



CAREGIVERS COUNT!
12th ANNUAL CONFERENCE
HANDOUT PACKET



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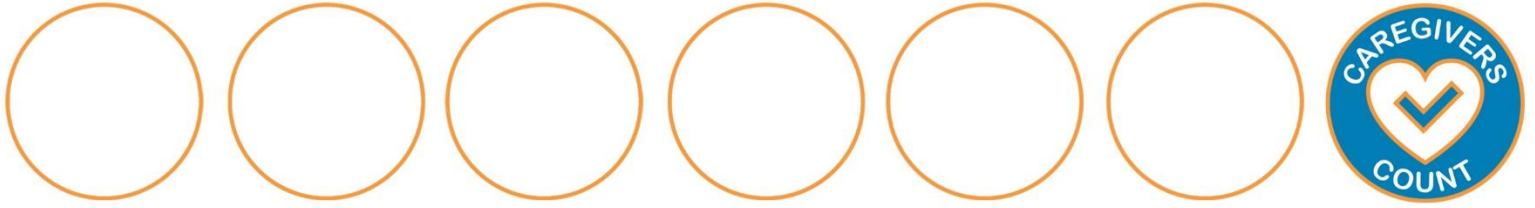
and

Gina Cali

Home Safety

Event Sponsors

Planning Committee



Jenn Chan

Jenn Chan is the CEO & Founder of Senior Shower® Project, a startup gift shop with a mission to celebrate family caregivers of older adults with a party. She sells caregiver greeting cards, creates senior shower party kits, curates caregiver gift boxes, and hosts virtual caregiver dance parties.

Inspired by 10+ years of caregiving for her grandma, Jenn dedicates her career to elevate the family caregiver role with fun, love, and positivity. She believes caregiving is a lifestyle and becoming a senior caregiver is a life milestone worth celebrating.

A HOLISTIC APPROACH TO SELF-CARE



JENN CHAN

CEO/Founder
Senior Shower Project

Certified Senior Advisor and
Certified Caregiving Consultant

CAREGIVERS COUNT CONFERENCE - SEPTEMBER 10, 2022

MY CAREGIVING JOURNEY





caregiving

IS A LIFESTYLE

caregiving

IS A LIFESTYLE

What's yours?

caregiving

IS AN IDENTITY

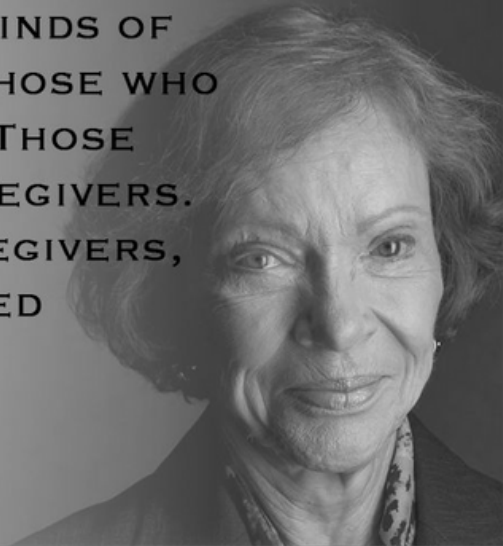
caregiving

IS AN IDENTITY

Who are you?

"THERE ARE ONLY FOUR KINDS OF
PEOPLE IN THE WORLD. THOSE WHO
HAVE BEEN CAREGIVERS. THOSE
WHO ARE CURRENTLY CAREGIVERS.
THOSE WHO WILL BE CAREGIVERS,
AND THOSE WHO WILL NEED
A CAREGIVER."

Rosalynn Carter





National Park Services
www.nps.gov

BEACH WHEELCHAIR







WHAT IS YOUR BASELINE FOR QUALITY CARE?






caregiving

IS SELF-CARE

caregiving

IS SELF-CARE

Why does it matter?



**CARING FOR YOURSELF
ENSURES
QUALITY CARE FOR YOUR LOVED ONE
AND YOURSELF**

Self-Care Habits + Goals



EMOTIONAL

PHYSICAL



MENTAL



FINANCIAL

SPIRITUAL



SOCIAL

S.E.L.F. - C.A.R.E



S - Specific

C - Curious

E - Emotion

A - Actionable

L - Likability

R - Reasonable

F - Flexible

E - Embrace



CAREGIVER MANTRA



CAREGIVER MANTRA

EYES ON THE PRIZE



caregiving

IS AN EVOLUTION

caregiving

IS AN EVOLUTION

reflect. recharge. repeat.

HAPPY SELF-CAREGIVING!



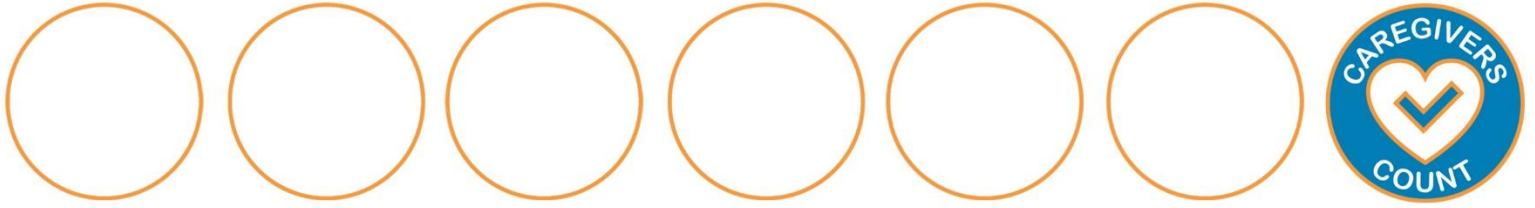
JENN CHAN

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@seniorshowerproject



Tami Anastasia

Tami Anastasia is the author of *Essential Strategies for the Dementia Caregiver: Learning to PACE Yourself*. Tami holds a Master's Degree in Counseling, a Certificate in Gerontology, and a Certificate in End of Life. She is a Certified Dementia Care Specialist and Certified Senior Advisor.

For more than 30 years, Tami has provided counseling services, dementia guidance, emotional support, and care strategies to family and professional dementia caregivers.

In addition to her private practice, Tami facilitates several dementia caregiver support groups and has partnered with agencies throughout California to conduct educational workshops, trainings, and webinars.

Strategies for Dementia Caregiving



Meet Your Presenter



Tami Anastasia, MA, CSA



Available on Amazon



Dementia Basics

What is dementia?

A general term used to describe people with cognitive impairment that interferes with daily living.

Does dementia only affect memory?

It affects language, reasoning, thinking, processing information, problem solving, judgment, mobility, executive functioning, visual spatial perception.

Do people with dementia have control over the things they say and do?

They lose the ability to sensor or filter the things they say and do.

Are people with dementia aware of their limitations?

60 – 80% of people with dementia aren't aware of their limitations.

Progression of Dementia

The disease can cause:

- Behavioral changes and increased confusion
- Difficulty reading, writing, and communicating
- Fixate, ruminate, or repeat things
- Unable to recognize familiar people, places, and things
- Withdrawal from family and friends
- Lack of initiation and motivation
- Argumentative, accusatory, combative
- Confusing the past with the present



Eventually will need 24-hour care

Comfort Care

Your loved one is going to depend on you for:

- Reassurance and support
- Feeling safe and secure
- Physical comfort and care
- Validation - feeling heard and understood
- Stimulation - engaging them in activities
- Giving them a sense of purpose and value



Caregiver Goals

- Take care of yourself
- Survive this journey without it being at the expense of your physical, mental and emotional well-being
- Conserve your energy and **P.A.C.E.** yourself!



P.A.C.E. Yourself Strategies

P

P = **Permission**: trial and error

P = **Patience**: try not to take what they say and do personally

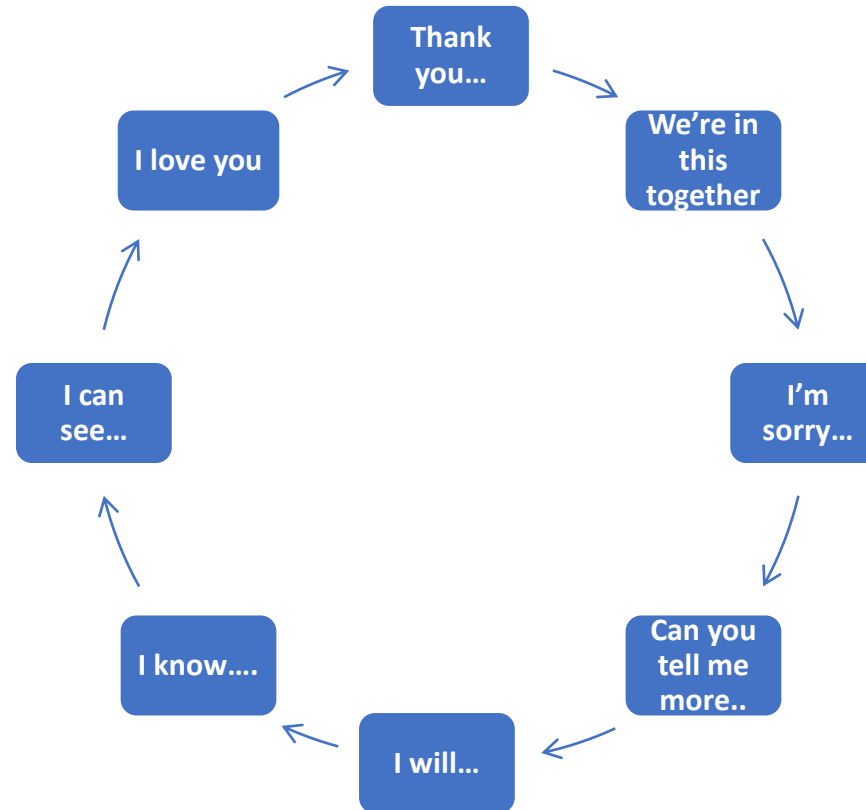
“The disease is causing my loved one to behave this way”

P.A.C.E. Yourself Strategies

A

A = **Acknowledge** thoughts • feelings • concerns • fears

Listen
Validate
Empathize
Distract
Responses



P.A.C.E. Yourself Strategies

C

C = Compassionate Care

- Body language, tone of voice, facial expressions
- Shift focus from “you” to “we” and “us”
- Short and simple
- Two choices
- Avoid asking “why” and if they “remember”
- Try to avoid arguing, explaining, rationalizing, correcting
- Provide verbal and visual cues
- Break things down
- Compliment them
- Speak slower
- Eye contact
- Walk away



P.A.C.E. Yourself Strategies

E

E = Empower Yourself

1. Identify triggers

- What are your loved one's triggers?
- What are your triggers?

