2018 Alzheimer’s Resource Directory
Los Angeles County
With offices in Los Angeles, East Los Angeles, San Fernando Valley, Santa Clarita Valley, and the Inland Empire.

844.HELP.ALZ
AlzheimersLA.org
LOS ANGELES has one of the highest rates of individuals impacted by Alzheimer’s or other dementias in the country. More than 250,000 people living in our community are currently affected. That’s almost half of the people in California living with the disease. Alzheimer’s doesn’t discriminate. It crosses all boundaries: age, race, culture, socioeconomic status, sexual preference, and gender. Although awareness and acceptance are increasing, we still have a long way to go in finding a cause, treatment, or cure. Until we do, Alzheimer’s Los Angeles is here for you when you need us most, helping individuals and families navigate their way through the twists and turns that accompany a diagnosis.

If you’re reading this letter, you’ve picked up the directory and are probably looking for information that might help you or someone you care about. We are here for you through our Helpline 844.HELP.ALZ or (844) 435-7259 and our comprehensive website www.AlzheimersLA.org. We can connect you with one of our Care Counselors, who will be your partner for as long as you need or like along your path. We offer a wide variety of programs including support groups, programs for people and their care partners in the early- or mid-stage of the disease, art programs, caregiver education, community outreach, advocacy, and many other programs and services designed to meet the needs of our diverse community. We have offices in Los Angeles, East Los Angeles, San Fernando Valley, Santa Clarita, and the Inland Empire. And we partner with numerous organizations and businesses throughout Los Angeles, San Bernardino, and Riverside Counties, as well as organizations across the country to provide a seamless array of support.

The information included in this directory will help you navigate the complex service delivery world that exists for those with Alzheimer’s and their families in LA. We hope you find it helpful and that you reach out to us if you find you need more help. We know this journey can be overwhelming, frightening, and lonely.

We’re here for you every step of the way.

Heather Cooper Ortner
President & CEO
Helpline 844.HELP.ALZ
information, emotional support, resources, and referrals

Care Counseling
personalized support and help with care planning in person or by phone

Support Groups
safe places for caregivers and/or those living with a dementia to gather and share information

Community Outreach & Caregiver Education
culturally sensitive and multi-lingual speakers, presentations & information; and various courses for caregivers

Early Stage Programs
Care Counseling, information, education, and support groups for those with memory concerns or in the early stages of a dementia along with their care partners

arts4ALZ & Memory Mornings
groups and activities that focus on art, music, cognitive stimulation, socialization, & interactive programs

MedicAlert Found California
24-hour nationwide response service for wandering and medical emergencies

Professional Training
onsite or web-based trainings for professionals; healthcare, emergency responders, human resources
Worried about MEMORY LOSS?

HAVE YOU NOTICED CHANGES IN:

1. feeling less able to do day to day activities
2. managing finances & paying bills
3. misplacing or losing things more often
4. increasing anger, anxiety, or sadness
5. trouble with reading, writing, & conversations
6. repeating questions or stories
7. withdrawing from family, friends, or social activities
8. getting lost on familiar roads or paths
9. needing more reminders to stay organized
10. hearing that others have concerns about changes in your memory or behavior
About This Directory

The resources listed in this directory have been compiled by Alzheimer's Los Angeles. Additional information is available through our Helpline at (844) 435-7259.

As you use this directory, please keep in mind:

• Alzheimer’s Los Angeles does not endorse the agencies listed in this directory nor was any payment received for their inclusion.

• We suggest calling or visiting three to four agencies or facilities to consider your options before making a final decision on a service provider.

• Although we do our best to keep all information up-to-date, resource contact information changes frequently. Please call us at (844) 435-7259 if any information proves to be incorrect.

• This Resource Directory is specific to Los Angeles County. For referrals to resources in Riverside and San Bernardino counties, please call our Helpline at (844) 435-7259.

Here are some helpful suggestions:

☐ Before you pick up the phone to call, try to write down your questions in advance.

☐ Have a pencil/pen and paper ready when making phone calls.

☐ Ask for the name and title of the person with whom you are speaking and make note of the date and time.

☐ Keep a notebook to record the calls you make.

☐ If possible, visit the facility with a trusted friend or family member before making your decision.

☐ Call or visit again if you have additional questions after your first call or visit.
<table>
<thead>
<tr>
<th>Page</th>
<th>Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Adult Day Services</td>
</tr>
<tr>
<td>10</td>
<td>Assisted Living Facilities</td>
</tr>
<tr>
<td>13</td>
<td>Autopsy</td>
</tr>
<tr>
<td>14</td>
<td>Care Management</td>
</tr>
<tr>
<td>16</td>
<td>Counseling &amp; Therapy</td>
</tr>
<tr>
<td>17</td>
<td>Dental</td>
</tr>
<tr>
<td>18</td>
<td>Diagnostic Centers</td>
</tr>
<tr>
<td>20</td>
<td>Driving</td>
</tr>
<tr>
<td>21</td>
<td>Early Stage Services</td>
</tr>
<tr>
<td>22</td>
<td>Elder Abuse, Neglect &amp; Self-Neglect</td>
</tr>
<tr>
<td>23</td>
<td>Fraud</td>
</tr>
<tr>
<td>23</td>
<td>Health Associations</td>
</tr>
<tr>
<td>24</td>
<td>Health Insurance &amp; Social Security</td>
</tr>
<tr>
<td>25</td>
<td>Home Care</td>
</tr>
<tr>
<td>26</td>
<td>Hospice &amp; Palliative Care</td>
</tr>
<tr>
<td>27</td>
<td>Housing Resources</td>
</tr>
<tr>
<td>28</td>
<td>Information &amp; Referral</td>
</tr>
<tr>
<td>28</td>
<td>Legal &amp; Financial Planning</td>
</tr>
<tr>
<td>32</td>
<td>Medication Coverage</td>
</tr>
<tr>
<td>33</td>
<td>Nutrition</td>
</tr>
<tr>
<td>34</td>
<td>Organizations for Seniors</td>
</tr>
<tr>
<td>35</td>
<td>Research &amp; Clinical Trials</td>
</tr>
<tr>
<td>36</td>
<td>Safety</td>
</tr>
<tr>
<td>38</td>
<td>Senior Move Managers/Professional Organizers</td>
</tr>
<tr>
<td>40</td>
<td>Support Group Services</td>
</tr>
<tr>
<td>41</td>
<td>Transportation</td>
</tr>
<tr>
<td>42</td>
<td>Utilities</td>
</tr>
<tr>
<td>42</td>
<td>Veterans Administration Services</td>
</tr>
</tbody>
</table>
Adult Day Services

Adult Day Services are programs designed to provide stimulation in a safe environment during the day for adults with physical and mental functional impairment, including individuals with Alzheimer's disease and related disorders. These programs offer an opportunity for social interaction, promote health maintenance, foster independence, provide much-needed respite for family caregivers, or offer family members a safe place for their loved one to stay while they work.

