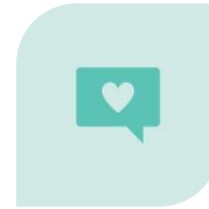
SHARE THE PLAN



**ACKNOWLEDGE
THE IMPACT**



**COMMUNICATE
BEFORE AND
DURING THE
CHANGE**



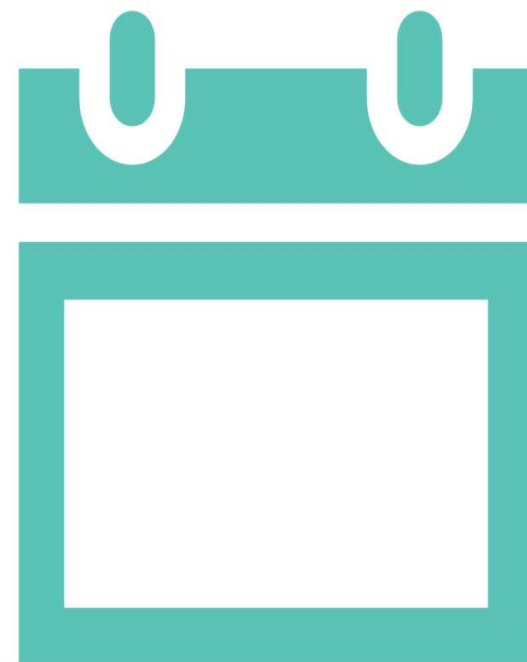
**OFFER CONTINUED
SUPPORT AFTER
THE CHANGE**



**TAKE CARE OF
YOURSELF**

Share the plan

- The more involved in the decision a person is, the more satisfied they will be with the results. If possible, work to have the transition done “with them”, to help the person have a sense of control.
- If the person has repeatedly refused a necessary change, lacks insight into their care needs, or no longer understands their diagnosis, limiting details can help relieve anxiety.
- If the transition involves care professionals, ask them for tips and support in sharing the plan, and in moving forward.



Acknowledge the Impact

- It is likely the person will be upset by the news. There may be resistance, resentment, or they may not acknowledge or understand the need for the change.
- The person may feel rejected or abandoned. Address their feelings.
- Help the person express and handle feelings about the transition. Do not argue with what he or she may be feeling—it only puts the person more on the defense.
- If the person gets upset when you bring up the change, mention it only when necessary.



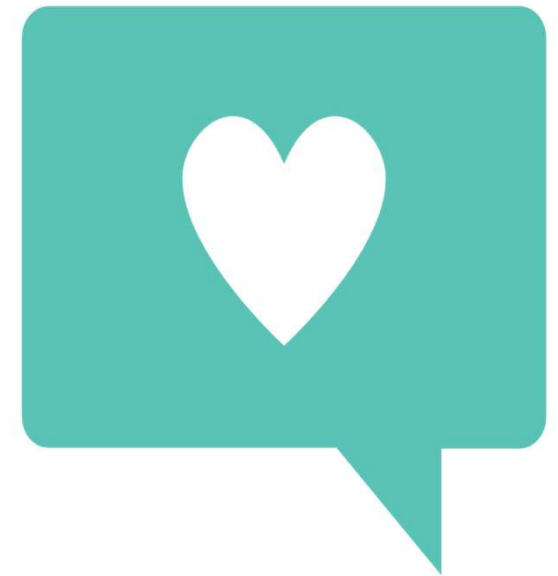
Communicate during the transition

- Talk about the new people and new routines that are taking place. Offer reminders and reassurance.
- Remind the person that it is okay to struggle with remembering names of new people or the steps in new routines.
- Acquaint yourself with the person's new or additional care providers. Allow them to get to know the person better by:
 - Providing photographs or sharing stories from the person's life.
 - Preparing a written personal history.
 - Explaining favorite hobbies, activities and interests.
 - Relaying caregiver tips that worked for you.



Offer continued support after the change

- Once the transition has taken place, plan on communicating with any new staff or family caregivers regularly to help the person adjust to the new routine.
- Be aware of the person's response and reactions before, during and after your visits and schedule visits accordingly. Some people adjust well with frequent visits from family and friends, while others need more space to settle into the new routine.
- Allow time for the person to adjust to the new routine, especially if it involves a new environment. Some people adjust relatively quickly (days or weeks) while others may need more time (months).



Take care of yourself

- Be realistic. Grieve the losses and focus on enjoying the positives.
- Know you are doing your best. The care you give and the changes you make do make a difference.
- Take care of your health. Visit your doctor regularly. Listen to your body.
- You may be experiencing many feelings, including uncertainty, guilt, grief and/or relief. This can be confusing.
- Get the help you need. Learn about community resources and care options.



Unplanned Transitions

In many cases, you will have time to plan ahead. Sometimes, conditions may change quickly. When there's not time to plan ahead, get help quickly by reaching out to professionals. Depending on the circumstances, this may mean contacting:

Hospital
discharge
planner

Long term
care
ombudsman

Emergency
services

Adult
Protective
Services

Senior
placement
services

Community
service
organizations

Physician

Dedra Jize, OT, CSA

Dedra Jize holds a Bachelor of Science in Occupational Therapy from San Jose State University and is a Certified Senior Advisor and is the Geriatric Care Manager at the Law Office of Litherland, Kennedy & Associates for over ten years. She helps families as they may be struggling with the care or plan for a loved one. This involves assessing (physical, psychological and social health), advocating (not all family members or health professionals agree, assures that the senior's wishes and voice is being heard) and assisting (providing resources and finding payment options such as Medi-Cal) senior's and their family members. Combining Geriatric Care Management (GCM) with an Elder Law Attorney under the same roof provides a unique approach to helping seniors and their families.

Katie Cooney, MA, MBA, CSA

Katie Cooney is a Certified Senior Advisor with a career spanning high-tech, start-ups, non-profits, and senior living. Drawing on her background in counseling, communications, and project management, she helps families navigate senior placement with compassion and expertise. She has worked on-site in senior living communities before, during, and after the COVID-19 pandemic.