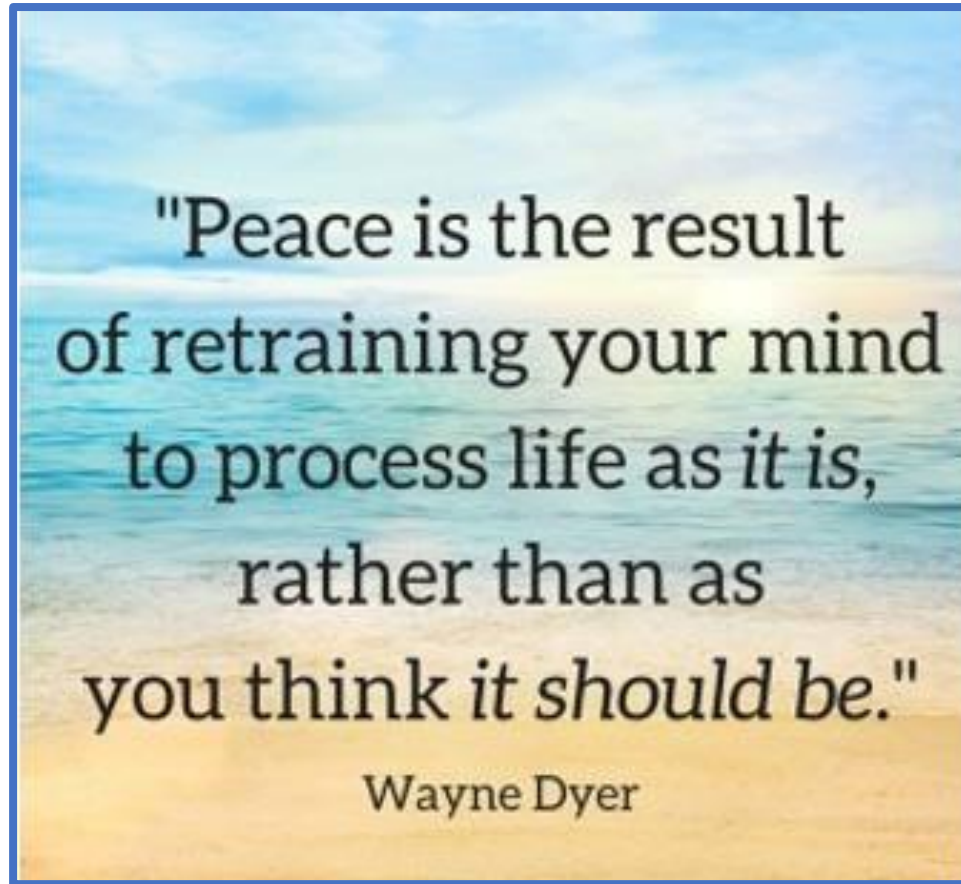
2. Create a Support Network

- Write down what you need help with
- Make a list of resources that are available
- Ask for help – utilize those resources!

3. Plan Ahead

- Emergency plan
- In-home care
- Care communities

Closing Thoughts



Thank you for the love, care, and support you provide for your loved one!



Tami@TamiAnastasia.com

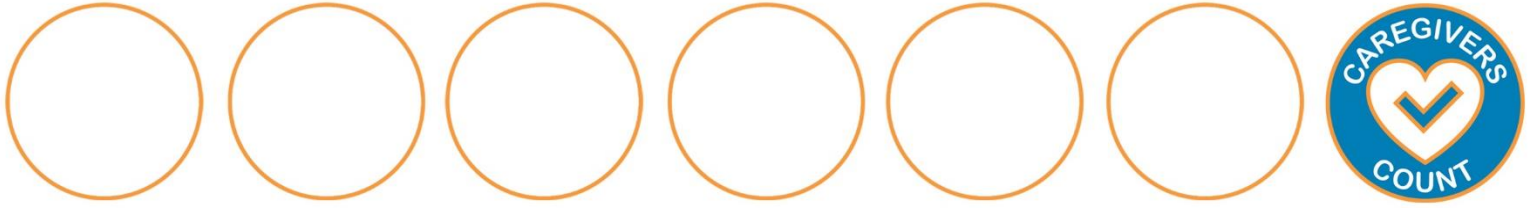
TamiAnastasia.com

(408) 377-4716



THANK YOU!





Vanessa Souza

Vanessa Souza 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



What comes next?

An introduction to long-term care decisions

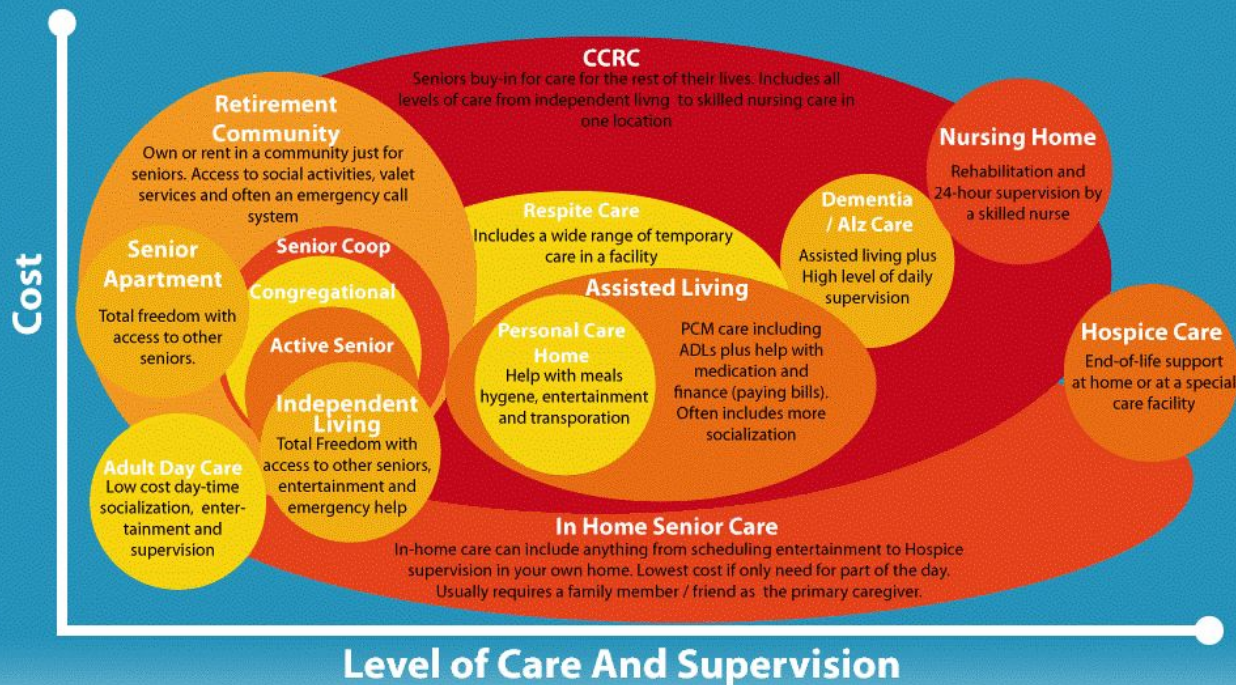
Vanessa Souza, LCSW
September 24, 2022



Disclosures

- **Financial disclosure: I am an employee of the Alzheimer's Association. This is not an Alzheimer's Association curriculum.**
- **This is not financial or legal advice, please consult an attorney and/or financial planner**

The Senior Living Spectrum



This bubble graph shows how different types of senior care overlap and the relationship between the level of care and the cost.



What comes next?

What are the choices?

How do I decide?

What does it cost?

What are the choices?

In Home care

Residential Care

Community Supports



What are the choices?

In Home Care

Companion Care

Non-medical Home Care

In Home Supportive Services (IHSS)

Home Health Care

Palliative or Hospice Care



What are the choices?

Residential Care Facility

Independent Senior Apartment

Assisted Living (RCFE)

Board & Care Facility (RCFE)

Memory Care Facility (RCFE)

Skilled Nursing Facility (SNF)

Continuing Care Retirement Community (CCRC)



What are the choices?

Community support

Community/Senior Center

Community Health Organizations

Adult Day Care

Adult Day Health Care (CBAS)

PACE program


Respite care (various types)

How do I decide?

What are my loved one's preferences?

What level of care is needed now? What might be needed later on?

How much are you willing/able to spend? Who else is willing or able to help?



What are my loved one's preferences?

These may not always be possible, but should be discussed

Are they highly social or highly private?

What kind of hobbies and special interests do they have?

Could they adjust to having a non-family member working in the home?

Are there language or cultural differences to consider?

If their most preferred choice isn't possible, what would the next best choice be?



What level of care is needed?

What can my loved one do for themselves or with my help? What do they need outside help to accomplish?

Assess needs:


Personal care: Bathing, dressing, grooming, eating, toileting

Household needs: Cooking, cleaning, laundry, shopping, home repairs, paying bills

Health care: Medication management, doctor's appointments, specialized nursing care (diabetic care, feeding tube, oxygen therapy, etc)

Emotional Well-being: Companionship, meaningful activities, socialization

Safety: Can they get help if they need it?



How much are you willing or able to spend? Who else can help?

Consider money, time, and physical or emotional effort

How many hours of help are needed a day? A week?

What are they currently paying for rent/mortgage?