There are three basic models of Adult Day Services:

**Adult Day Programs (ADP)**

Provide non-medical care to persons who require personal care services, protective care or assistance with activities of daily living. These social day centers are recreational in nature and accept persons with dementia, but they may or may not accept those who have problems with wandering, incontinence or aggressive behaviors. Services are on a private pay basis.

**Community Based Adult Services Program (CBAS)**

Formerly known as Adult Day Health Care, these centers provide medical, rehabilitative and social services for adults who are physically or mentally impaired. There is usually a nurse, therapist and/or social worker available. Services may be paid for by Medi-Cal or private pay.

**Alzheimer’s Day Care Resource Centers (ADCRC)**

Some centers identify themselves as specializing in providing services to people with dementia; they are usually equipped to handle wandering, incontinence and challenging behaviors. Services may be paid for by Medi-Cal if they are additionally identified as a CBAS, or they are private pay.
Steps to Selecting Adult Day Services

Find Adult Day Services Near You

• Call our Helpline: (844) 435-7259

Call for Information

Contact several adult day centers and ask for a brochure, a monthly activity calendar, menu, fee schedule and enrollment information.

Know What to Ask

• Days and hours of operation?
• Is transportation available? How much does it cost?
• What is the cost? Are scholarships or a sliding scale available?
• Number of staff per participant ratio?
• Does the staff receive specialized dementia training?
• Other populations served?
• Are people who wander safely supervised?

Schedule a Visit

• Did you feel welcomed?
• Did someone explain the services and activities?
• Were participants involved in activities, and if not, were staff attentive to these individuals?
• Was the facility clean and pleasant?

Try the Program Out

Select an adult day service center. Try it out for a month. Ask staff for suggestions on how to help your loved one adjust to the new program.

Websites

California Association of Adult Day Services
caads.org

California Department of Health Care Services
dhcs.ca.gov

California Department of Social Services, Community Care Licensing
ccll.ca.gov
When to consider care outside the home

One of the most difficult experiences for family caregivers of a person with Alzheimer’s disease or a related disorder is deciding when to consider placement outside the home. Caregivers should ask themselves the following questions to evaluate their situation:

- Is the person with memory loss becoming unsafe in their home?
- Is constant care required beyond my physical capability?
- Am I becoming impatient or irritable toward the person for whom I am caring?
- Would structured activities and increased social interaction benefit the person I care for?
- Am I neglecting my family, my job or myself in order to provide care?
- Would placement outside the home result in more enjoyable visits and outings with the person I care for?

Your answers to those questions can help you determine if placement outside the home is the best decision.

What to look for when visiting care facilities

Environment

License: Ask to see the facility’s valid California State License, issued by the State of California, Department of Social Services Community Care Licensing Division.

Atmosphere: When you walk in do you “feel” the nurturing, loving, and supportive environment your loved one needs and deserves?

Living space: Is there indoor and outdoor space? Are there safe walking paths or secured access to fresh air and outdoor activities?

Visiting hours: Does the visitation policy meet your needs? Visit unannounced at different times to see the staff interact with residents.

Structure: Is the facility designed and constructed with the abilities, comfort, and freedom of the resident in mind?
People

Staff: Has the staff been screened and properly trained? Residents with memory loss present unique challenges to staff, requiring ongoing training.

Administrator: Does the Administrator seem knowledgeable about dementia and the special care required?

Physical contact: Is there positive physical contact between staff and residents – a warm touch, an arm around the shoulders?

Humor: Do staff and residents interact joyfully and set a tone of lightheartedness?

Verbal cues: How do staff redirect a resident? Do they command or encourage?

Residents

Personal care: Is care (bathing, toileting, etc.) done with respect and dignity for the resident?

Resident behavior: Are some residents sitting quietly or sleeping? Are some residents moving around freely? These are normal behaviors and should be allowed in a safe environment.

Personal belongings: Are residents allowed to bring in furniture, bedding, and photos that are familiar to them? This helps them to feel “at home” and gives them a sense of belonging and not being lost.

Level of function: Ask what happens when the person needs a higher level of care. Can the facility accommodate residents with a wide range of abilities?

Activities

Home life: Can the residents participate in meaningful activities such as setting the table, washing dishes, folding the laundry, etc.?

Programming: What does the structured activity program look like? Are projects interesting and success-oriented? Are activities planned with the dementia resident in mind?
Assisted Living Facilities Resources

**A Home That Cares**
(310) 592-2381
ahomethatcares.com
Referrals to RCFEs in LA County

**A Place for Mom**
Referrals to RCFEs nationwide
(888) 857-0796 • aplaceformom.com
*Services available in Spanish*

**Assisted Living Locators**
Referrals to RCFEs in LA County
(310) 853-8282
assistedlivinglocatorsla.com

**California Registry**
Referrals to RCFEs and nursing facilities statewide
(800) 777-7575 • calregistry.com

**Care Patrol**
Referrals to RCFEs & nursing facilities nationwide
(866) 560-5656 • carepatrol.com

**Caring.com**
Referrals to RCFEs & nursing facilities nationwide
(800) 973-1540 • caring.com

**Concepts for Living**
Referrals to RCFEs in LA County
(800) 414-4242
conceptsforliving.com

**Connections Care Home Referrals**
Referrals to RCFEs in Los Angeles, San Bernardino & Riverside counties
(800) 330-5993
carehomefinders.com
*Services available in Spanish*

**Elderlink**
Referrals to RCFEs & nursing facilities statewide
(800) 613-5772 • elderlink.org

**Heart Light**
Referrals to RCFEs in LA County
(310) 204-2223 • heartlightonline.com

**Helping Hands Foundation**
Assists with placement in LA and Ventura Counties
(818) 279-6580 • helpinghandsla.org

**MeriCare**
Referrals to RCFEs in LA County
(818) 400-7679 • mericares.com

**Premier Residential Solutions**
Referrals to RCFEs in LA County
(818) 876-9999
premierresidentialssolutions.com

**Senior Placement Hotline**
Referrals to RCFEs and nursing facilities in LA County
(877) 353-3756
placementhotline.com

**Southern California Senior Resources**
Referrals to RCFEs in So. California
(866) 697-3646 • socalseniors.com
*Services available in Spanish*

**Total Senior**
Referrals to RCFEs in LA County
(818) 570-1087 • totalsenior.com

**Websites**

**Nursing Home Compare**
medicare.gov/NHCompare/Home

**CalQualityCare**
calqualitycare.org
An autopsy is an examination of a person’s body after death. A brain autopsy may provide information researchers can use to better understand the disease. It is important to make arrangements for an autopsy in advance in order to prepare the necessary documentation.