Katie holds a Master's in Marriage, Family, and Child Counseling and an MBA in Global Business from Saint Mary's College, as well as a BS in Human Development with a minor in Psychology from Cal Poly San Luis Obispo. Her extensive professional network includes trusted partners in home care, hospice, counseling, senior support services, estate and trust law, fiduciary services, real estate, and relocation.

A dedicated community leader, Katie is a past president of the Palo Alto/University Rotary Club, current Rotary District 5170 Vocational Chair, and an active member of Peninsula Executives Association, the Woman's Club of Palo Alto, and The Thrift Box on Lincoln Avenue. Her global experiences—living in a Japanese orphanage, teaching in a Tibetan children's village, and participating in eco-tourism efforts in Africa—reflect her lifelong commitment to service. She is also the author of *Wrestling the World: The Life and Times of Rodeo Champion Jack Roddy*.

Katie lives in Silicon Valley with her rescue dogs, Ajax and Scout, and enjoys swimming, yoga, gardening, photography, and connecting with people wherever she goes



Senior Placement Simplified in Silicon Valley



When it's someone you love.

Senior Placement Simplified in Silicon Valley



Tech
Sector
Non-Profit
Healthcare



Los Altos High School



CAL POLY

Human Development

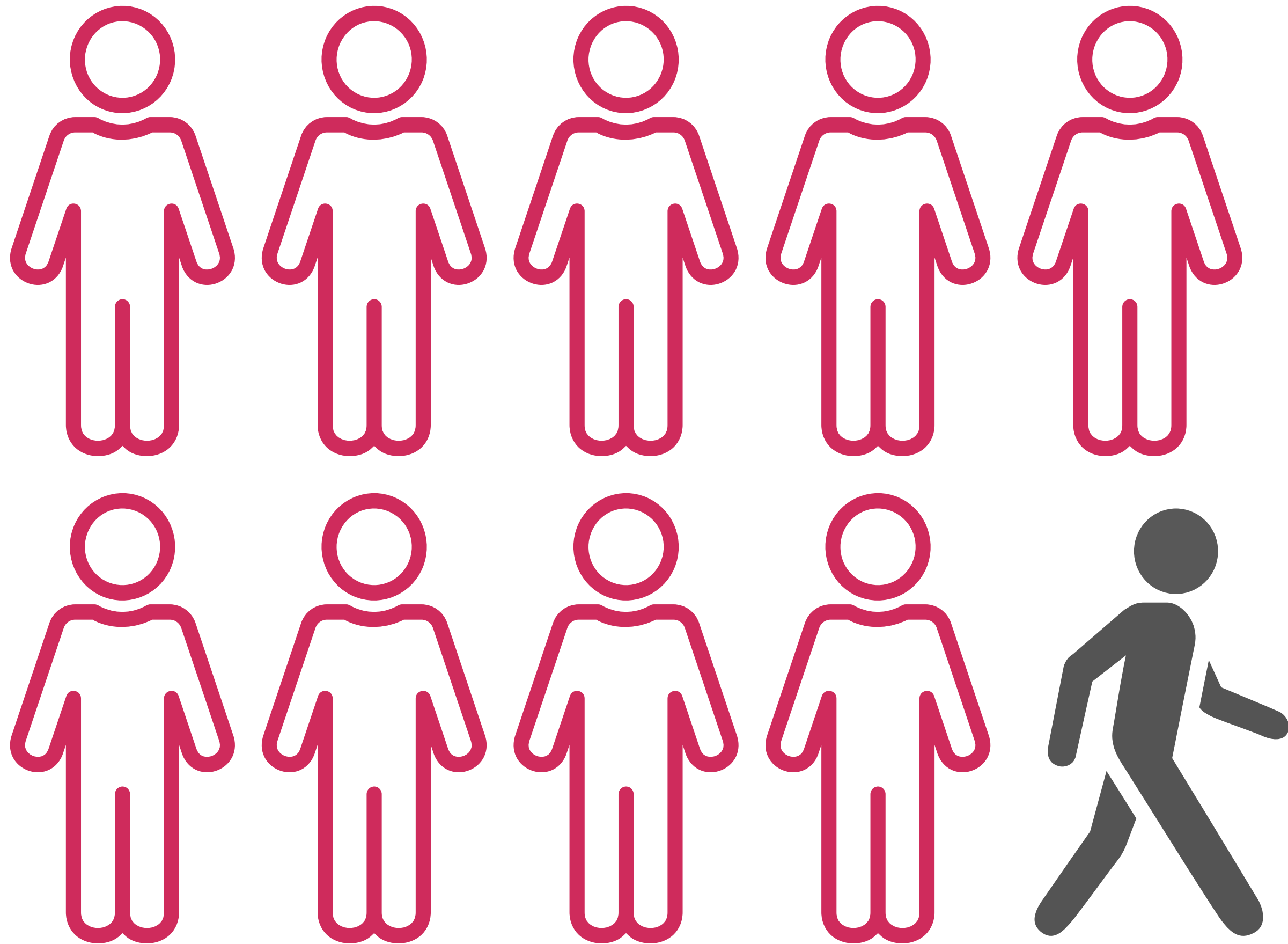


Master's Counseling &
MBA

When it's someone you love.