Can you pay an agency to provide home care workers, maintain schedule, take care of all paperwork?

Can you manage hiring, firing, scheduling, and paperwork in exchange for paying a lower rate directly to a care worker?

Does the care recipient qualify for any subsidies or benefits?


Do you qualify for any caregiver respite grants?

What does it cost?

How much does it cost today? How much might it cost in the future?

What funding options are available?

How does it compare to your current costs?



How much does it cost today?

What might it cost in the future?

Most options have a 3-5% increase year-over-year (ALF is usually 5-7%)

Current average costs for zip code 95131:

Non-medical home care: \$37.25/hr

Home health aide: \$37.25/hr

Adult Day Health Care: \$84/day

Assisted living, private 1 bedroom: \$5,500/month

Nursing home, semi-private room:
\$11.863/month

Monthly Median Costs: *San Jose Area*¹, CA (2021)

In-Home Care ¹	
Homemaker Services ¹	\$1,614
Home Health Aide ¹	\$1,614

Community and Assisted Living ¹	
Adult Day Health Care ²	\$1,820
Assisted Living Facility ³	\$6,000

Nursing Home Facility ¹	
Semi-Private Room ²	\$11,863
Private Room ²	\$15,589

 [Print to PDF](#)

Change weekly In-Home Care hours

The number of hours needed for in-home care can vary based on need.

Enter the number of weekly hours (7-168)

10

CALCULATE

[Reset hours](#)

For example: 20 hours = 4 hours of care/5 days a week

40 hours = 8 hours of care/5 days a week

168 hours = 24 hours of care/7 days a week

Monthly Median Costs: *San Jose Area*¹, CA (2021)

In-Home Care ¹	
Homemaker Services ¹	\$6,456
Home Health Aide ¹	\$6,456

Community and Assisted Living ¹	
Adult Day Health Care ²	\$1,820
Assisted Living Facility ³	\$6,000

Nursing Home Facility ¹	
Semi-Private Room ²	\$11,863
Private Room ²	\$15,589

Change weekly In-Home Care hours

The number of hours needed for in-home care can vary based on need.

Enter the number of weekly hours (7-168)

40

CALCULATE

Monthly Median Costs: *San Jose Area*¹, CA (2021)

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Enter the number of weekly hours (7-168)

CALCULATE

[Reset hours](#)

Monthly Median Costs: *San Jose Area*¹, CA (2021)

In-Home Care ⁱ	
Homemaker Services ¹	\$27,117
Home Health Aide ¹	\$27,117

Community and Assisted Living ⁱ	
Adult Day Health Care ²	\$1,820
Assisted Living Facility ³	\$6,000

Nursing Home Facility ⁱ	
Semi-Private Room ²	\$11,863
Private Room ²	\$15,589

Change weekly In-Home Care hours

The number of hours needed for in-home care can vary based on need.

Enter the number of weekly hours (7-168)

CALCULATE



How does that compare to your current costs?

A little math can help you choose a short-term or long-term solution

Create a cost comparison chart

Consider how many hours per week of paid help are needed


- more than 40 hours per week usually means in-home care will be more expensive than residential care, but this varies based on housing costs

Consider what is included in whatever you choose

- e.g. does the in home care fee include transportation costs?)

Cost comparison worksheet

	Current Cost	Proposed Cost
Rent/mortgage	_____	_____
Property tax/insurance	_____	_____
Utilities/TV/Internet	_____	_____
Home maintenance and repairs	_____	_____
House cleaning	_____	_____
OTC medication and prescriptions	_____	_____
Medication management	_____	_____
Personal care	_____	_____
Food purchase	_____	_____
Meal preparation	_____	_____
Transportation	_____	_____
Entertainment and recreation	_____	_____



What funding options are available?

Speak with an elder care attorney and/or a financial advisor for help with individual decisions

Retirement savings or other savings

Additional income from sale or rental of home/other assets

Long term care insurance

Medicare

- generally does **NOT** pay for long term care
- may pay for short-term rehab or in-home rehab services
- DOES** pay for hospice care

Medi-Cal

- IHSS
- ADHC
- SNF long term care placement

NOTE: Medi-Cal asset limits changed on July 1, 2022. If you were previously denied Medi-Cal based on too many assets, it may be time to apply again.

Putting it all together

Remember it's not one-size-fits-all

Give it time

Take care of yourself



Remember: it's not one-size-fits-all

Consider combining part-time in-home care with other community supports

Keep in mind that needs may change over time; this does not have to be the permanent solution

Get to know support staff and communicate with them about your loved one's care

Make changes as needed, but allow everyone time to adjust



Give it time

Your loved one needs time to adjust to new members of a care team

Caregivers needs time to get to know your loved one

You need time to figure out your new role



Take care of yourself

Acknowledge feelings of grief, guilt, and relief

Connect with others through support groups, online forums, or counseling

Talk to someone outside the situation: a counselor, spiritual leader, or other professional

Find a new activity that brings you joy and is not related to caregiving

Resources

Alzheimer's Association / AARP Community Resource Finder:
communityresourcefinder.org

Family Caregiver Alliance: (800) 445-8106, caregiver.org

The Friendship Line (Institute on Aging): (800) 971-0016

Alzheimer's Association Helpline: (800) 272-3900, alz.org

Sourcewise (Area Agency on Aging): (408) 350-3200, mysourcewise.com

California Advocates for Nursing Home Reform: (800) 474-1116, canhr.org

Genworth Cost of LTC Calculator: <https://www.genworth.com/costofcare>

Questions?

The Senior Living Spectrum



Level of Care And Supervision

This bubble graph shows how different types of senior care overlap and the relationship between the level of care and the cost.

Care Cost Comparison Worksheet

	Current Monthly Cost	Proposed Monthly Cost
Rent		
Mortgage/Tax/Insurance		
Gas/Water/Electric		
TV/Internet		
Phone		
Food Purchase		
Food preparation		
House cleaning/laundry		
Medication supply		
Medication management		
Personal Care (ADLs)*		
Monitoring/Supervision*		
Transportation		
Entertainment/Activities*		
Miscellaneous (yard work, seasonal costs, etc)		

*Cost per month = (cost per hour x hours per day) x 30.5



San Jose Area, CA

Monthly Cost

2021

Home Health Care

Homemaker Services

\$7,102

Homemaker Health Aide

\$7,102

Based on annual rate divided by 12 months (assumes 44 hours per week).

Adult Day Health Care

Adult Day Health Care

\$1,820

Based on annual rate divided by 12 months.

Assisted Living Facility

Private, One Bedroom

\$6,000

As reported, monthly rate, private, one bedroom.

Nursing Home Care

Semi-Private Room

\$11,863

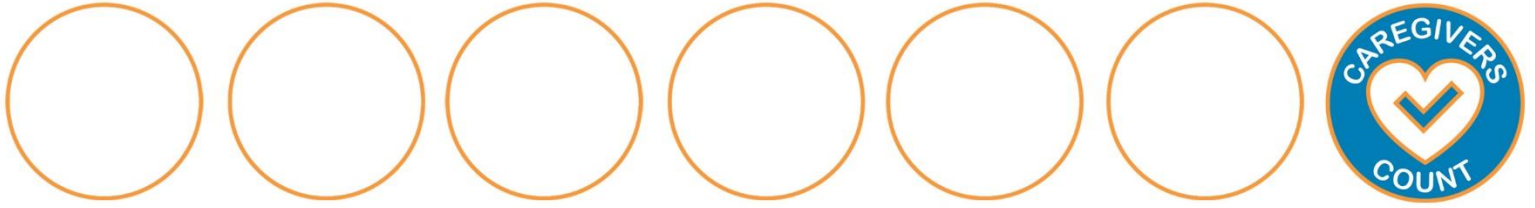
Private Room

\$15,589

Based on annual rate divided by 12 months.

The information shown above is based on a specific scenario generated by the [Genworth 2021 Cost of Care](#). Future years are calculated by assuming an annual 3% growth rate. For more information and location comparison, visit genworth.com/costofcare.





Jennifer Schachner

Dr. Schachner received her EdD from the University of North Carolina at Greensboro and serves on the Silicon Valley Healthy Aging Partnership (SVHAP) Leadership Council.

She is currently the Program and Operations Director of the Timpany Center SJSU focusing on Stress Management, Kinesiology, Adapted Physical Activity, and Taekwondo. She has a passion for falls prevention education for older adults and the caregiving community.

Falls Prevention

Dr. Jennifer Schachner

Program and Operations Director
Timpany Center/San Jose State University
Silicon Valley Healthy Aging Partnership Leadership Council



The Facts

✓ Falls rates increased 30% from 2007 to 2016

✓ More than 1 in 4 people fall each year (over the age of 65)

✓ 1 in 5 falls causes serious injury- i.e. broken bones, traumatic brain injury

✓ More than 90% of hip fractures are due to falls

- 50% of those who fracture a hip die within 1 year

<https://www.cdc.gov/falls/facts.html>

The Myths

- ✗ Falling is something that automatically happens as we get older
- ✗ Limiting activity will reduce falls risk
- ✗ Muscles and strength cannot be regained
- ✗ Medications do not affect falls risk
- ✗ Vision does not affect falls risk
- ✗ All medical professionals understand aspects of falls and aging



The Causes of Falls

- Previous Falls
- Lack of lower body strength
- Physical disorders
- Visual impairment
- Cognitive impairments
- Depression
- Medication
- Environment
- Alcohol