Some programs are grant funded and require advance enrollment. The best way to ensure that autopsy will occur is to enroll in a research study while the person with Alzheimer’s or a related dementia is still alive (see Research & Clinical Trials section, p.36). Most research centers will pay for the autopsy in order to advance the science. The decision to have an autopsy performed is a personal agreement among family members and should be arranged prior to death.

University of Southern California
Alzheimer’s Disease Research Center
Brain Research Program
(323) 442-7600
adrc.usc.edu

Mary S Easton Center for Alzheimer’s Disease Research at UCLA
Brain Donation Program
(310) 794-6039
eastonad.ucla.edu/patients-caregivers/brain-donation-program

The Human Brain and Spinal Fluid Resource Center
Gift of Hope Brain Donor Program
(310) 268-3536
brainbank.ucla.edu/why-donate/gift-of-hope

UCI Mind
UC Irvine Alzheimer’s Disease Research Center
(949) 824-5032
mind.uci.edu/for-patients/memory-assessment-clinic/about-brain-donations

UCLA Pathology & Laboratory Medicine
Autopsy/Decedent Affairs
Services include brain only autopsy
(310) 825-7846
pathology.ucla.edu/autopsy-decedent-affairs
Care management helps older adults and their families determine their needs and find the best available resources to meet those needs. A care manager ensures that the person with dementia is receiving the proper care by conducting a needs assessment of the person with dementia and arranging for the appropriate services. There are different types of care management and individuals may be eligible for services through Medi-Cal as well as private pay.

**Alzheimer’s Los Angeles Care Counseling**

The staff at Alzheimer’s Los Angeles is dedicated to helping people navigate through the difficult decisions people with Alzheimer’s and their families face at every stage of the disease. We provide Care Counseling services by telephone, e-mail or in person. These include: assessment of needs, help with planning and problem solving, as well as caregiver training.

For information, call our Helpline at (844) 435-7259.

**Aging Life Care Professionals**

(previously known as Geriatric Care Managers)
The Aging Life Care Association lists private individuals who are trained to provide a variety of services for older adults and their families including consultation, assessment, care coordination and advocacy. [aginglifecare.org](http://aginglifecare.org)

**Local Senior Centers**

Many senior centers offer care management services and access to Meals on Wheels and on-site nutrition programs. To receive a list of local senior centers, contact our Helpline at (844) 435-7259.

The following Agencies on Aging can also provide referrals to local senior centers and information about services available to older adults in their communities.

**Los Angeles County Area Agency on Aging**

(213) 738-2600
wdacs.lacounty.gov

**City of Los Angeles Dept of Aging**

221 N. Figueroa St Suite 500
Los Angeles, CA 90012
(800) 510-2020 • (213) 482-7252
TTY: (213) 473-3231
aging.lacity.org
Multipurpose Senior Services Program (MSSP)

MSSP is available through multipurpose senior centers (MPC) in the city of Los Angeles for individuals eligible to receive Medi-Cal. Services provided include In-Home Assistance and Services, Care Management, Legal Assistance, Nutrition Services, Transportation and Health Education and Screening Services. These services are specifically designed for frail older adults who are at high risk for placement in nursing homes.

Robert M. Wilkinson
Multipurpose Senior Center
8956 Vanalden Avenue
Northridge, CA 91324
(818) 756-7741

Alicia Broadus-Duncan
Multipurpose Senior Center
11300 Glenoaks Blvd.
Pacoima, CA 91331
(818) 834-6100

Sherman Oaks/East Valley
Adult Center
5056 Van Nuys Blvd.
Sherman Oaks, CA 91403
(818) 981-1284

Bernardi Multipurpose
Senior Center
6514 Sylmar Avenue
Van Nuys, CA 91401
(818) 781-1101

ONEgeneration Senior
Enrichment Center
18255 Victory Blvd.
Reseda, CA 91335
(818) 705-2345

Felicia Mahood
Multipurpose Senior Center
11338 Santa Monica Blvd.
Los Angeles, CA 90025
(310) 479-4119

Freda Mohr
Multipurpose Senior Center
6310 S. San Vicente
Los Angeles, CA 90048
(323) 937-5900

St. Barnabas Senior Services
(multiple locations)
675 S. Carondelet Street
Los Angeles, CA 90057
(213) 388-4444

Mexican American Opportunity
Foundation
2130 E. 1st St., Suite 2200
Los Angeles, CA 90033
(323) 526-9344

People Coordinated Services
(PCS) West Adams
Multipurpose Senior Center
2528 West Blvd.
Los Angeles, CA 90016
(323) 435-5799

Theresa Lindsay Multipurpose
Senior Center
429 E. 42nd Place
Los Angeles, CA 90011
(323) 846-1920

Bradley Multipurpose Senior Center
10950 S. Central Avenue
Los Angeles, CA 90059
(213) 563-5630
Counseling & Therapy

A variety of services are available to assist caregivers and people with Alzheimer’s or other dementias during the stages of the disease process. While many caregivers benefit from support groups, some may find that they need more support. The following agencies offer assistance in the area of counseling to help with feelings of depression, anxiety, and frustration. When contacting an agency, please keep in mind that services differ from one place to another. We encourage you to ask questions that will help you determine which services best meet your needs.

Los Angeles County Mental Health Programs

Department of Mental Health (DMH)

Provides referrals and crisis intervention
(800) 854-7771
dmh.lacounty.gov

Genesis Program

Offers mental health assessments for people over the age of 60
(213) 351-7284

Hotlines

IMAlive
An Online Crisis Network
iamalive.org

National Suicide Prevention Lifeline
(800) 273-8255

Friendship Line
Institute on Aging’s 24-hour toll-free crisis and non-crisis line for people aged 60 years and older and adults living with disabilities; also makes outreach calls to older adults to monitor physical and mental health concerns
(800) 971-0016

Contrary to popular belief, the Department of Mental Health does provide services to people living with a dementia.

National Domestic Violence Hotline
Available in English & Spanish, 24/7
(800) 799-7233

The LA Warmline
7 nights a week, 10PM–6PM
(855) 952-9276
Services available in English & Spanish

The Warm Line
A confidential NON-CRISIS toll-free line if you need someone to talk to Monday–Friday, 5–10PM
(888) 448-9777 (English)
(888) 448-4055 (Spanish)

Sage LGBT Elder Hotline
(888)-234-7243

Community Clinics
Free, low-cost, sliding scale and Medi-Cal health clinics are located throughout Los Angeles. Please contact our Helpline at (844) 435-7259 for a list.
When scheduling a dental appointment for someone with a dementia, inform the dentist’s office of your loved one’s diagnosis. Go with them to the appointment, and allow extra time to get there. For more tips on preparing for a dentist’s visit or for additional referrals, please call the Helpline at (844) 435-7259.