10,000

Senior Living Lifestyles



Senior Living Lifestyles



**Independent
Living**



**Memory
Care**



**Assisted
Living**



CCRC

Senior Living Communities - Amenities



Meals



Housecleaning



Laundry



Transportation

Senior Living Communities - Amenities



Learn & Grow



Friends



Exercise



Excursions

Senior Living Communities - Benefits



Medical Oversight



24/7 Staff



Safety



Relief for Loved Ones

Senior Living Communities - Benefits



Medical Oversight



24/7 Staff



Safety



Relief for Loved Ones

Hi, I'm Dedra

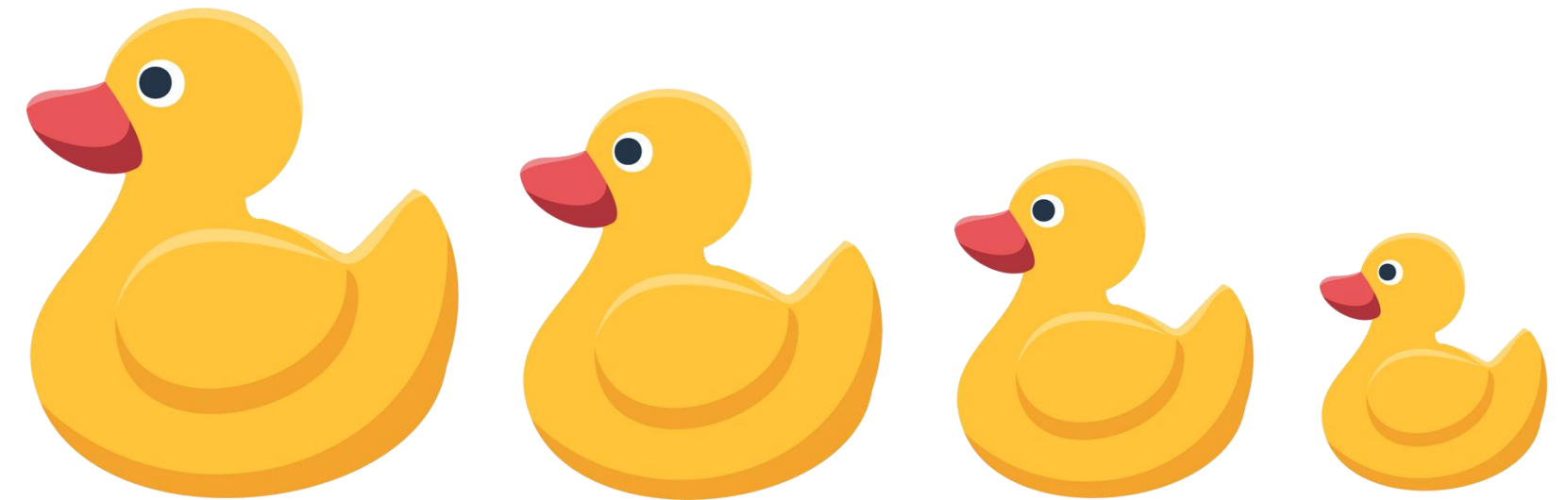
- Certified Senior Advisor
- Medi-Cal Specialist
- Since 2013, with the Law Office of Litherland, Kennedy & Associates
- Bachelor of Science, Occupational Therapy, San Jose State University





Get Your Ducks in a Row

- Living Trust
- Financial Power of Attorney
- Medical Power of Attorney
- HIPAA Release



Options for Care and Respite Inside the Home

- Adult Day Care Programs
- In-Home Support Services (Medi-Cal)
- Program of All-Inclusive Care for the Elderly (PACE/Medi-Cal)
- VA: Aide and Attendance Pension



Options to Pay for Care

- Private pay from your resources
- Long Term Care Insurance
- VA Benefits
- Medi-Cal



Q and A

Thank you!



Dedre
Jize



Katie
Cooney

Reach Out for More Information



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Geriatric Care Manager

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Dedra@AttorneyOffice.com



Katie Cooney, MA, MBA, CSA
Senior Placement Advisor

Hand n' Hand
Senior Placement, LLC

408-513-7838

info@handnhandsp.com

We're here to help.

A handwritten signature in black ink, reading "Trinh D. Nguyen". The signature is fluid and cursive, with the first letters of each word being capitalized and prominent.

Trinh D. Nguyen is a highly accomplished and dedicated leader with over 15 years of experience across diverse sectors including commercial, non-profit, corporate, recreation, and health services. He holds both undergraduate and graduate degrees in Kinesiology with a specialization in exercise physiology from San Jose State University.

As the Manager of the Blanca Alvarado Community Resource Center at Santa Clara Family Health Plan, Trinh has significantly improved healthcare access by establishing a comprehensive resource navigation program with over 50 partners. His expertise includes designing wellness programs, scaling recreation initiatives, and fostering strong partnerships. Trinh is known for his strategic, analytical, and results-focused approach, consistently delivering superior outcomes such as pioneering health and wellness strategies and metrics.

Notably, Trinh collaborated with Stanford and Google on AI-powered dermatology tools, which enhanced patient-provider communication and layperson decision-making through studies involving over 2,500 participants. He is deeply committed to advocating for and promoting accessibility, working to create a more equitable and inclusive society by ensuring marginalized individuals and families have access to essential services like affordable healthcare, food, shelter, and education.

A handwritten signature in black ink that reads "Neil Tantingco". The signature is fluid and cursive, with the first name "Neil" and last name "Tantingco" clearly distinguishable.

Neil Tantingco has over 24 years in healthcare and technology. He started his career during the dot.com days in Silicon Valley at Netscape, Yahoo and VMware, taking on leadership roles in Sales, Channels and Marketing.

In 2000, Neil left his hi-tech career and acquired an Assisted Living community in Central California, which he remains as co-owner and licensee. It is at Evergreen Residence where Neil began to leverage assistive technology including telehealth and fall safety to improve patient care and staff efficiency. Tantingco founded Connected Home Living in 2015, and currently holds the CEO role where he grew the company in the US and Canada as one of the leading Telehealth and Fall Safety Turn-Key provider, caring for remote patients who prefer to age and heal at home, prolonging the need for more higher and costly care