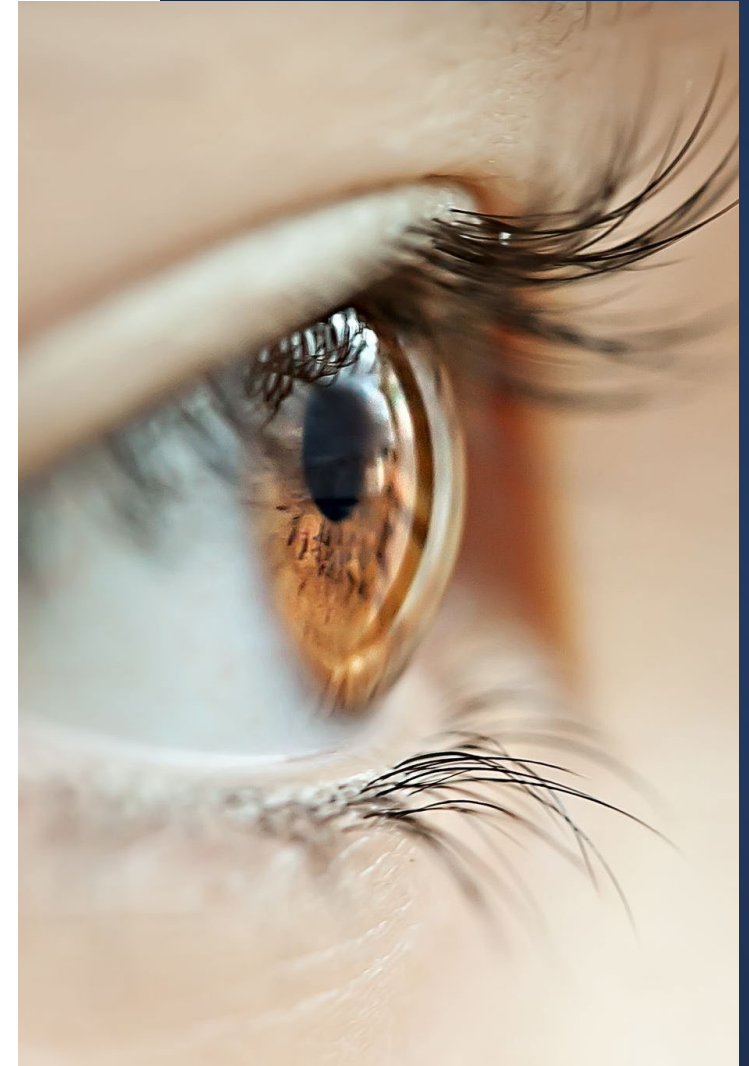
Medication Management

- Taking 4 or more medications significantly increases falls risk
- When starting new medications be sure to find out about side effects
- Ask about medicine interactions and talk to your doctor about how the medications may affect sitting or standing



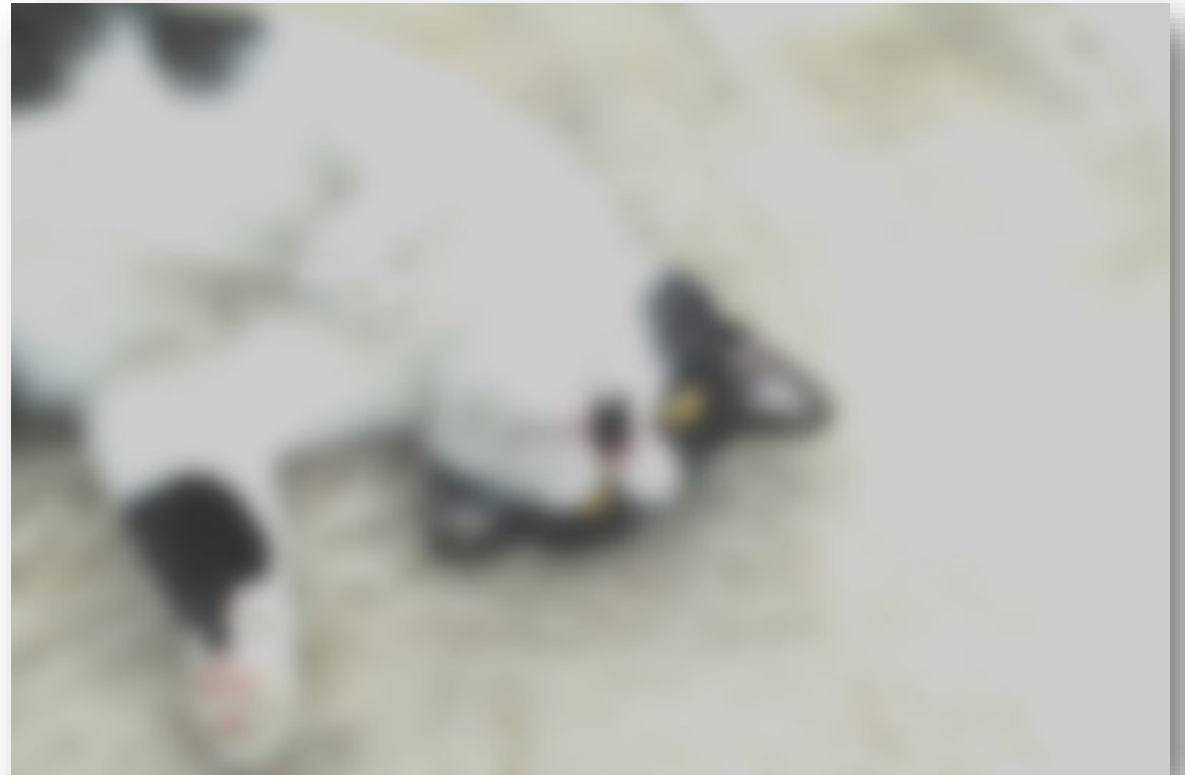
Vision Changes

- People with vision loss are 2-3 times more likely to fall
- Can also be caused by outdated or improper corrective lenses
- Adjusting to new bifocals can increase risk





NORMAL VISION



VISION WITH CATARACT

Cataracts



HEALTHY VISION



PERIPHERAL VISION LOSS DUE TO GLAUCOMA

Glaucoma

(American Optometrist Association)



HEALTHY VISION



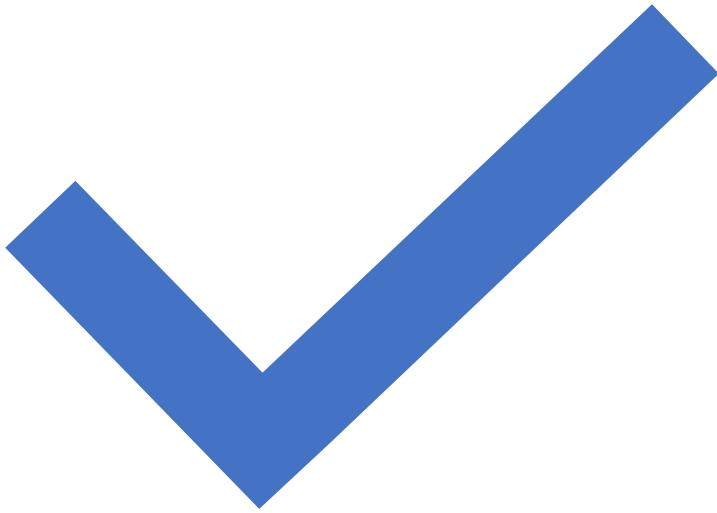
SPOTTING DUE TO DIABETIC RETINOPATHY

Diabetic Retinopathy



- Falls are multifaceted
- One change will not completely eliminate falls risk
- Making multiple important changes can significantly reduce risk

Safe Behaviors



- Use nightlights
- Wear correct glasses/contacts
- Wear shoes in good condition
- Use assistant devices
- Install handrails where needed
- Have bells on pet collars
- Limit alcohol and understanding medical interactions
- Omit the clutter
- Be active!!!!



Physical Activity

- 30 minutes a day most days of the week for all ages (American College of Sports Medicine, 2022)
- Programs should have strength, balance, flexibility, and cardiovascular exercise



Exercises to Improve Balance

- Let's take a look at a variety of land-based exercises that are beneficial to increasing activity and can help improve balance and coordination for everyone
- When executing the following exercises be sure to consider individual abilities and be sure they are being completed in a safe environment
- For most of these, all you need is a chair!



Foot/Ankle Circles



Seated Knee Raises



Seated Leg Extension



Toe Stands (Seated or Standing)



Sit to Stand





Standing Hip Extension



Step Over to Side



Specialized Exercise

- **Aqua Fitness**

A pool can make those with balance problems less fearful of falling during activity

- **Aqua Equipment**

Water walkers, pool noodles, weight belts and various flotation devices can add safety

- **Specialized Pools**

Look for pools that have warmer water and a zero entry ramp

- **Specialized Aquatics Programs (Timpany Center)**

Brain, Body, Balance, Arthritis Fitness and/or in-water physical therapy programs



Specialized Activities

- **Physical Therapy**
Can be done in home or in clinic
- **Personal Training**
Can be done in home or at a fitness/wellness center
- **Fitness center with specialized equipment**
Example: Nustep

Falls Prevention Programs endorsed by the National Council on Aging

- Capable
- A Matter of Balance
- Bingocize
- Enhance Fitness
- FallsTalk
- FallsScape
- Fit & Strong
- Healthy Steps for Older Adults
- Healthy Steps in Motion
- The Otago Exercise Program
- Stay Active and Independent for Life (SAIL)
- Stepping On
- Tai Chi For Arthritis and Falls Prevention
- Tai Chi for Prime
- Tai Ji Quan: Moving for Better Balance
- YMCA Moving for Better Balance



Timpany Center

730 Empey Way

(behind Valley Medical Center)

Water

- 100,000 gallon warm water indoor pool, 92 degrees
- Zero entry ramp, short steps
- Water wheelchairs
- Fitness classes
- Open Swim/Walk
- Personal Training
- Physical Therapy (Omega)

Land

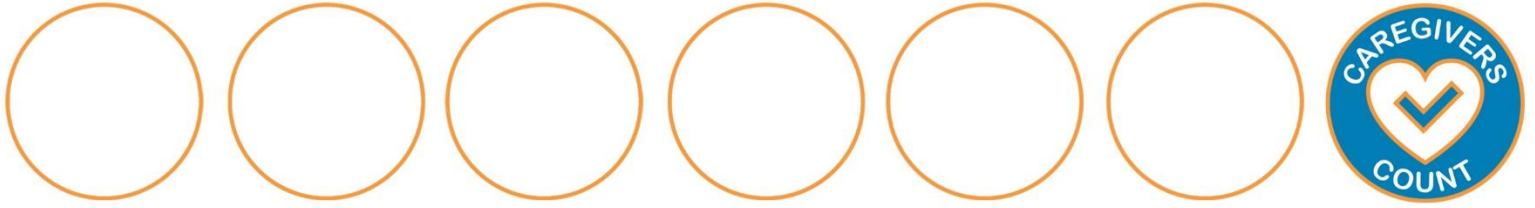
- Adaptive fitness center
- Fitness classes
- Personal Training
- Physical Therapy (Omega)

Evidence-Based Programs:

- Enhance Fitness (land)
- Matter of Balance (land)
- Tai Chi (land)
- Arthritis Foundation (land and water)

Thank You!