**Comprehensive and Mobile Dental Care**
Mobile Dentistry
(310) 743-5206
inhomedentalcare.com

**Lumina Healthcare**
Provides Mobile Dental Care
5330 Pacific Concourse Dr, Ste 120
Los Angeles, CA 90045
(888) 958-6462

**Dental Hygiene for the Homebound**
Brenda Kibbler, RDHAP
Mobile Dental Hygiene Services
(818) 521-8572

**Royal Dental Practice**
Mobile Dentistry
7301 Med Center Dr #208
West Hills, CA 91307
(818) 346-5600

**Mobile Dental Hygiene Services**
10736 Jefferson Blvd #411
Culver City, CA 90230
(310) 617-2302

**Roybal Comprehensive Health Center – Dental Department**
245 S. Fetterly Ave.
Los Angeles, CA 90022
(323) 362-1010
dentalclinicdirectory.com

**Karsh Center of Wilshire Blvd Temple**
3750 West 6th Street
Los Angeles, CA 90020
(213) 401-4651
karshcenter.org/programs-and-services

**Smile Partners**
Mobile Dental Hygiene Services
(818) 314-0101
smilepartners.com

**L.A. County/USC Medical Center Dental Clinic**
925 W. 34th St.
Los Angeles, CA 90089
(213) 740-2805

**UCLA Dental Clinic at Mission Community Hospital**
732 Mott St.
Panorama City, CA 91504
(818) 837-0398
Diagnostic centers provide complete medical, neurological and psychological examinations to determine the possible causes of changes in memory. Alzheimer’s diagnostic research centers specialize in evaluating and treating people with symptoms of Alzheimer’s disease and related dementias.

Los Angeles

Alzheimer’s Disease Research Center

Memory & Aging Center, USC
1520 San Pablo St, Ste 3000
Los Angeles, CA 90033
(323) 442-5775

Cedars-Sinai Medical Center
Department of Neurology
217 S San Vicente Blvd A6600
Los Angeles, CA 90048
(310) 423-6472

Geriatric Neurobehavior Center

USC/Rancho Los Amigos National Rehabilitation Center
7601 E Imperial Hwy
800 West Annex
Downey, CA 90242
(562) 385-8130

Kaiser Permanente West LA Geriatric Medicine
Culver Marina Medical Office
12001 W Washington Blvd
Los Angeles, CA 90066
(310) 915-4550

Mary S Easton Center for Alzheimer’s Disease Research at UCLA

UCLA Memory Disorders Clinic at UCLA Medical Center, Westwood
UCLA Neurological Services
100 UCLA Medical Plaza, Ste 425
(310) 794-3665

Memory Disorders Clinic at the Sports Concussion Institute
6101 W. Centinela Ave #211
Culver City, CA 90230
(310) 643-9595

VA Greater Los Angeles Healthcare System

West Los Angeles Medical Center
Department of Geriatric Psychiatry
11301 Wilshire Blvd, Bldg 401
Los Angeles, CA 90073
(310) 268-4110
San Gabriel Valley

California Clinical Trials Medical Group
1560 E Chevy Chase Drive, Ste 140
Glendale, CA 91206
(818) 254-1600

Parexel International’s Memory Clinic
1560 E Chevy Chase Drive, Ste 140
Glendale, CA 91206
(818) 254-1925
parexel.com/losangeles

Persona Neurobehavioral Group
2 N. Lake Ave Suite 800
Pasadena, CA 91101
(626) 449-2484

San Fernando Valley

Mary S Easton Center for Alzheimer’s Disease Research at UCLA
Memory Disorders Clinic at Olive View-UCLA Medical Center
Clinic B 2A-185 Room
14445 Olive View Dr
Sylmar, CA 91342
(818) 364-1555

Family Medicine Center
801 S Chevy Chase Dr, Ste 230
Glendale, CA 91205
(818) 500-5586

Kaiser Permanente Woodland Hills Geriatric Center
Woodland Hills Medical Center
5601 De Soto Ave
Woodland Hills, CA 91367
(818) 719-2002

Northridge Neurological Center
18251 Roscoe Blvd Suite 101
Northridge, CA 91325
(818) 349-2503

VA Greater Los Angeles Healthcare System
Sepulveda Ambulatory Care Center
1611 Plummer St
North Hills, CA 91343
(818) 891-7711

South Bay/Harbor

Geriatric Neurobehavior Center
USC/Rancho Los Amigos National Rehabilitation Center
7601 E Imperial Hwy
800 West Annex
Downey, CA 90242
(562) 385-8130

Kaiser Permanente Harbor City Geriatric Center
South Bay Medical Center
25825 Vermont Ave
Harbor City, CA 90710
(310) 325-5111
Driving

California law requires that physicians report people diagnosed with dementia, including Alzheimer’s, to the County Health Department. The Department of Motor Vehicles (DMV) is then notified. Based on an evaluation of the person with dementia, the DMV decides whether to suspend, revoke or restrict the person’s license. For details, please call your local DMV or visit dmv.ca.gov/about/senior.

Although not connected to the DMV, there are driving evaluation programs through area hospitals and the American Occupational Therapy Association that assess whether a person can continue to drive safely. These evaluation programs may require a physician’s referral and are usually offered by appointment only. Fees vary.

**Cedars-Sinai Medical Center Outpatient Rehabilitation Services**

*Driving and Vision Program*

444 S San Vicente Blvd, Ste 103
Los Angeles, CA 90048
(310) 423-9222

**Northridge Hospital**

18300 Roscoe Blvd, 4th Floor, IFL Bldg
Northridge, CA 91328
(818) 885-5460

**Rancho Los Amigos Medical Center**

7601 E Imperial Hwy
900 Building Room 91
Downey, CA 90242
(562) 385-7111

*Services available in multiple languages.*

**Website**

American Occupational Therapy Association

aota.org/practice/productive-aging/driving.aspx

**When It’s Not Safe To Drive Anymore**

- Hide the keys
- Park the car out of sight
- Remove the car battery or starter wire
- Say the car is in the shop
- Get in the car first so you can be the driver
- Give a set of keys that look like the old keys, but won’t start the car
- Make having someone else drive sound like fun

**DMV Senior Ombudsman Program**

(310) 615-3552
Early Stage Services

People are now being diagnosed with dementia at earlier stages of the disease. In response, Alzheimer’s Los Angeles has programs to serve their unique needs.