**Santa Clara Family
Health Plan™**

Caregiver Counts Presentation

September 2025

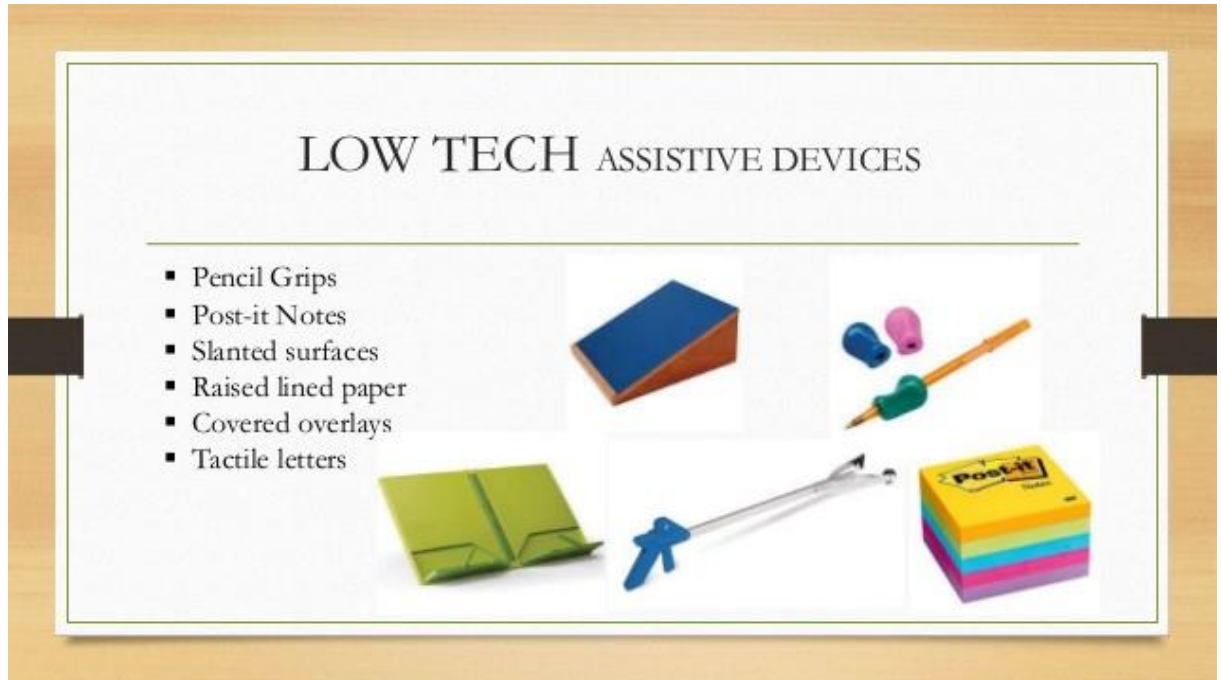
Today's Agenda:

- **Provide Low-Tech Caregiver Tips**
- **Provide Simple, practical ideas to make caregiving easier**
- **Specialized Tech-enabled solutions & Examples**
- **Q&A**



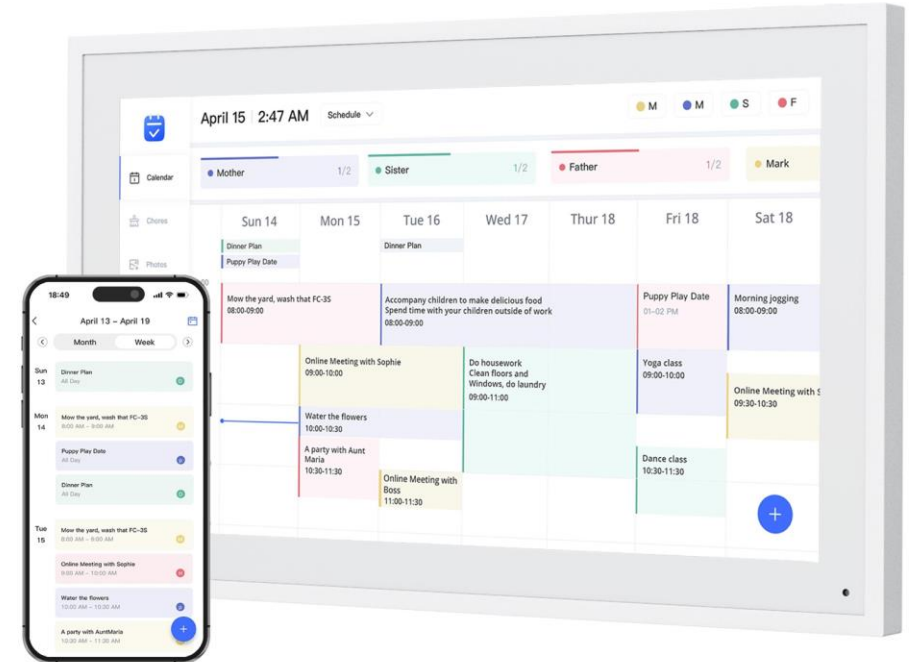
Easy Low-Tech Ideas

- Use sticky notes as reminders for daily tasks
- Create a simple daily routine chart
- Keep frequently used items in easy-to-reach baskets
- Use a whiteboard for meal plans or medication times
- Play familiar music to boost mood and memory