Dr. Jennifer Schachner
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Gina Cali

Gina Cali has worked for the Santa Clara County Fire Department since 2002. She currently holds the position as Sr. Community Risk Specialist. Gina holds two Bachelor of Arts Degrees and two Masters of Arts degrees, one in Education and one in Teaching. Gina helps oversee the department's community education program, including the development and implementation of fire and injury prevention programs to children, adults, and seniors. Gina and her staff also act as a referral source to assist residents in locating health & wellness community-based resources and services.

Fire & Life Safety



**Santa Clara County
Fire Department**

Program Topics

➤ Fire & Life Safety

- Home Fire Safety
- Smoke & Carbon Monoxide Alarms
- Home Escape Planning
- Calling 9-1-1 in an Emergency
- Preparing for Emergency Responders
- LIFE File
- Community Resources & Information
 - ✓ Senior Centers within Santa Clara County
 - ✓ AlertSCC Notifications
 - ✓ 2-1-1
 - ✓ Sourcewise

Kitchen & Cooking Safety

- **Cooking fires** are the number one cause of house fires (NFPA)
- **Cooking fire prevention tips**
 - Turn pot handles inwards
 - Do not leave cooking unattended
 - Set a timer as a reminder
 - Wear close-fitted or cuffed sleeves
 - Use a splatter guard



Hint: If interrupted while cooking (phone, doorbell, televised news, etc.), take a kitchen item, such as a potholder or spoon, as a reminder that something is cooking.

Kitchen & Cooking Safety

➤ Extinguishing cooking fires

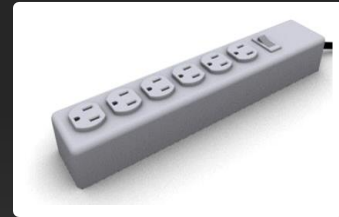
- **Stove fire:** Slide a lid (or cookie sheet) over the pan & turn off heat
 - Never use water to try and put out a grease fire
 - Do not attempt to carry the burning pan to the sink
- **Oven Fire:** Close the oven door & turn off heat
- If the fire begins to spread,
Exit the house immediately and
call 9-1-1



Heating & Electrical Safety



- **Do not overload electrical outlets**
 - Additional outlet should be installed by an electrician
- **Use Underwriters Laboratories (UL) listed power strips with surge protector safety**



- **Inspect electrical cords for damage**
 - Cords should not be frayed, cracked, pinned, or place under rugs
- Outlets that are within 6 feet of running water should have a **Ground Fault Circuit Interrupter (GFCI)** outlet

Heating & Electrical Safety

- **Replace furnace filters annually**
 - Keep combustibles away from water heater & furnace
- **Remove lint from clothes dryers after each cycle**
 - Clean exhaust duct annually
- **Install tamper-resistant outlets or outlet safety covers**
- **Keep space heaters at least 3 feet away from combustibles and never plug into an extension cord**



Smoke Alarms

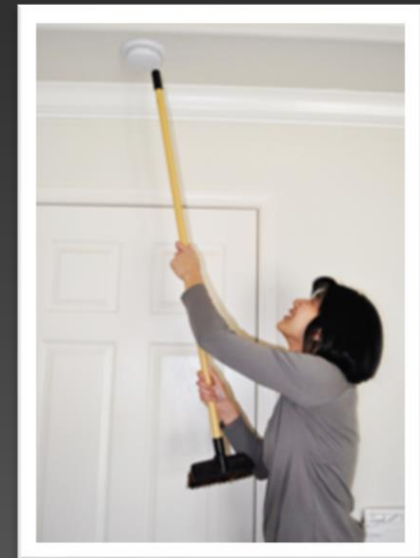
➤ Installation

- Install smoke alarms in each bedroom, outside of every sleeping area & on every level of the home
- Place at least 3 feet from corners and 6 inches away from wall
- Avoid installing alarms near kitchen, bathrooms, or air vents



➤ Maintenance

- Test alarms monthly
- Check batteries annually
 - Units with removable batteries, replace once a year
- Replace smoke alarm units every 10 years



Carbon Monoxide (CO) Alarms

➤ **Carbon Monoxide (CO) is a toxic gas that is invisible odorless & tasteless**

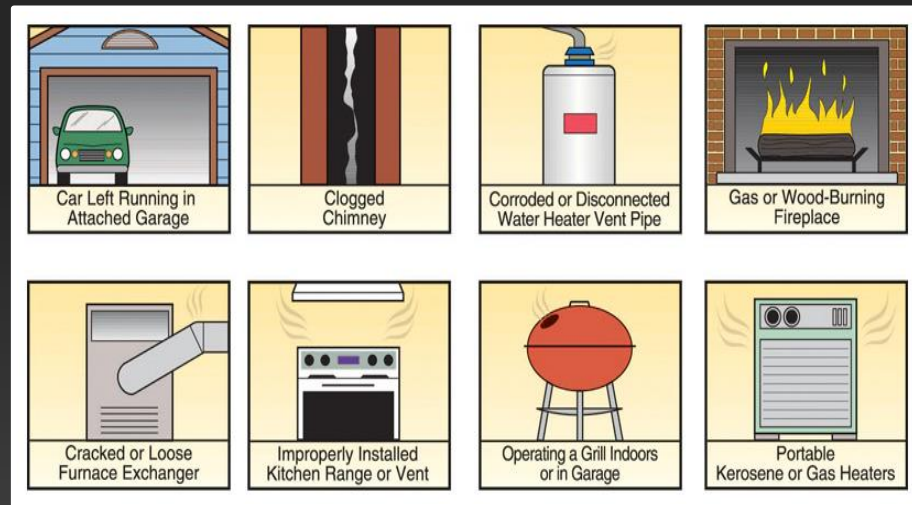
- Multiple sources of CO in the home
- California Law requires one CO alarm per level of the home

➤ **Installation**

- Install outside sleeping areas and at least 15 feet away from fuel burning appliances

➤ **Maintenance**

- Test monthly
- Units with removable batteries, replace once a year
- Units with sealed lithium batteries should last up to 10 years



PG&E provides **FREE** inspections of all home gas appliances, visit www.pge.com or call 800.743.5000

Home Fire Escape Plan

- Develop a home fire escape plan & practice it with all members of the household
- Home escape plan should include:
 - Know 2 ways out
 - Ensure all doors & windows are operable
 - Crawl low under smoke
 - Designate someone to assist household members with mobility needs
 - Identify a meeting place in front yard
- If Trapped
 - Close doors between you & the fire
 - Seal door cracks & cover air vents
 - Call 9-1-1
 - Signal for help from a window



Home Fire Escape Plan

➤ Be Prepared

- Access to items that will help you to safely & quickly exit the home

- Cell phone
- Glasses
- Walking aids
- Stable shoes



➤ Once Evacuated

- After having safely evacuated the home:

- Call 9-1-1 using a cell phone or a neighbor's phone
- Stay outside; never re-enter a burning building
- Maintain a safe distance between you & the fire
- Wait for emergency responders to arrive



Reporting An Emergency

- Dial 9-1-1
- Speak slowly and clearly
- State your name & telephone number
- Answer the dispatcher's questions, including:
 1. Type of event (medical, fire, crime)
 2. Location of event (address, intersection or landmark)
 3. Description of individuals & any vehicles involved
- Stay on the phone
- Follow instructions given by the 9-1-1 dispatcher
- If you accidentally dial 9-1-1, stay on the line and inform the 9-1-1 call center there is no emergency



Home & Business Telephones

- Most homes & businesses utilize **Voice over Internet Protocol (VoIP)**, which requires an internet connection to make & receive telephone calls.
- **If using a VoIP service:**
 1. Verify your physical address with the 9-1-1 dispatcher when reporting emergencies
 2. Notify VoIP provider of any changes to physical location of VoIP equipment
 3. Ensure VoIP equipment has a battery back-up in the event of a power outage



Cell Phones

- Only provides 9-1-1 dispatchers with an **approximate location** of the caller
- When reporting an emergency provide the dispatcher with **detailed location information**, including:
 - ✓ Street names, direction of travel & any nearby landmarks
- If calling on or near a freeway, your call may be routed to the California Highway Patrol (CHP).
 - ✓ Depending on your location or type of help needed, you maybe transferred to another 9-1-1 call center.
Be prepared to repeat information you may have already provided.