Family Counseling

When someone receives a diagnosis of Alzheimer’s or a related dementia, we are here to help with information, support, guidance and resources.

Memory Club

Memory Club is for individuals with early stage Alzheimer’s disease or related dementias and their care partners. The weekly meetings support and empower members as they deal with early stage issues and shed light on challenges as they arise. The nurturing environment fosters new friendships and peer support during and beyond the group experience.

Grad Club

Grad Club is an extension of Memory Club for those who want to continue to participate in a warm, nurturing, supportive environment. Group topics are chosen by members based on current needs and challenges.

Engagement Opportunities

People with early stage Alzheimer’s or a related dementia often seek meaningful activities to be involved in. Alzheimer’s Los Angeles offers a variety of activities. These can include volunteering to help with Walk4ALZ, making donor calls and volunteering in our office; participating in advocacy efforts by speaking with elected officials; and participating in programs aimed at providing social connections. Care Counselors can also provide information and referrals to additional early stage services in the community.

To enroll in any of these programs, call our Helpline at (844) 435-7259.
Elder Abuse, Neglect & Self-Neglect

Elder Abuse is the maltreatment of an older adult age 65+ (or under age 65 and considered dependent); these forms of mistreatment include physical, sexual and financial. An older adult can also be neglected by another person who does not ensure that their physical and safety needs are met, and an older adult can be self-neglectful when they are unable to care for their own physical and safety needs. People with dementia are particularly vulnerable to elder abuse, neglect and self-neglect.

Contact the following if you suspect maltreatment of an older adult:

**911**
Immediately dial 911 if you are afraid for yourself or others and in any emergency

**Adult Protective Services**
**Los Angeles County**
(877) 477-3646

**Adult Protective Services**
**San Bernardino County**
(877) 565-2020

**Adult Protective Services**
**Riverside County**
(800) 491-7123

**If you suspect abuse or neglect has taken place in a facility, contact:**

**Wise and Healthy Aging Long Term Care Ombudsman Program**
Provides assistance in dealing with abuse associated with professional long-term care settings such as assisted living facilities, board & care homes and skilled nursing homes.

(310) 393-3618
(800) 334-WISE (9473)
wiseandhealthyaging.org/city-and-county-of-los-angeles-long-term-care-ombudsman

**Long-Term Care Ombudsman State Crisis Line**
(800) 231-4024

*For more information about elder abuse, go to agelessalliance.org*

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**Warning Signs of Elder Abuse**

Elder abuse can be physical, sexual, financial, or emotional. Here are a few signs to watch out for:

- Untreated and severe bedsores or unexplained injuries
- Poor hygiene or malnutrition
- Being hesitant to talk freely, especially around the perpetrator
- Lack of amenities even though the elder can clearly afford them
- Having the elderly person provide gifts or large amounts of money in exchange for care
- Missing medical aids, such as hearing aids, walkers, dentures, or eye wear
- The perpetrator is verbally aggressive and demeaning
Fraud

Older Americans lose an estimated $2.9 billion annually to financial exploitation, and it’s estimated that for each case that is reported, 43 others go unrecognized.* People living with dementia are particularly vulnerable to scams, swindles and outright fraud because the disease can make it hard to recognize and process warning signs. These can include telemarketing schemes, health insurance fraud, Medicare scams, and home repair or contractor fraud.

The following websites will help you to spot and protect yourself from fraud:

- stopfraud.gov/protect-yourself.html
- fraud.org/fraud_older_adults
- ncoa.org/economic-security/money-management/scams-security/
- fbi.gov/scams-and-safety/common-fraud-schemes/seniors

*Source: consumerfinance.gov/about-us/blog/spotlight-on-scams-that-target-older-adults/

Help protect your loved one from unwanted phone calls:

National Do Not Call Registry
Donotcall.gov • (888) 382-1222

Health Associations

American Heart Association & American Stroke Association
816 S Figueroa St
Los Angeles, CA 90017
(213) 291-7000
heart.org

American Diabetes Association
611 Wilshire Blvd Suite 900
Los Angeles, CA 90017
(888) 342-2383
diabetes.org

The Association for Frontotemporal Degeneration
Provides general information regarding frontotemporal disorders
(866) 507-7222 • theaftd.org

Lewy Body Dementia Association
Provides general information regarding dementia with Lewy Body
(404) 418-7396 • lbda.org

Parkinson’s Disease Association
Provides general information regarding Parkinson’s disease
(800) 223-2732 • apdaparkinson.org
Health Insurance & Social Security

The services below are sponsored by state and federal government and may assist you in financial planning and determining healthcare options.

CA Department of Insurance Consumer Hotline
Assists with insurance complaints, claims, information and referrals
(213) 897-8921 • (800) 927-4357

California Health Advocates
Provides counseling related to benefit enrollment & general questions
(855) 613-7080 – CA Senior Medicare Patrol Fraud Helpline
cahealthadvocates.org

Covered California
Determine eligibility and apply for Medi-Cal (aka Medicaid) online
coveredca.com

Health Care Options
Select or make changes to Medi-Cal managed care health plans
(800) 430-4263

Health Insurance Counseling & Advocacy Program (HICAP)
520 S Lafayette Park Place, Ste 214
Los Angeles, CA 90057
(213) 383-4519 • (800) 824-0780
healthcarerights.org

Los Angeles Department of Public Social Services
Request a printed Medi-Cal application and ask about eligibility
(877) 597-4777

Medi-Cal Managed Care Ombudsman
Provides assistance resolving problems with Medi-Cal managed care plans
(888) 452-8609

Medi-Cal Telephone Service Center
Provides assistance to those already enrolled in Medi-Cal
(800) 541-5555

Medicare
Provides health benefits determined by age or disability
(800) MEDICARE (633-4227)
medicare.gov

National Council on Aging Benefits Check-Up
Find programs to help pay for health care, medications, food and utilities
benefitscheckup.org/

Social Security Administration
Provides assistance with obtaining social security benefits, information and Medicare issues
(800) 772-1213 • ssa.gov

Websites

Administration on Aging
aoa.gov

Centers for Medicare & Medicaid Services
cms.gov

Medi-Cal Forms
(CA Dept of Health Care Services)
dhcs.ca.gov

US Dept of Health & Human Services
hhs.gov
Home Care

Home care is caregiving assistance “in the home” provided by a paid caregiver. Paid caregivers can be paid for in a variety of ways: 1) private hire through a caregiving agency; 2) In-Home Supportive Services paid for by the state; 3) respite care through a grant. In California, most caregiving agencies provide non-medical care (assistance with activities of daily living, companion care, homemaking, transportation), although there are some that also provide a medical level of care (IVs, medications, etc). Medicare may pay for a limited number of home care visits if the physician documents a medical need.