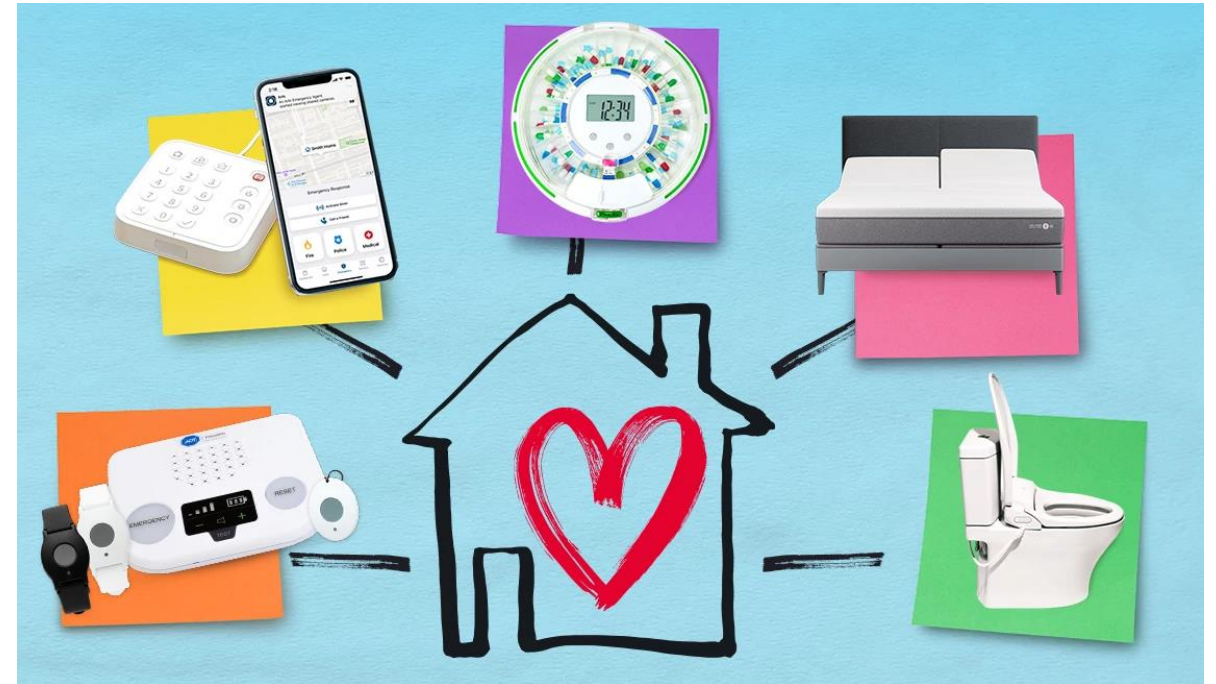
Technology and simple strategies

- **Digital Tools:** Use apps and websites like **Google Calendar** to manage appointments, medications, and records.
- **Assistive Technology:** Use **telehealth** for remote consultations and devices like **Bluetooth blood pressure monitors** and **adaptive equipment** (e.g., grab bars) to assist with daily living.
- **Home Safety:** Improve safety with **home modifications** like **bedside rails** and simple changes like **brighter lighting** and **clear pathways**.
- **Communication:** For those with cognitive or physical limitations, use **communication aids** like **picture schedules** or **communication boards**.
- **Organization:** Stay organized with simple systems like a **pill organizer** and **checklists** for medications and supplies.



Take Home Message

- **Stay organized and connected** – Use caregiving apps, digital records, and simple checklists to track medications, appointments, and important health information.
- **Make the home safe and accessible** – Add low-cost modifications like grab bars, non-slip mats, and brighter lighting to prevent accidents and support independence.
- **Use tools that make caregiving easier** – Incorporate adaptive devices, communication aids, and basic remote monitoring to reduce stress and improve daily care.



Examples of Smart Home: Health Technologies



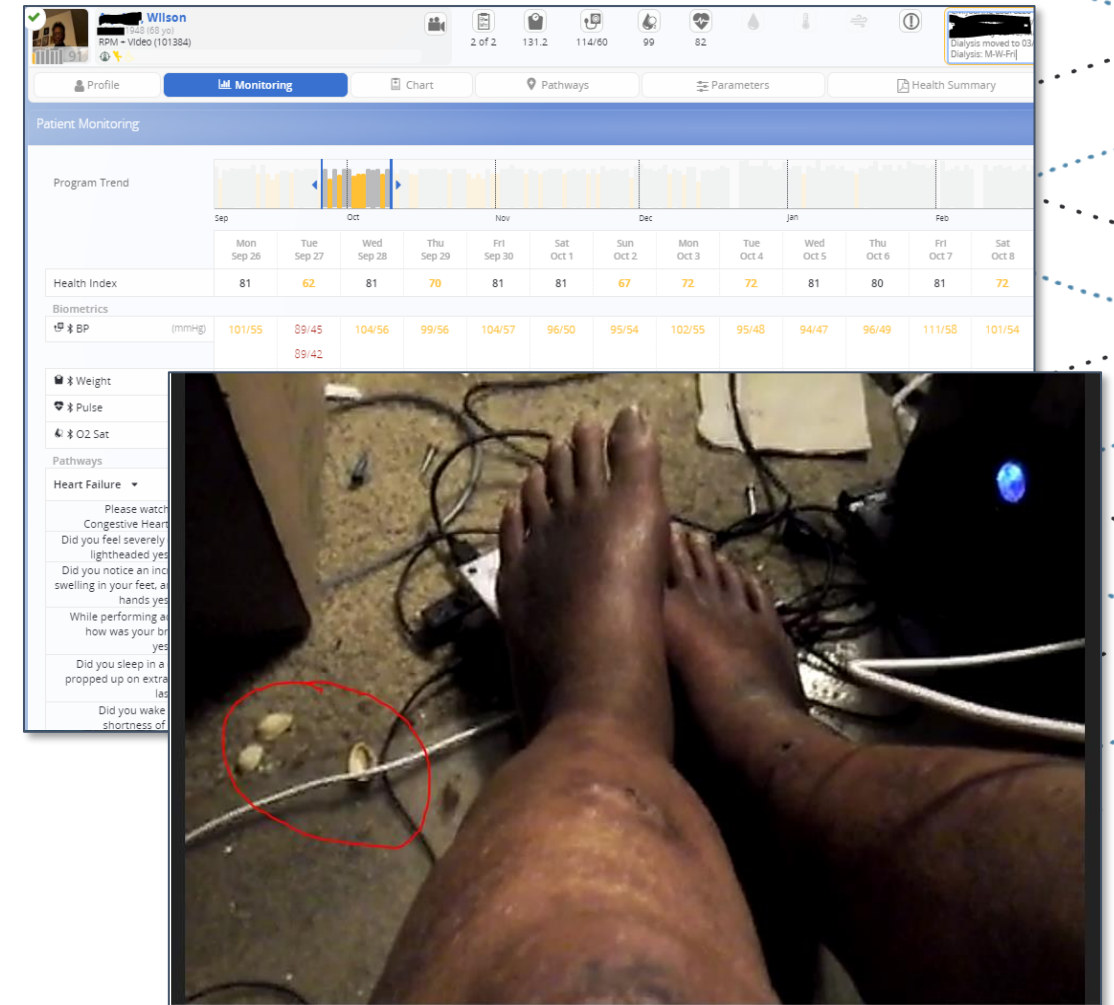
Rehospitalization Case Study

SITUATION:

- History of Rehospitalization
- Reported swollen leg via kit
- Answered shortness of breath & swelling

RESULTS:

- RCC responded via video & shared picture
- Escalated to agency & RN visited by noon
- Involved physician. Adjusted meds.
- Avoided rehospitalization
- Teachable moment since pistachios and salty food affect swelling