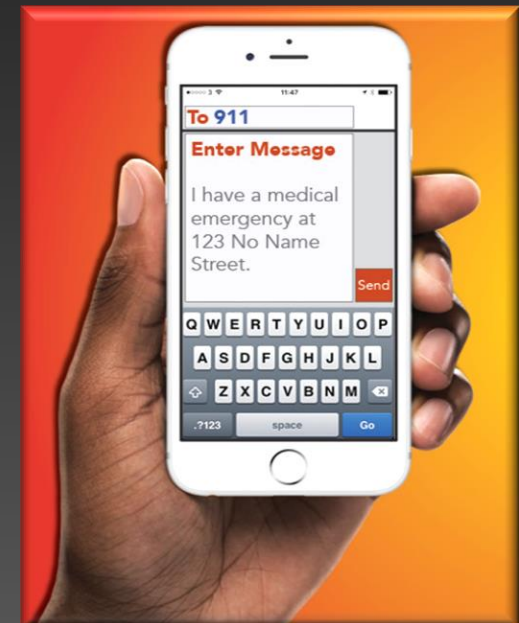
Text to 9-1-1

Text to 9-1-1 is now available in Santa Clara County

➤ ***Call if you can. Text If you can't.***

➤ **How to Text 9-1-1**

- Enter the numbers “**911**” in the “**To**” field
- Include address, city & type of emergency in the “**Message**” field
- Push “Send” button
 - Answer all the 9-1-1 dispatcher’s questions
 - Text in simple words (No abbreviations or slang)
 - Text only in English
 - Standard text messaging rate will apply



Preparing For Emergency Responders

- Stay on the phone with dispatcher
- Do not move or give food or beverage to the patient unless instructed to do so
- Dispatcher may ask for patient's medical history & provide instruction for the arrival of first responders



- Clear a route to the patient and send someone to flag down emergency responders
- Provide responders with original medical documents
 - [L.I.F.E. File](#), [DNR](#) or [POLST](#)
- Remain calm & answer emergency responder's questions

L.I.F.E. File

- **L.I.F.E. File (Lifesaving Information For Emergencies)** enables emergency responders to quickly locate important information regarding medical history
- **Instructions:**
 - Complete L.I.F.E. File form in English
 - Fold & place form inside pouch
 - Enclose advanced directive documents (DNR/POLST) & pharmacy medication printouts
 - Place pouch on front or side of refrigerator



Community Resources

➤ Senior Centers within Santa Clara County

- Adult & Senior Centers (ages 50+) provide a wide variety of programs & services that promote health, wellness & independence
- Services offered may include:
 - Computer training & fitness classes
 - Health insurance counseling
 - Hearing & blood pressure screening
 - Income tax & legal assistance, home repairs & maintenance
 - Recreation, transportation & volunteer opportunities



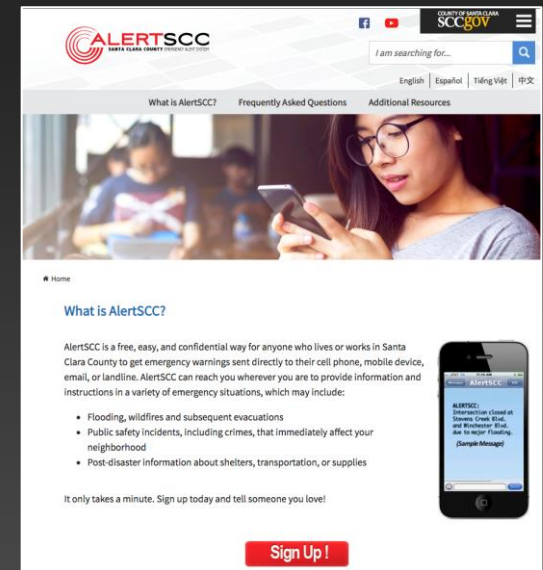
Community Resources

➤ AlertSCC

- Santa Clara County's emergency alert and warning system
- Alerts provide information and instructions in a variety of emergency situations.
- Register Today!: www.AlertSCC.org

➤ Visit **CalAlerts** for other Alerting Systems determined by County jurisdiction:

➤ www.calalerts.org/signup.html



Community Resources

➤ 2-1-1

- Provides free non-emergency assistance 24 hours a day, 7 days a week, in 140+ different languages
- Assistance with community, health & disaster information



➤ Sourcewise

- Provides adults & caregivers the tools & services they need to effectively navigate their health & life options
- Services include:
 - Information & Awareness
 - Care Management
 - Meals on Wheels
 - Senior Employment
 - Public Authority Services
 - Health Insurance Counseling & Advocacy Program



THANK YOU



Santa Clara County Fire Department
Community Education Services
14700 Winchester Blvd., Los Gatos

408.378.4010 • www.sccfd.org
communityoutreach@sccfd.org

Home Fire & Life Safety

PROGRAM TOPICS INCLUDE:

- ☐ Home Fire Safety
- ☐ Smoke & Carbon Monoxide Alarms
- ☐ Home Escape Planning
- ☐ Calling 9-1-1 in an Emergency
- ☐ Preparing for Emergency Responders
- ☐ LIFE File
- ☐ Community Resources & Information
 - Senior Centers w/in Santa Clara County
 - AlertSCC Notifications
 - Home Inventory Checklist
 - 2-1-1
 - Sourcewise

Santa Clara County Fire Department
Proudly serving Campbell, Cupertino, Los Altos, Los Altos Hills,
Los Gatos, Monte Sereno, Saratoga and unincorporated communities
408.378.4010 • www.sccfd.org



HOME FIRE SAFETY

Kitchen & Cooking Safety

According to the National Fire Prevention Association (NFPA), cooking is the number one cause of home fires. Take the following precautions to prevent kitchen fires:

- When cooking on the stovetop, turn pot handles inward
- Do not leave cooking unattended; set a timer as a reminder
- Wear close-fitting or cuffed sleeves when cooking
- Use a splatter guard when frying food to prevent burn injuries & to keep cooking area clean



Hint: If you are interrupted while cooking (phone, doorbell, televised news, etc.), take a kitchen item, such as a potholder or spoon, as a reminder that something is cooking.

How to Extinguish A Cooking Fire

- **Oven fire:** close the oven door and turn off the heat. Removing the air will extinguish the fire
- **Stovetop fire:** Slide a lid (or cookie sheet) over the pan and turn off the heat. Removing the air will extinguish the fire.
- NEVER use water to put out a grease fire
- Do not attempt to carry the pan to the sink
- If the fire spreads beyond the stove or oven, exit the home immediately and call 9-1-1



Heating & Electrical Safety

- Do not overload electrical outlets; additional outlet should be installed by a qualified electrician.
- Purchase and use an Underwriters Laboratories (UL) Listed power strip with the surge protector safety feature, with a built-in circuit breaker.
- Inspect electrical cords for damage; electrical cords should never be frayed, cracked, pinned to the wall or placed under rugs.
- Kitchen and bathroom outlets that are within 6 feet of running water should have a Ground Fault Circuit Interrupter outlet (GFCI outlet; pictured right).
- Replace furnace filters annually.
- Keep clutter and other combustibles away from water heater and furnace. Remove lint from clothes dryers after each cycle and clean exhaust duct (flexible tube) annually.
- Space Heaters: Keep the heater at least 3 feet (1 meter) away from anything that can burn, make sure your heater has an auto shut-off to turn the heater off if it tips over, and plug the heater directly into the wall outlet. Never use an extension cord.

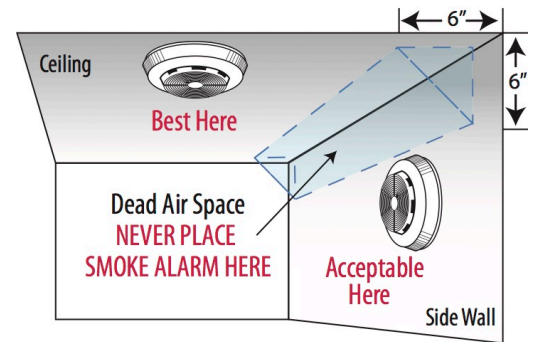


SMOKE ALARMS

Most fatal fires occur at night when people are sleeping. Chances of surviving a fire increases by 50% with working smoke alarms in the home.

Installation

- Install smoke alarms in each bedroom, outside of every sleeping area, and on every level of the home
- Ceiling mounted units are required to be placed at least 3 feet from any corner and 6 inches away from the wall
- Avoid installing smoke alarms near kitchen, bathrooms, or air vents



Maintenance

Test Monthly

- Test smoke alarms every month
- For hard to reach units, use a broom handle to press the test button

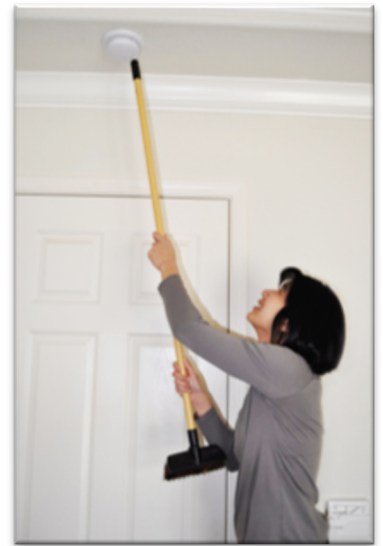
Check Batteries

- Units with removable batteries, replace batteries once a year
 - ✓ Use daylight savings as a reminder: "Change your clocks; Change your batteries"
 - ✓ If low battery signal chirps, replace **battery** immediately
- Units with lithium batteries are sealed and should last up to 10 years
 - ✓ If low battery signal chirps, replace **unit** immediately

A smoke alarm monitors the air 24 hours a day.

After 10 years, it has been on the job for over 87,000 hours.

Alarms that are older than 10 years, have a 30 to 50% failure rate.



For best protection, replace your smoke alarms every 10 years.

CARBON MONOXIDE (CO) ALARMS

Approximately 430 deaths are caused by carbon monoxide poisoning each year in the United States (CDC 2013). Approximately 50,000 people go to the Emergency Department each year with CO poisoning.

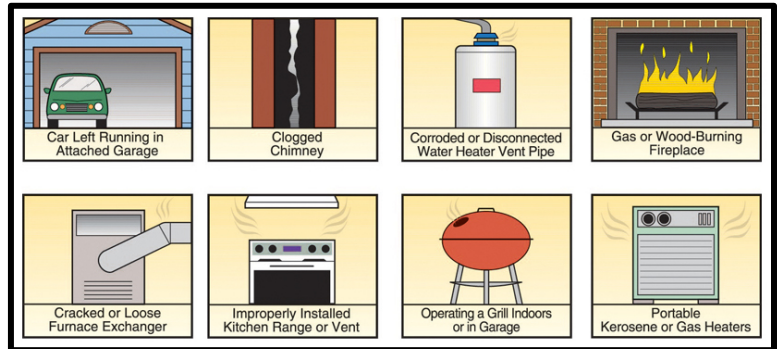


What Is Carbon Monoxide?