In-Home Supportive Services (IHSS)
This program is available to seniors eligible for Medi-Cal. IHSS will assess and determine the number of hours of home care needed, and the caregiver is paid by the state. A family member or friend can be an IHSS caregiver once they have been through the screening, and there is also a registry of caregivers. (888) 944-4477

In-Home Supportive Services (IHSS) Ombudsman
Provides assistance in resolving problems related to IHSS as well as information about the program (888) 678-4477

Websites that link to independent caregivers:
caregiversdirect.com
care.com

Assistance for Caregivers

Alzheimer’s Los Angeles Care Counseling Program
Our social workers work one-on-one with caregivers to develop a care plan and help access resources. Free caregiver support groups, caregiver education workshops, and limited respite grants are also available. Call (844) 435-7259 or find us on social media at @alzheimersla.

Hilarity for Charity Home Care Grants
Apply online at helpforalzheimersfamilies.com

Jewish Free Loan Association
Provides interest-free loans with a co-signer for up to $2000 for in-home care; non-denominational service (323) 761-8830 • jfla.org

Special Service for Groups (SSG) SILVER Program
905 E. 8th Street
Los Angeles, CA 90021
(213) 553-1800
ssg.org/programs-and-services/older-adults

USC Family Caregiver Support Center
(formerly Los Angeles Caregiver Resource Center)
3715 McClintock Avenue
Los Angeles, CA 90089
(855) 872-6060 • fcscgero.org
Hospice & Palliative Care

Hospice care is a specialized form of care for persons at the end of life. It emphasizes comfort and dignity by providing expert medical care, pain management, and emotional and spiritual support tailored to the patient and family’s wishes, either in the home or care facility. Below are agencies that provide services in LA County.

Palliative care seeks to address not only physical pain, but also emotional, social, and spiritual pain to achieve the best possible quality of life for patients and their families. Palliative care extends the principles of hospice care to a broader population that could benefit from receiving this type of care earlier in their illness or disease process. Ask your physician whether or not palliative care would be appropriate.

All Care Hospice
100 W Broadway Ave, Ste 810
Glendale, CA 91210
(818) 241-9108

Assisted Home Hospice
8550 Balboa Blvd, Ste 282
Northridge, CA 91325
(818) 894-7879

First Serenity Hospice
10350 Santa Monica Blvd, Ste 210
Los Angeles, CA 90025
(310) 388-8790

Kaiser Permanente Hospice
3699 Wilshire Blvd, 3rd Floor
Los Angeles, CA 90010
(323) 783-7416

Los Angeles Hospice
6855 Carondolet St
Los Angeles, CA 90057
(213) 389-4700

Roze Room Hospice
5455 Wilshire Blvd, Ste 810
Los Angeles, CA 90036
(323) 938-1155

Silverado Hospice
601 S Glenoaks Blvd, Ste 201
Los Angeles, CA 91502
(888) 469-1810

Skirball Hospice
6345 Balboa Blvd, Ste 315
Encino, CA 91316
(818) 774-3040

Trinity Care Hospice
5315 Torrance Blvd, Bldg 1
Torrance, CA 90503
(800) 829-8660

VA Greater Los Angeles Healthcare System
11301 Wilshire Blvd
Los Angeles, CA 90073
(310) 478-3711

Visiting Nurses Association
3452 W Foothill Blvd, Ste 110
Pasadena, CA 91107
(626) 568-2588

VITAS Innovative Hospice Care
1343 N Grand Ave, Ste 100
Covina, CA 91724
(626) 974-2000
One out of seven people with Alzheimer’s disease live alone. The disease may affect housing choices and relationships with landlords. The following agencies assist individuals in locating low-income housing and dealing with tenants’ rights.

**Affordable Living for the Aging**

*Housing Alternatives for Seniors*

Provides co-operative housing and free roommate matching service

(323) 650-7988

*Services offered in Spanish*

**City of Los Angeles Housing Dept.**

Rent Stabilization Division

Rent stabilization ordinance

(866) 557-7368

**Menorah Housing Foundation**

Offers affordable senior housing for those who qualify

(310) 475-6083

**US Dept of Housing and Urban Development (HUD)**

*Office of Public Housing*

Provides information on rental assistance and subsidy programs

(800) 955-2232

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**Websites**

California Hospice Foundation

cahospicefoundation.org

Hospice Foundation of America

hospicefoundation.org

**National Hospice & Palliative Care Org.**

nhpco.org

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Hospice & Palliative Care, con’t.

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**Websites**

Community Development Commission, County of Los Angeles

lacdc.org * (800) 477-5977

Housing Rights Center

hrc-la.org * (202) 708-1112

HUD Senior Resources

hud.gov/groups/seniors.cfm

Los Angeles County Housing Resource Center

(877) 428-8844

housing.lacounty.gov
**Information and Referral**

The following are helpful resources for information related to government, social services, healthcare including Medicare and Medi-Cal, transportation, food, housing and education in LA County:

**211 Los Angeles County**

Provides referrals throughout LA County 24 hours/day, 7 days/week
Dial: 2-1-1 • www.211LA.org
Services available in Spanish

**311 City of Los Angeles**

Provides referrals through the City of Los Angeles
7AM–10PM daily
Dial: 3-1-1 or (213) 473-3231 outside the greater LA area

**City of Los Angeles Department of Aging**

Information and referral
(800) 510-2020 • aging.lacity.org
Services available in Spanish, Korean, Tagalog, Chinese & Vietnamese

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**Legal & Financial Planning**

Asset protection, advance directives, power of attorney, and conservatorships are very important issues to consider when planning for your future and making plans for care. It is wise to consult with attorneys, financial planners, or other specialists to help you with your legal and financial needs.