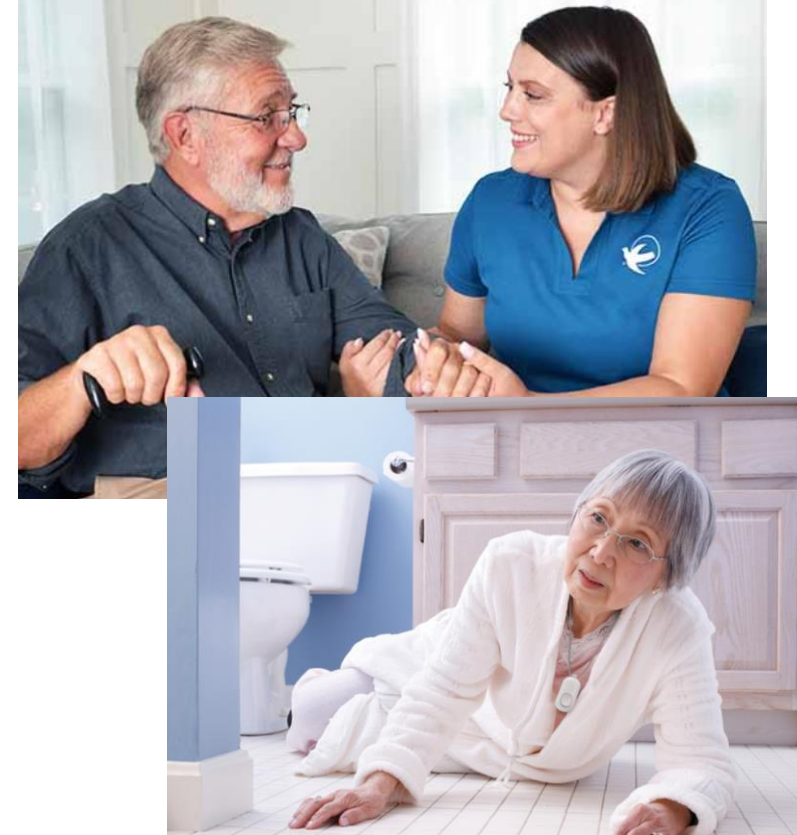
Undetected Falls

SITUATION:

- 80+ yr old client unable to afford 24 hours Home Care
- Worried families that loved one living alone
- PERS/Push Pendants not effective
- Client fell in bedroom at 2:40a. No caregiver until 10a shift.

RESULTS:

- Identify falls within minutes
- Family member 5 miles away notified and responded
- Potential hospitalization since awkward position
- 24/7 Peace of Mind



Virtual Caregiving Case Study, SB

SITUATION:

- SB memory loss due to brain injury
- Lives alone. Forgets to eat & administer meds appropriately
- Led to under/over medication, lack of eating, frequent falls and ER visits

RESULTS:

- RCC constant contact and companionship
- Compliant with Meds and Diet
- Improved memory & more social
- Zero ER visits under CHL care
- Physician and Families recommendation letters



Image of SB & RCC on virtual lunch date

CHL Virtual Caregiving Fall Safety Use Case



Fall Safety Sensors detects client in bed past 11a (7a normal uptime in kitchen)



RCC checks in client & learned stomach pain reaction to meds. Escalates to Agency and Family then shared with Clinician



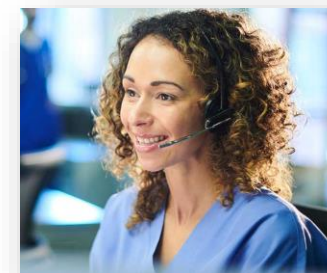
Agency



Family



Clinician



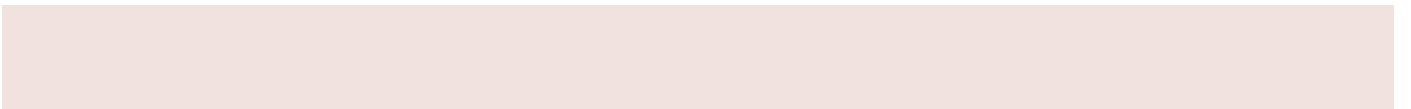
RCC modifies Telehealth Care Plan to monitor progress of stomach issue and existing concerns

Thank You

Trinh Nguyen
Santa Clara Family
Health Plan
(408) 874-1750
tnguyen3@scfhp.com

Neil Tantingco, CEO
Connected Home Living
(408) 634-5111
neil@connectedhomeliving.com
www.connectedhomeliving.com

Sponsors



Caregivers Network by Sourcewise



The Caregivers Network provides unpaid caregivers free support for their unique situations. Support services include Information & Awareness, Caregiver Case Management that offers support from a qualified Case Manager, and a respite care grant for temporary relief or rest from caregiver responsibilities.

This one-time grant can be used all at once or spread out for up to six months. Our goal is to assist family caregivers find permanent solutions for their unique situation.

Eligibility:

- Friend, neighbor, or family member, 18 years or older providing care to individuals 60 or older.
- Friend, neighbor, or family member, 18 years or older providing care to individuals of any age with Alzheimer's disease, mild cognitive impairment, Huntington's or Parkinson's disease, traumatic brain injury, and vascular and mixed dementia.



To get started, text ENROLL to 43386, call (408) 350-3277, or email caregiversnetwork@mysourcewise.com.

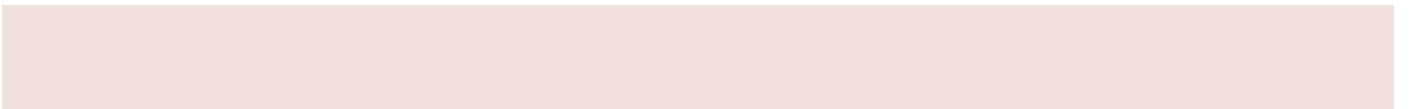


SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS



CAREGIVERS
NETWORK

Planning Committee



ALZHEIMER'S ASSOCIATION®

Northern California & Northern Nevada Chapter

Our vision is a world without Alzheimer's and all other dementia®

OUR PROGRAMS AND SERVICES

24/7 HELPLINE

Free and confidential, the 24/7 Helpline is available anytime to receive reliable information, advice and support.