Carbon Monoxide (CO) is a toxic gas that is invisible, odorless and tasteless. CO is produced when natural gases, propane, kerosene, gasoline, coal, wood, and/or charcoal do not have enough oxygen and burn incompletely.

Sources of Carbon Monoxide include:

- Attached garage
- Furnace
- Water heater
- Gas kitchen appliances
- Gas clothes dryer
- Fireplace



Carbon monoxide poisoning mimics flu like symptoms and may include:

- Headache
- Nausea/ Vomiting
- Fatigue/ Dizziness
- Confusion
- Shortness of breath
- Fast heart rate

Carbon monoxide alarms are designed to activate before potentially life-threatening levels of carbon monoxide are reached. If you experience any symptoms or carbon monoxide poisoning is suspected, **leave the home immediately and call 9-1-1.**

Installation

- Install alarms outside sleeping area (hallway), and on every level of the home
- Install alarms at least 15 feet away from fuel-burnings appliances

Maintenance

Test Monthly

- Test CO alarms every month; follow manufacturer's instructions

Check Batteries

- Units with removable batteries, replace batteries once a year. Units with lithium batteries are sealed and should last up to 10 years

PG&E provides **FREE** inspections of all home gas appliances. To schedule appointment, visit www.pge.com or call 800.743.5000



HOME ESCAPE PLANNING

Develop a home fire escape plan and practice it with all household members twice a year. Your home fire escape plan should include the following:

- Know two (2) exits out of every room.
- Ensure all doors and windows are operable.
- Crawl low under smoke to exit.
- Purchase escape ladders for multi-story homes; store in bedrooms and know how to use them.
- Designate someone to assist household members with mobility needs.
- Close doors behind you when exiting to help slow the spread of fire and smoke.
Once out, stay out!
- Identify a designated meeting place outside (mailbox, driveway, tree, etc.)
- Dial 9-1-1 from a neighbor's phone or cell phone to report the fire.



If Trapped

- Close doors between you and the fire.
- Seal door cracks and cover air vents to keep smoke out and open a window for fresh air.
- Call 9-1-1 if a phone is available.
- Signal for help from a window by waving a flashlight or clothing item until help arrives.



Be Prepared

Maintain access to items that will help you to exit your home safely and quickly:

- Cell phone
- Glasses
- Walking aids / Stable shoes



Once Evacuated

After you and your family have safely evacuated the home:

- Call 9-1-1 using a cell phone or a neighbor's phone
- Stay outside; never re-enter a burning building
- Maintain a safe distance between you and the fire and wait for emergency responders to arrive



9-1-1 & REPORTING AN EMERGENCY *DO NOT DELAY CALLING 9-1-1!*

How to Report an Emergency

Dial 9-1-1. Speak slowly and clearly. State your name and telephone number.

Answer the dispatcher's questions, including:

1. Type of event (medical, fire, crime)
2. Location of event (address, intersection or landmark)
3. Description of individuals and any vehicles involved

EMERGENCY
CALL 9-1-1 FIRE
POLICE
MEDICAL

Follow all instructions given by the 9-1-1 dispatcher and stay on the phone. Never put yourself or anyone else in danger when reporting an emergency. If you accidentally dial 9-1-1, do not hang up. Stay on the line and inform the 9-1-1 call center there is no emergency

Home & Business Telephones

Today, most homes and businesses utilize Voice over Internet Protocol (VoIP), which requires an internet connection to make and receive telephone calls. Rural areas may still be serviced by traditional landlines. If using a VoIP service:

1. Verify your physical address with the 9-1-1 dispatcher when reporting emergencies
2. Notify VoIP provider of any changes to physical location of VoIP equipment
3. Ensure VoIP equipment has a battery back-up in the event of a power outage



Cell Phones

Only provide 9-1-1 dispatchers with an approximate location of the caller.

- When reporting an emergency from a cell phone, provide the dispatcher with *detailed location information*, including street names, direction of travel (e.g., north or south) and any nearby landmarks (e.g., store or restaurant).
- If calling 9-1-1 on or near a freeway, your call may initially be routed to the California Highway Patrol (CHP). Depending upon your location or type of help needed, your call maybe transferred to another 9-1-1 call center.
- Be prepared to repeat information you may have already provided.



Text To 9-1-1 In Santa Clara County

Call if you can. Text if you can't.

If you need help but are unable to speak, use your mobile phone to send a text message to 9-1-1 for help.

- Enter "9-1-1" in the "To" field. In the "Message" field include your location address, city, and type of emergency. Text in English, use simple words, do not use abbreviations or slang. If Text to 9-1-1 is not available, you will receive a message to dial 9-1-1 to report an emergency.



PREPARING FOR EMERGENCY RESPONDERS

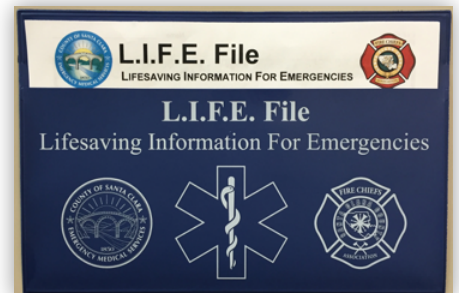
- **Stay on the telephone** and follow all instructions provided by the dispatcher.
- **Do not** move or give food or beverage to the patient unless instructed to do so by the dispatcher.
- Provide the patient's **medical history** only when asked by the dispatcher.
- The dispatcher may also provide instructions for the arrival of the emergency responders. If available, send someone to wave or flag down the emergency responders and unlock doors or gates.
- Clear a route to the patient in the home and place pets securely in another room.
- If available, provide the following forms:
 - **L.I.F.E. File form**
 - **DNR or POLST form, if available**
- Remain calm and answer emergency responder's questions when asked.



L.I.F.E. FILE (LIFESAVING INFORMATION FOR EMERGENCIES)

The L.I.F.E. File enables first responders to quickly locate helpful information regarding your medical history and emergency contacts. Place on the front or side of your refrigerator.

- Complete both sides of the form in English (Form available on www.sccfd.org. Search "LIFE File")
- Update the form immediately when prescription, personal or medical history changes
- If necessary, include a POLST or DNR (Advanced Directive) information in the pouch



For a **FREE** L.I.F.E. File, contact the Santa Clara County Fire Department at 408.378.4010 or visit a local SCCFD Fire Station to request one.

Santa Clara County Fire Department	Santa Clara County EMS Agency
408.378.4010 • Community Education Services 16795 Lark Avenue, Suite 200 www.sccfd.org (For quantities under 25)	408.794.0600 700 Empey Way, San Jose 95128 www.sccemsagency.org (For large quantities)

COMMUNITY RESOURCES

Senior Centers (for ages 50+) provide a wide variety of programs & services that promote health, wellness and independence. Some of the services offered at senior centers include:

- Cards and Games
- Computer Training
- Fitness Classes
- Health Insurance Counseling
- Hearing & Blood Pressure Screening
- Income Tax and Legal Assistance
- Minor Home Repairs & Maintenance
- Recreation, Travel and Tours
- Transportation
- Volunteer Opportunities

For more information about programs & services in your area, contact a local senior center:

Campbell Adult Center - 408.866.2146 • [www.ci.campbell.ca.us/231/Adult -Center-50](http://www.ci.campbell.ca.us/231/Adult-Center-50)

Cupertino Senior Center – 408.777.3150

www.cupertino.org/our-city/departments/parks-recreation/cupertino-senior-center

Gilroy Senior Center – 408.846.0414

www.cityofgilroy.org/340/Recreation-Department

Los Altos Senior Center - 650.947.2797

www.losaltosca.gov/recreation/page/adult-50-program

Los Gatos Adult Recreation Center – 408-354-8700 x 261 •

www.lgsrecreation.org/adults/55-plus

Milpitas Senior Center (Barbara Lee Center) - 408.586.3400

www.ci.milpitas.ca.gov/milpitas/departments/recreation-services/programs-activities/adults-50

Morgan Hill Centennial Recreation Center - 408.782.1284

www.morgan-hill.ca.gov/259/Senior-Center

Mountain View Senior Center - 650.903-6330

www.mountainview.gov/depts/cs/rec/senior/default.asp

Palo Alto Senior Center (Avenidas) - 650.289.5400 • www.avenidas.org

San Jose Parks, Recs & Neighborhood Services (Active Adults 50+) - 408.535.3570 • www.sanjoseca.gov/prns

Santa Clara Senior Center - 408.615.3170

www.santaclaraca.gov/our-city/departments-g-z/parks-recreation/community-centers/senior-center

Saratoga Senior Center – 408.868.1257 • www.sascc.org

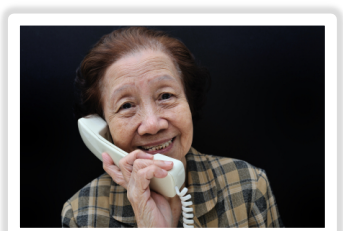
Sunnyvale Senior Center – 408.730.7360 • www.sunnyvale.ca.gov/recreation-and-community/community-centers/senior-center



Well Connected – COVIA – Front Porch

To Register: 877.797.7299 • www.covia.org/programs/well-connected

CONNECT FROM ANYWHERE at no cost via a phone and online program that offers activities, education, friendly conversation, and an assortment of classes and support groups to older adults accessible from the comfort of home.



AlertSCC Emergency Alert & Warning System



AlertSCC is your lifeline in an emergency. It is a free, easy, way for anyone who lives or works in Santa Clara County to receive emergency warnings directly to your cell phone, mobile device, email, or landline. AlertSCC can reach you wherever you are to provide information and instructions in a variety of emergency situations.

➤ **REGISTER today @ www.alertscc.org**



Each County in California has an alerting program that you can sign up for to receive alerts if an emergency situation were to arise in your county. If you work in one county, but you live in another, you can sign up for both.