**Websites**

- **American Bar Association**
  Commission on Law and Aging
  abanet.org/aging

- **Bet Tzedek**
  bettzedek.org

- **California State Bar**
  calbar.ca.gov

- **National Academy of Elder Law Attorneys**
  Find an attorney online
  naela.org

- **Caring Connections**
  Info about Advance Directives and links to downloadable Advance Directives
  caringinfo.org
Legal Assistance & Information

Bet Tzedek Legal Services
Provides free legal assistance to low-income older adults; also focuses on prevention of elder abuse
(323) 939-0506 • bettzedek.org

California Advocates for Nursing Home Reform (CANHR)
Provides consumer counseling around issues of long-term Medi-Cal, nursing homes and assisted living facilities, legal support, advocacy & attorney referral services
(800) 474-1116 • canhr.org

Center for Health Care Rights (LA)
Provides legal assistance for Medicare and Medi-Cal beneficiaries
(213) 383-4519 • (800) 824-0780

H.E.L.P. Health Care & Elder Law Programs
Provides free legal assistance and referrals
(310) 533-1996 • help4srs.org

Justice in Aging
Provides advocacy for lower income older adults at state and federal levels
1444 Eye St, NW, Ste 1100
Washington, DC 20005
(202) 289-6976 • justiceinaging.org
Local office:
3660 Wilshire Blvd, Ste 718
Los Angeles, CA 90010
(213) 639-0930

Legal Aid Foundation of Los Angeles
Provides free legal and self-help services to low-income individuals
(323) 801-7991 • lafla.org

Neighborhood Legal Services Los Angeles (NLSLA)
Provides free legal and self-help services to low-income individuals
(800) 433-6251 • nlsla.org

Office of the Public Guardian
Provides information on conservatorships and assistance in locating family members of people who have died; also provides estate management
(213) 974-0515

SmartLaw Lawyer Referral Services
866-SmartLaw (762-7852)
(213) 243-1525 • smartlaw.org
Los Angeles

Michelle L. Abernathy  
Gifford & Dearing  
515 S. Figueroa St. # 2060  
Los Angeles, CA 90071  
(213) 626-4481  

Marc B. Hankin  
Law Offices of Marc B. Hankin  
422 S. Rodeo Dr.  
Beverly Hills, CA 90212  
(310) 552-3005  

Leslie Barnett  
1631 Beverly Blvd  
Los Angeles, CA 90026  
(213) 250-7800  

Law Offices of Terry M. Magady  
42215 Colby Ave.  
Los Angeles, CA 90064  
(310) 478-6543  

Collins Law Group  
3330 W Manchester Blvd  
Inglewood, CA 90305  
(310) 677-9787  

Donald L. Scoggins  
919 W. Olympic Blvd.  
Beverly Hills, CA 90212  
(213) 386-8085  

Steven A. Friedman  
Law Offices of Steven A. Friedman  
3550 Wilshire Blvd, Ste 420  
Los Angeles, CA 90010  
(213) 386-5400  
Services available in Spanish  

Law Offices of Terry M. Magady  
42215 Colby Ave.  
Los Angeles, CA 90064  
(310) 478-6543  

Christine J. Wilson  
Tyler & Wilson  
5455 Wilshire Blvd, Ste 1925  
Los Angeles, CA 90036  
(323) 655-7180  
Services available in Spanish & Armenian  

San Fernando Valley

Ronald Berman  
Law Offices of Berman & Berman  
16633 Ventura Blvd #940  
Encino, CA 91436  
(818) 593-5050  

Gerald L. Kane  
Law Offices of Gerald L Kane  
16255 Ventura Blvd, Ste 510  
Encino, CA 91436  
(818) 905-6088  

Bonnie Marie Bursk  
Law Offices of Savin & Bursk  
10663 Yarmouth Ave  
Granada Hills, CA 91344  
(818) 368-8646  
Services available in Spanish  

Caren R. Nielsen  
Law Offices of Caren R. Nielsen  
21243 Ventura Blvd #241  
Woodland Hills, CA 91364  
(818) 227-8010  

Goldfarb & Luu  
19510 Ventura Blvd, Ste 101  
Tarzana, CA 91356  
(800) 489-1984  

Howard A. Schnee  
Law Offices of Howard A. Schnee  
5550 Topanga Canyon Blvd, Ste 200  
Woodland Hills, CA 91367  
(818) 999-1434
Elder Law Attorneys, con’t.

**Sirkin & Sirkin**
21550 Oxnard St, 3rd Fl
Woodland Hills, CA 91367
(818) 340-4479

**Doron M. Tisser**
16030 Ventura Blvd, Ste 260
Encino, CA 91436
(818) 226-9125

**Stuart D. Zimring**
Law Offices of Stuart D Zimring
16133 Ventura Blvd, Ste 1075
Encino, CA 91436
(818) 755-4848

**San Gabriel Valley**

**Moravec, Varga & Mooney**
2233 Huntington Dr, Ste 17
San Marino, CA 91108
(818) 769-4221

**Ruth A. Phelps Law Group**
301 N Lake Ave, Ste 1002
Pasadena, CA 91101
(626) 795-8844

**Linda Torossian**
Taylor, Summers, Torossian & Lansing LLP
301 E Colorado Blvd, Ste 450
Pasadena, CA 91101
(626) 795-7400, ext 3

**South Bay/Harbor**

**Alex R. Borden**
Borden Law Offices
1518 Crenshaw Blvd
Torrance, CA 90501
(310) 787-7577

**Weshler + Company**
904 Silver Spur Rd, Ste 425
Rolling Hills Estates, CA 90274
(310) 221-0443

**Chris Zarico**
Zarico, Johnson & Toomey, LLP
841 Apollo St, Ste 450
El Segundo, CA 90425
(310) 540-5203
Medication Coverage

The US Food and Drug Administration (FDA) has approved two types of medications to treat cognitive symptoms of Alzheimer’s disease. When clinically indicated, these drugs can help manage symptoms associated with the progression of Alzheimer’s disease. The two types of medications are:

- Cholinesterase inhibitors, which support communication among nerve cells. Examples include: Aricept®, Exelon® (patch or pill)
- Memantine, which works by regulating the activity of glutamate, a messenger chemical involved in learning and memory. Example: Namenda®

Alternative Sources for Discounted Medications

Note: When purchasing prescription drugs online, patients should exercise caution. The FDA offers pointers on its website: fda.gov Many pharmaceutical companies also offer discounts on their medications. Listed below are places to get additional information.

AARP Prescription Discount Program.
(877) 422-7718 • aarp.com

Costco
(800) 607-6861
Press 6 to locate a Costco pharmacy near you and talk to them about their specific discount medications.