BY PHONE: 800.272.3900 | ONLINE: [ALZ.ORG/NORCAL](https://alz.org/norcal)

EDUCATION

Available online, via phone or in-person, our education programs feature information on topics including the signs of Alzheimer's disease, diagnoses, communication, living with Alzheimer's and caregiving techniques. Programs are available in English, Chinese and Spanish.

EARLY-STAGE PROGRAMS

Early-stage social engagement and support group programs offer a comfortable way to get out, get active and get connected to others who are living in the beginning stage of Alzheimer's or other dementia.

ONLINE TOOLS

Surround yourself with online support. The Alzheimer's Association has several free, online tools to help.

- > [ALZConnected®](#)
- > [Alzheimer's Navigator®](#)
- > [Alzheimer's Association TrialMatch®](#)
- > [Community Resource Finder](#)
- > [Live Well Online Resources](#)

SAFETY

In the early stage of the disease, you can still lead an independent life. However, there are some preparations you should make to help you remain independent as long as possible and ensure your safety as the disease progresses. There are many potential safety issues to consider, such as driving, making your home safe, taking medications safely and wandering.

SUPPORT GROUPS

Whenever facing difficult times, having a good support network you can turn to for advice and encouragement may help you feel socially connected and give you a sense of belonging and purpose.

Visit alz.org/CRF to explore education programs and services in your area.



JOIN THE FIGHT!

- > Volunteer for the Alzheimer's Association. Visit alz.org/norcal/volunteers to find an opportunity.
- > Advocate for those affected by Alzheimer's and urge legislators to make the disease a national priority. Visit alz.org/advocacy.
- > Participate in or volunteer for our signature fundraising events to raise awareness and funds for Alzheimer's disease care, support and research: Walk to End Alzheimer's® (alz.org/walk) and The Longest Day® (alz.org/thelongestday).
- > Donate to advance vital research and provide care and support program. Visit alz.org/donate.
- > Register for Alzheimer's Association TrialMatch® (alz.org/TrialMatch), a free, easy-to-use clinical studies matching service for individuals living with Alzheimer's, caregivers and healthy volunteers that generates customized lists of studies.
- > Become a sponsor for one of our events to show your support for the cause. Find a sponsorship opportunity that's right for you by emailing norcalnornvinfo@alz.org.

Caregivers Network by Sourcewise



The Caregivers Network provides unpaid caregivers free support for their unique situations. Support services include Information & Awareness, Caregiver Case Management that offers support from a qualified Case Manager, and a respite care grant for temporary relief or rest from caregiver responsibilities.

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SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS



CAREGIVERS
NETWORK



Family
Caregiver
Alliance®

BAY AREA CAREGIVER RESOURCE CENTER

You're there for them. We're here for you.

When you are caring for a chronically ill family member or friend, it's easy to forget to take care of yourself. For more than 40 years, **Family Caregiver Alliance/Bay Area Caregiver Resource Center** has recognized the unique needs of family caregivers and developed services and resources to meet these needs.

When you contact Family Caregiver Alliance (FCA), a staff member will speak with you about your caregiving situation. You can also ask to meet with an FCA Family Consultant for a caregiver assessment and care planning session. These support services are offered at no-cost to qualifying family caregivers in the greater San Francisco Bay Area.

VISIT OUR WEBSITE, EMAIL, OR CALL TODAY.

caregiver.org | info@caregiver.org | (415) 434-3388 | (800) 445-8106

Our Services

INFORMATION AND REFERRAL

FCA offers many resources and tools for caregivers including:

- **FCA CareNav**, a simple, user-friendly tool designed to help families navigate the complexities of the caregiving journey. After completing a brief Care Review questionnaire, caregivers receive personalized, immediately useful, caregiver-recommended resources and support.
- **High-quality information and training** of value to family and friend caregivers. This includes:

An FCA Resource Specialist will follow up with all caregivers who begin their journey with **CareNav** then connect them with a Family Consultant for additional services as needed.

- **Articles and overviews** on health conditions, planning for care, daily care, self-care, legal issues, and more.
- **Educational webinars and videos** on a range of caregiving topics.
- **Online and in-person classes** on caregiving topics such as understanding dementia behaviors, stress management, care planning, and practical daily skills for caregivers.
- **Our monthly e-newsletter Connections**, which links you to issues and information important to family caregivers.
- **Referrals to community programs** such as adult day care, support groups, home care, and respite.

Our Services (cont.)

FAMILY CONSULTATION

- Our comprehensive Care Evaluation is an assessment of your individual care situation. Our professionally trained Family Consultants meet with the family caregiver (adult child, spouse/partner, other relative, or friend) to gather key information about the caregiving situation to help the caregiver create a Care Plan.
- Determine eligibility for legal/financial consultation, support groups, respite services, and individual counseling
- Help with long-term planning
- Ongoing support throughout your caregiving journey

ELIGIBILITY

Family Caregiver Alliance (FCA) serves as the Bay Area Caregiver Resource Center, one of 11 Caregiver Resource Centers throughout California.

FCA works with families caring for those with an adult-onset brain impairment such as Alzheimer's disease, stroke, Parkinson's disease, multiple sclerosis, amyotrophic lateral sclerosis (ALS), Huntington's disease, traumatic brain injury (TBI), HIV-associated neurocognitive disorder, or brain tumor in Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara counties.

FCA also assists family caregivers of adults age 60 and older regardless of diagnosis in Alameda, Contra Costa, San Francisco, and San Mateo counties.



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caregiver.org | info@caregiver.org | (415) 434-3388 | (800) 445-8106

Family Caregiver Alliance supports and assists caregivers of adults with chronic or disabling health conditions. FCA services are available to caregivers regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income, or age. FCA is part of California's statewide system of Caregiver Resource Centers, offering information, education, publications, care planning, legal/financial consultations, and respite assistance.

FCA services are partially funded by California's Department of Health Care Services (DHCS) and Area Agencies on Aging through the National Family Caregiver Support Program. Private foundations, families, friends, and caregivers also donate to FCA to help us continue our support services.



HEARTS & MINDS ACTIVITY CENTER

Active Adult Day Services

For individuals living with memory loss since 1984.

