

UUSS Caregivers Support

UUSS CAREGIVERS SUPPORT is here to offer helpful information for people caring for loved ones with cognitive impairment or other disabling conditions. Group gatherings and individual conversations with former caregivers may also be offered.

Jon Peterson

provided care for his late wife, Sally, and has for several years sponsored the Revere Caregivers support group.



Marilyn Reynolds

provided care for her late husband, Mike, and is the author of *'Til Death or Dementia Do Us Part*.



Neither Jon nor Marilyn is an expert in the field of caregiving, but they're available to share whatever insights they gained through their caregiving experiences. For further information contact us at: caregivers@uuss.org

Links to Trusted Organizations

Most of these are local organizations that provide a variety of services supporting caregivers and their loved ones.

UC Davis Alzheimer's Disease Center

Care, diagnosis, research, and clinical trials

The Sacramento clinic offers personalized care and diagnostic services, clinical research programs and advanced clinical trials. Services available only to patients and families under the care of a UC Davis physician or clinic.

Healthy Aging Clinic
3160 Folsom Blvd
Sacramento CA 95816
916-731-1831

Senior Care Solutions

Guidance setting up home care and residential placements

Long established local organization offering guidance and support in finding options for in-home care, independent living/retirement communities, assisted living, memory care, residential care/board and care homes, and skilled nursing facilities. They are back to being open for walk-ins but suggest appointments to be sure someone is available.

8910 Sunset Ave.
Fair Oaks, CA 95628
916-965-5565
<https://www.seniorcs.com>

Del Oro Caregiver Resource Center

Free caregiver services: consultations, respite, references

Del Oro provides no-cost services to qualifying parties. Comprehensive support for family caregivers, particularly those caring for someone experiencing cognitive decline: Specialized information on chronic and disabling conditions and diseases, aging, caregiving issues and community resources; Family consultation/case management services offers support to families and caregivers to alleviate stress, examine options and enable them to make decisions relating to the care of adults; Del Oro also helps identify existing and potential services to assist caregivers; Respite Care funds services for short-term relief of caregivers from the stresses of constant care. Services also include support groups, short-term counseling, legal/financial consultation, and education and training. Initial contact with Del Oro is made by phone, with a longer phone interview to gather information following later.

8421 Auburn Blvd, Suite 265, Citrus Heights, CA 95610

916-728-9333

<https://www.deloro.org>

Senior Legal Hot Line - (Legal Services of Northern California)

Phone consultation, senior matters for age 60+

Senior Legal Hotline offers "free legal advice, oral and written information, brief services and referrals for seniors who wish to speak with an attorney or paralegal on any legal issue." Must 60+ years old.

Tuesday, Wednesday, Friday 9:00 a.m. - noon, 1:00 – 4:00 p.m.

Thursdays 9:00 a.m. - noon, 1:00 – 7:00 p.m.

Areas include Social Security/SSI, Medi-Cal, reverse mortgages, grandparents rights, consumer problems, wills/trusts/probate, estate planning, housing, foreclosure prevention, powers of attorney, conservatorship, elder abuse, tenant/landlord assistance, and more.

515 12th Street, Sacramento, CA 95814

916-551-2140 or (800) 222-1753, Sacramento area only

<http://LawHelpCA.org>

Alzheimers Association - Greater Sacramento Office

1455 Response Rd, Suite 190, Sacramento 95815

916-930-9080

<http://alz.org/norcal>

Association for Frontotemporal Degeneration

AFTD Helpline (866) 507-7222 <https://www.theaftd.org>

The Association for Frontal Temporal Degeneration's (AFTD) website provides basic information regarding AFTD, how it differs from Alzheimer's disease, general progression of symptoms, and resources and recommendations for caregivers. It also offers ways for caregivers to connect with support groups.