



Community Civic Association
and
LWV Social Services Department
2007

Family Caregivers:
Simple Solutions for Stressful Lives

with

Dr. Marilyn Ditty
South County Senior Services

and

Sue Roth, LCSW
Orange Caregiver Resource Center

and

Resource Guide

Respite Services

Adult day care programs provide supervised, therapeutic care for older adults in a protected environment. They offer rehab services, meals and transportation. These programs offer respite for the caregiver and make it easier for persons with physical, mental or functional impairments to live at home.

South County Adult Day Services

24300 El Toro Road, Bldg. A
Laguna Woods, CA 92637

949-855-9444

www.southcountyseniors.org

Irvine Adult Day Health Center

20 Lake Road Irvine, CA 92604

949-262-1123

www.irvineadhs.org

Mount of Olives Adult Day Care

Center 24772 Chrisanta Dr. Room H
Mission Viejo, CA 92691

949-581-3800

www.mountofliveschurch.com

Adult Day Services of Orange

County 9451 Indianapolis Ave.
Huntington Beach, CA 92646

714-593-9630

www.adulldayservicesoc.org

Circle of Friends ~ a social program
for people with early-stage dementia.

27601 Forbes Road #31

Laguna Niguel, CA 92677

949-582-2346

judy-leseth@hotmail.com

OC Veterans Service Office

Free benefit claims counseling, information and
referral assistance to veterans, their dependents
and survivors.

1300 S. Grand Bldg. B

Santa Ana, CA 92705

714-567-7450

www.veterans.ocgov.com

Assistance for Family Caregivers

The **Orange Caregiver Resource Center** helps anyone diagnosed with brain impairment. This agency provides counseling, community referrals, and caregiver retreats for family caregivers. When funding is available, they offer grants to families to pay for respite care, either for an in-home caregiver, for adult day care a few days per week, or for a stay at a licensed facility. For more information, contact:

Orange Caregiver Resource Center
St. Jude Medical Center 251 E.
Imperial Hwy. Suite 460 Fullerton, CA
92835

800-543-8312 or
714-578-8670
www.caregiveroc.org

Dayle McIntosh Center South County
Branch 24012 Called de la Plata #210
Laguna Hills, CA 92653

949-460-7784
TDD: (949) 855-6749
www.daylemc.org

Braille Institute 527 N. Dale Avenue
Anaheim, CA 92801

714-821-5000
www.brailleinstitute.org

Assistance for Individuals with Dementia

If your loved one has dementia, the **Alzheimer's Association of OC** offers support, educational workshops and referrals. For more information, contact:

Alzheimer's Association of
Orange County 17771 Cowan
Suite 200 Irvine, CA 92614

24- Hour Helpline:
800-272-3900
is available 7 days a week.
www.alzoc.org

Safe Return Program

The **Safe Return Program**, sponsored by the **Alzheimer's Association of Orange County**, provides an identification bracelet that is worn by the person with Alzheimer's. The bracelet ensures that your loved one will be safely returned, should they ever wander away from home and become lost. Anyone finding your loved one can call the 800 number engraved on the bracelet and be connected to the national organization. The organization then contacts relatives immediately and the person, who was lost, is safely returned home. To order a Safe Return bracelet, contact the Alzheimer's Association at 800 - 272-3900.

Emergency Response Systems

These companies provide a response service that alerts emergency personnel to come to your home, should you have a medical emergency and need assistance. These companies offer wireless, waterproof pendants to be worn around the neck in your home. When the pendant is activated, paramedics come to your home and assess your medical condition. If warranted, you will be taken to a hospital and your family members notified.

These companies are reliable and their prices are competitive. Ask for the best deal they can offer and ask to have the one-time installation fee waived.

System	Phone
Lifeline	800-542-3546
Life Alert	800-821-4704
Rescue Alert	866-774-9600
1-800-Med-Alert	800-633-2537
Health Watch	949-273-6465
BodyGuard by Pioneer Emergency	800-274-8274

Caregiver Support Groups

Support groups provide a safe environment to help you express your feelings and concerns, share ideas that work and receive support from other caregivers like yourself.

Caregiver Support Group
LWV Social Services Department

Meets 2nd and 4th Mondays
Club House 2 DR 3
2 to 3:30 PM
949-597-4368

Orange Caregiver Resource Center
They offer support groups throughout
Orange County.

800-543-8312 or
714-578-8670
www.caregiveroc.org

Alzheimer's Association of Orange
County They offer support groups for
spouses and adult children throughout OC.

949-955-9000
www.alzoc.org

Laguna Woods Village Clubs

Hearing Club	Woody Butler	859-4088
Post Polio	Pepe Motola	583-9648
Stroke Club	Don McRoberts	837-6754
Vision Club	Woody Butler	859-4088
Vision & Hearing Club	Denise Welch	770-5760

Home Care Agencies

The following home care agencies have partnered with the **Community Civic Association** and the **LWV Social Services Department** for this special workshop today. Each one is a full service home care agency and their caregivers are employees of the company. These agencies carefully screen their employees for your protection and safety with: criminal background checks through the Department of Justice, DMV checks, physical exams and drug and alcohol screening. They pay the appropriate state and federal taxes, social security deductions and workers' compensation for their employees. Contact the LWV Social Services Department for a complete list of full service home care agencies.

Aristo Care	Randy Radcliff	949-297-3600
Attentive Home Care	Rick Davis	949-645-5389
Colonial Home Care	Trevor O'Neil	800-497-1287
Saddleback Home Care	Rejoice Wilson-Herbert	949-380-3196
Salus Home Care	Boad Swanson	888-725-8742
SoCal Home Care	Monica Bush	800-707-8781

Hiring a Caregiver

~~

LWV Social Services Department
949-597-4267

If you plan to hire a caregiver, the following questions will help you determine how much help you need and what to look for in a potential caregiver. Hiring a caregiver can be successful, if your requirements are clearly understood.

What daily tasks do you need help with?

- Bathing, dressing and grooming
- Taking your medications on time
- Grocery shopping and meal preparation
- Transportation for appointments
- Laundry, ironing and bed linen changes
- Stand-by-assist while walking or taking a shower

Questions for the caregiver ...

- Does he have experience, current references and a clean DMV report?
- Contact those references.
- Is she covered for worker's compensation, if injured on the job?
- Can the caregiver work the days and hours you need?
- Does the caregiver have a car and a valid license?
- What does the caregiver charge per hour and when is he paid?
- What happens if this caregiver becomes ill and cannot work that day?

Questions for yourself ...

- Am I comfortable having this person in my home?
- Does this person understand my expectations and needs clearly?

If you are comfortable with your answers, set a date for the caregiver to begin. Need more information? Contact **LWV Social Services:**

949-597-4267

Laguna Woods Village

Social Services Department

Established in 1972, the mission of the department is to help residents maintain their independence and enhance their quality of life. All services are available at no charge to residents.

- Counseling
- Support Groups
- Crisis Intervention
- Nurse Practitioner
- Resource Referrals
- Friendly Visitor Program

Social Services Department

Located on the first floor in the LWV Community Center

24351 El Toro Rd.

P.O. Box 2220

Laguna Hills, CA 92654

949-597-4267

Monday through Friday from 8 to 5 p.m.

www.lagunawoodsvillage.com