To register for your County's wireless emergency alerting program, please visit:

➤ **www.calalerts.org/signup.html**

Home Inventory Planning

Research suggests more than half of residents do not have an inventory of their possessions. Creating a simple home inventory helps you track what you own and what it is worth, making important insurance decisions easier.

Create a home inventory:

- Log everything you own grouped by room and category. Note model or serial numbers.
- Keep copies/originals of sales receipts and/or appraisal documents
- Photograph or video items to show proof of ownership (upload to the internet)
- Store your home inventory and related documents in a safe, easily accessible place online, on your computer, or a fire-proof box or safe deposit box. Consider sharing a copy with friends, relatives and your insurance provider.
- Home Inventory Smart Phone App: **NAIC Home Inventory**



The National Association of Insurance Commissioners (NAIC) provides a free downloadable app to allow you to photograph and store your home inventory electronically for safekeeping.

Download **FREE** from the App Store or Google Play

2-1-1www.211.org

Provided by the United Way of Silicon Valley, 2-1-1 provides free, non-emergency, community, health and disaster information in Santa Clara County. 2-1-1 is for non-emergencies and is the public access number for community information designated by the Federal Communications Commission (FCC).

A live phone specialist can answer questions about a variety of nonprofit services and agencies, as well as help callers find out where to volunteer or donate to a specific cause.

- Basic Human Needs Resource
- Physical & Mental Health Resources
- Employment Support
- Disaster Response
- Support for Older Americans & Persons with Disabilities
- Support for Children, Youth & Families
- Volunteer Opportunities & Donations

Sourcewise provides adults and their caregivers the tools and services they need to effectively navigate their health and life options by offering a network of resources.

Sourcewise strives to educate, prepare, support, and advocate for all adults, their families, and their caregivers within Santa Clara County.

**Sourcewise Services:**

- Information & Awareness
 - Care Management
 - Health Insurance Counseling & Advocacy Program (HICAP)
 - Meals on Wheels
 - Senior Employment
 - Public Authority Services *by Sourcewise*

For more information, please visit www.mysourcewise.com or contact Sourcewise Monday-Friday from 8:00 a.m. to 5:00 p.m.

3100 De La Cruz Blvd, Suite 310
 Santa Clara 95054
 (408) 350-3200, Option 1

Email: community@mysourcewise.com

16340 Monterey Road
 Morgan Hill 95037
 (408) 762-7362

Email: southcounty@mysourcewise.com



EVENT SPONSORS

Family Caregiver Alliance

AARP

Sourcewise

Santa Clara Family Health Plan



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.

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.

- **High-quality information and training** of value to family and friend caregivers. This includes:
 - **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.



VISIT OUR WEBSITE, EMAIL, OR CALL TODAY.

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 in Alameda, Contra Costa, San Francisco, and San Mateo Counties. Private foundations, families, friends, and caregivers also donate to FCA to help us continue our support services.

What is long-term care?

Long-term care is day-to-day help needed by older adults and those with disabilities. Including:



Bathing



Dressing



Toileting



Medications



Wound Care



Housekeeping



Transportation



Paying Bills

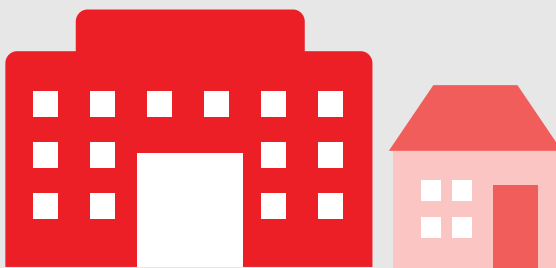


Preparing Meals



Shopping

Long-term care is provided at home, in assisted living, in nursing homes, and more.



Most older Californians, 83%, prefer to receive care at home with family caregiver assistance.



California's 4.7 million family caregivers are the backbone of the state's long-term care system. They provide:



4 Billion
Hours of unpaid care



\$63 Billion
Economic value of unpaid care

Family caregivers nationwide spend nearly 20% of their income, on average, providing care for a loved one—that's nearly \$7,000 out-of-pocket.

How much does care cost?

The annual cost of care in California varies greatly, depending on where and how it is provided.

Adult Day Care
\$20,020
5 days/week

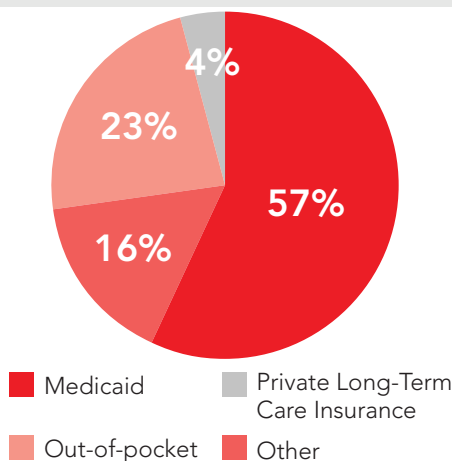
Home Care
\$43,680
30 hours/week

Assisted Living
\$54,000

Nursing Home
\$127,750
private room

Who pays for this care?

In the U.S., the majority of long-term care not provided by an unpaid family caregiver is paid for by Medicaid or individuals paying out of pocket.



Medicare **ONLY** pays for short-term, rehabilitation in nursing homes and limited home health care services.

Other includes private health insurance, health programs for veterans and more.

For more information, contact: Nina Weiler, AARP California, NWeiler@aarp.org

Source: Hado, Edem, and Harriet Komisar. *Long-Term Services and Supports*. Washington, DC: AARP Public Policy Institute, August 2019. | Genworth 2019 Cost of Care Survey www.genworth.com/costofcare | Susan C. Reinhard, Lynn Friss Feinberg, Ari Houser, Rita Choula, and Molly Evans, *Valuing the Invaluable: 2019 Update Charting a Path Forward*, aarp.org.valuing | September 2018 Survey of 1,152 California Registered Voters Aged 40-plus. Margin of sampling error ± 2.9 | Family Caregiving and Out-of-Pocket Costs: 2016 Report aarp.org/caregivercosts



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS



Caregivers Network by Sourcewise

Since 1973, Sourcewise, the designated Area Agency on Aging in Santa Clara County, continues to identify innovative solutions to address issues important to older adults, caregivers, and persons with disabilities.

Being a family caregiver is demanding and selfless work. We understand that you, too, need support. Sourcewise Caregivers Network tailors' services and support to fit your unique needs.

Caregiver supportive services include timely access to information & referrals, personalized counseling with a qualified Care Managers, and temporary respite care options to assist with your caregiving responsibilities.



Our team continues to enhance caregiver support services by offering access to an online family caregiver education portal that allows our Care Managers to share short educational readings or recordings based on your unique caregiving needs. Caregivers can also explore activities on their own to engage with their loved ones, learn how to manage their loved ones new or evolving behaviors and needs, discuss experiences with caregivers locally in Santa Clara County, and find tips on self-care.

Our team provides access to a free and easy to use web-based application called MyPlan to help our Care team stay connected with you. MyPlan offers access to:

- real-time text messaging with your care manager or a member of our team
- ability to schedule meetings on your own with your care manager
- personalized resource library with information and support specific to your situation
- & it's only accessible to you

When our team adds a new information and resources to your MyPlan library you will receive a text notification.

We welcome your phone call or email to learn more about the Sourcewise Caregivers Network and caregiver resources near you.

To get started, text ENROLL to 43386 or contact a Care Manager at (408) 350-3277 or caregiversnetwork@mysourcewise.com.





PLANNING COMMITTEE

City of Campbell

On Lok

Senior Shower Project

Family Caregiver Alliance

Daily Caring

AACI

Hearts and Minds

Saratoga Area Senior Coordinating Council

Conscious Cafes

Live Oak



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PACE

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**On Lok PACE is a full-service healthcare program.
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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



A GREETING CARD COLLECTION
BY SENIOR SHOWER PROJECT

WWW.CAREGIVER.CARDS

Are you caring for a parent or spouse?

Get practical senior care tips that make caregiving easier

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Therapeutic Fibbing: Why Experts Recommend Lying to Someone with Dementia



3 Ways to Respond When Someone with Alzheimer's Says I Want to Go Home



9 Enjoyable Activities for Seniors with Limited Mobility



8 Sources of Low Cost Internet for Seniors

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- ✓ Practical advice to improve your care situation
- ✓ Supportive senior care resources

DailyCaring

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For individuals living with memory loss since 1984.

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secure, and friendly environment.**

♡ Art ♡ Entertainment ♡ Exercise ♡ Music ♡ Gardening ♡

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**Open 5 Days a Week
Monday - Friday
8:30 am to 5:00pm**

Lunch and Snacks
Provided

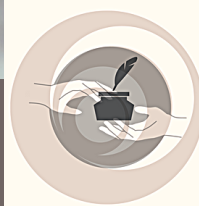
Assistance with:

- ♡ 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



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LOS GATOS CENTER

Currently Closed

111 Church St. Los Gatos CA 95030
Program Director: Lisa Lenoci
Phone: 408-354-4782
Fax: 408-354-6648
Email: losgatos@liveoakadulthooddaycare.org



Since 1983
www.liveoakadulthooddaycare.org

OUR MISSION

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

WHAT WE DO

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 are open Monday through Friday from 9am-3pm. We provide breakfast, a hot lunch and snacks, along with daily exercise cognitive stimulation, and opportunities for socialization.



Willow Glen's Mother's Day art project

* Ask about our ZOOM program!

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 one and themselves
- ◆ To restore dignity and respect to those affected by impairments related to aging.
- ◆ To combat isolation with contact, support, and enrichment

OUR CLIENTS

Live Oak accepts adults aged 60 and over who are unable to live independently, are unable to participate in programs for independent seniors and would benefit from the adult day care program. Our clients have a variety of age-related illnesses such as Alzheimer's Disease, Parkinson's Disease, other dementias, a history of stroke, and depression.

COST/FUNDING

Live Oak is supported by participant contractors using a sliding scale and a combination of allocations, grants and donations. Some of our funders are:



"This institution is an equal opportunity provider."