**Individualized and group activities in a caring,
secure, and friendly environment.**

♡ Art ♡ Entertainment ♡ Exercise ♡ Music ♡ Gardening ♡

Intergenerational Activities with our on-site childcare center.

Outdoor strolls in our 3/4 acre park-like grounds.



**Open 5 Days a Week
Monday - Friday
8:15 am to 5:15 pm**

Lunch and Snacks
Provided

Assistance with:

- ♡ Individualized Personal Care
- ♡ Medication

Facility License #435202011

**FOR MORE INFORMATION, TO SCHEDULE A TOUR,
OR TO ACCESS CAREGIVER SUPPORT SERVICES:**

408-279-7515 | HEARTSANDMINDSACTIVITYCENTER.ORG



LIVE OAK ADULT DAY SERVICES

Live Oak is a nonprofit, community based, adult day care which provides a structured day program designed to promote physical, cognitive, and emotional health. We provide breakfast, a hot lunch, and snacks, along with daily exercise, cognitive stimulation, and opportunities for socialization.

OUR MISSION

Live Oak Adult Day Services' mission is twofold: to enhance the lives of dependent seniors and to provide respite for their caregivers.

OUR GOALS

- To prevent or delay further cognitive decline in our seniors
- To enable our seniors to age in place, and avoid or delay institutionalization
- To provide respite and support to caregivers so they are better able to care for their loved ones and themselves
- To restore dignity and respect to those affected by impairments related to aging
- To combat isolation with contact, support, and enrichment

WHAT WE OFFER

Chair Exercise and Yoga,, Live Musical Entertainment, Games of all sorts, Fine Art and Arts&Crafts Projects, Holiday/Special Occasion Parties, Current Events and Reminiscence Discussions, and Caregiver Support Groups,

VISIT US

Telephone: (408) 971-9363

Hours : Monday - Friday from 9:00 - 3:00 pm

Locations:

Willow Glen, Gilroy, Cupertino, Los Gatos

FUNDING

Live Oak is supported by daily fees and a combination of allocations, grants, and donations from the following:

- Sourcewise
- Town of Los Gatos
- City of Gilroy
- City of Campbell City
- of Cupertino
- City of Sunnyvale Santa Clara County
- Gilroy Rotary
- Cupertino Rotary
- Forum Charitable Fund

CACFP and many private foundations, corporations and individuals.

Thank you!



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS



GILROY
FOUNDATION

Rotary
Club of Gilroy



Los Gatos Morning
Rotary
Club



Rotary
Club of Cupertino





on LOK[®]
where seniors embrace life

PACE

Get everything you need



**On Lok PACE is a full-service healthcare program.
All your Medi-Cal and Medicare services are covered, plus more.**

For more information, please contact
On Lok Enrollment and Outreach Department

Direct: 1-888-886-6565 | TTY: 711
Email: info@onlok.org
onlok.org/PACE

When enrolled in On Lok PACE, your services must be received through On Lok contracted providers or you could be personally liable for costs incurred, unless it is an emergency or urgent situation.

H5403_2020_014



YU-AI KAI

JAPANTOWN COMMUNITY SENIOR CENTER

OUR MISSION IS TO PROMOTE HEALTHY AGING, SUCCESSFUL INDEPENDENT LIVING, AND ADVOCATE FOR ALL SENIORS, WHILE EMBRACING JAPANESE AMERICAN TRADITION.

OUR PROGRAMS AND SERVICES

SERVING THE COMMUNITY WITH FRIENDSHIP AND LOVE FOR 50 YEARS

NUTRITION

Our meal program, which includes Meals and Wheels, serves lunch Monday through Friday. The program serves a nutritious, Asian and American-inspired meal, providing one third of the Recommended Daily Allowance. Yu-Ai Kai vehicles are available for any one needing transportation (within the Yu-Ai Kai service area) to and from the lunch program.

ACTIVITIES AT YU-AI KAI AND AKIYAMA WELLNESS CENTER

Our activities program offers a variety of cultural and recreational opportunities. Game Nights, iPad classes, Enhanced Fitness, Zumba, Yoga, Line Dancing, Karaoke, Ukulele, Acupuncture, Handicrafts, and other classes and activities are offered during the week. Bingo and Movies are scheduled each month. Day trips are also offered throughout the year. The center is also open to community meetings, classes, and events providing a rich and diversified environment for everyone.

SOCIAL SERVICES

Social Services provides case management, and care planning for older adults at risk of losing their independence. These services provide access to a variety of community resources, which help older adults remain safe and supported whether at home or in a care facility.

Our Wellness Program improves the quality of life for older adults by promoting wellness and providing health education, consultation and monthly regular blood pressure screenings. The program is led by a registered nurse.

SUPPORT GROUPS

Caregiver Support Group

Our Caregiver Support Group provides a safe, confidential space for caregivers to share their challenges and experiences as well as the rewards of caring for a loved one. Participants connect with others who understand what you are going through.

Japanese language Caregiver Support Group is also available.

Grief Support Group

After the loss of a loved one, it can be difficult to cope with grief alone. Our Grief Support Group offers emotional support, understanding and healing in a supported environment.

SENIOR DAY SERVICES (SDS)

Senior Day Services offers older adults socialization through an assortment of stimulation, structured activities in a warm, safe and supportive environment. For families caring for a dependent older adult, Senior Day Services provides support and respite.



to empower seniors to age well and thrive

YU-AI KAI
588 N. 4TH STREET
SAN JOSE, CA 95112
408-294-2505

AKIYAMA WELLNESS CENTER
110 JACKSON STREET
SAN JOSE, CA 95112
408-753-9283

www.yuaikai.org



STOP THE SCAM: STAY SMART, STAY SAFE

Millions of older Americans lose money to fraud, scams and other forms of financial exploitation every year. Learn how to recognize fraud and how to protect yourself.

Thurs., Oct. 16, 2025

1:00 pm

Campbell Community Center- Room Q80

Join us for presentations from Campbell Police Department and Senior Adults Legal Assistance (SALA). Topics covered include:

- Phishing Scams.....be careful of fake links.
- Common Scams Targeting Elders
- Financial Exploitation

Register online or by calling the
Campbell Adult 50+Center
Office 408-866-2146