Partnership for Prescription Assistance
(888) 477-2669 • pparx.org

OptumRx
www.optumrx.com
(800) 788-4863

Rx Hope
Locate the names of prescription drugs which are available at low cost through the program in partnership with your doctor.
rxhope.com

needymeds.org
(800) 503-6897
Sometimes, specific drug-makers offer discounts on certain drugs. For help specifically with paying for Alzheimer’s and dementia medications, see the following chart:

<table>
<thead>
<tr>
<th>Medication Name</th>
<th>Generic</th>
<th>Drug Company</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aricept®</td>
<td>Donepezil</td>
<td>Pfizer</td>
<td>(800) 226-2072</td>
</tr>
<tr>
<td>Exelon®</td>
<td>Rivastigmine</td>
<td>Novartis</td>
<td>(800) 245-5356</td>
</tr>
<tr>
<td>Namenda®</td>
<td>Memantine</td>
<td>Allergan</td>
<td>(800) 851-0758</td>
</tr>
<tr>
<td>Namzaric®</td>
<td>Memantine &amp; Donepezil</td>
<td>Allergan</td>
<td>(800) 851-0758</td>
</tr>
</tbody>
</table>

Source: brightfocus.org/alzheimers/article/financial-aid-alzheimers-medications

Nutrition

National Council on Aging
Benefits Check-Up
Find programs to help pay for food, health care, medications & utilities.
benefitscheckup.org/

LA Foodbank
lafoodbank.org/get-help/pantry-locator

Los Angeles County Health & Nutrition Hotline
Provides information on nutritional programs in Los Angeles County
(877) 597-4777

Los Angeles Regional Foodbank
Brown Bag Program
Provides food distribution for low-income seniors
(323) 234-3030

Meals on Wheels of West Los Angeles
900 Hilgard Ave
Los Angeles, CA 90024
(310) 208-4028

St. Vincent Meals on Wheels
St. Vincent Medical Center
2131 W 3rd Street
Los Angeles, CA 90057
(213) 484-7775

Meals On Wheels West
1823-A Michigan Ave
Santa Monica, CA 90404
(310) 394-5133
Resources for Seniors

American Association of Retired Person (AARP)
200 S Los Robles Ave, Ste 400
Pasadena, CA 91101
(866) 448-3615 • aarp.org

Asian Pacific Health Care Venture
1530 Hillhurst Ave, Ste 200
Los Angeles, CA 90027
(323) 644-3880
www.aphcv.org
Services in Japanese, Spanish, Thai, Tagalog, Vietnamese, Cambodian, Cantonese, Mandarin

Catholic Charities of Los Angeles
1531 James M. Wood Blvd.
Los Angeles, CA 90015
(213) 251-3400

Beach Cities Health District
514 N Prospect Ave, 3rd Floor
Redondo Beach, CA 90277
(310) 374-3426

County of Los Angeles Area Agency on Aging
Information & Referral Call Center
(800) 510-2020 • (888) 202-4248
css.lacounty.gov

Jewish Family Services of Los Angeles
8838 W Pico Blvd
Los Angeles, CA 90035
(310) 247-0864

Karsh Center of Wilshire Blvd Temple
3750 West 6th Street
Los Angeles, CA 90020
(213) 401-4651
karshcenter.org/programs-and-services

Leeza’s Care Connection at Providence St Joseph Medical Center
501 S Buena Vista St
Burbank, CA 91505
(818) 847-3686
leezascareconnection.org

Los Angeles Department of Aging
221 N Figueroa St, Ste 180
Los Angeles, CA 90010
(800) 510-2020 • aging.lacity.org

National Asian Pacific Center on Aging
3727 W 6th Street, Ste 619
Los Angeles, CA 90020
(213) 365-9005

Salvation Army – Santa Monica
1533 4th Street
Santa Monica, CA 90401
(310) 451-1358

UCLA Healthcare 50 Plus
1821 Wilshire Blvd, Ste 600
Santa Monica, CA 90403
(800) 516-5323

WISE & Healthy Aging
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
wiseandhealthy.org
Services available in Spanish
Scientists across the globe are researching medications that have the potential to prevent, slow or stop the progression of Alzheimer’s and other dementias. There is an urgent need for more people to enroll in clinical studies and trials.

Joining a research study/clinical trial may increase your knowledge and understanding of the disease and how it specifically relates to both you and others. Some studies offer free exams and payments for participation. However, the greatest benefit is knowing that you are helping define the future of this disease.

**Mary S. Easton Center for Alzheimer’s Disease Research at UCLA**
710 Westwood Plaza 1-123
Los Angeles, CA 90095
(310) 794-6191
adc.ucla.edu

**Rancho/USC California Alzheimer’s Disease Center**
7601 East Imperial Highway
800 West Annex
Downey, CA 90242
(562) 401-8130
adrc.usc.edu

**University of Southern California**
1510 San Pablo Street, HCC643
Los Angeles, CA 90033
(323) 442-7686
adrc.usc.edu

**Brain, Behavior, and Aging Research Center**
**VA Greater Los Angeles Healthcare System**
1131 Wilshire Blvd
116AE, Bldg. 401, A2111
Los Angeles, CA 90073
(310) 478-3711 x54437
semel.ucla.edu/alzheimers

**CNS Network**
2600 Redondo Avenue, 5th Floor
Long Beach CA 90806
(855) 425-1515
cnstrial.com

**Cedars-Sinai Medical Center**
Department of Neurology
217 S. San Vicente Blvd. A6600
Los Angeles, CA 90048
(800) 233-2771

**PAREXEL International**
1560 E. Chevy Chase Drive, Ste 140
Glendale, CA 91206
(855) 814-8631
memory clinic: (818) 254-1925
parexel.com/losangeles

**Pharmacology Research Institute**
6345 Balboa Blvd, Building III, Ste 363
Encino, CA 91316
(818) 705-7450
priresearch.com

**Schuster Medical Research Institute**
5000 Van Nuys Blvd, Ste 216
Sherman Oaks, CA 91403
(818) 788-0747
smrionline.com
Safety

Alzheimer’s causes changes in the brain that may affect safety. Depending on the stage of the disease, this can include changes in judgment, abstract thinking, sense of time/place and behavior. Taking measures to ensure safety at all times can help prevent injuries, and it can help people with dementia feel relaxed and less overwhelmed.

Home Modification

Accessible Design and Consulting
420 Hindry Ave #B
Inglewood, CA 90301
(310) 215-3332
accessibleconstruction.com

Active Homes
Aging in Place Home Modification
(855) 924-7663
aginginplacemods.com

Forever Active
(888) 705-7441
foreveractivemed.com

Los Angeles Housing Department
HomeSecure Program
Provides free minor home repairs for older adults throughout Los Angeles County; call for a referral
(213) 808-8803 English
866-557-7368 Toll-free/Spanish
lahd.lacity.org

Stayhome Safe, Inc
(626) 792-0070
stayhomesafe.com

Other Safety Devices

The Alzheimer’s Store
Products designed for people with Alzheimer’s and related dementias and their caregivers
(800) 752-3238 • alzstore.com

Tunstall Medical Center
A personal response service that provides 24-hour assistance via a push button device worn by the individual registered in the program
(877) 348-6111
Technological Options for Wandering Concerns

**Personal GPS Locators**

- **Take Along Tracker**
  portable-gps-devices.com

- **GoSafe**
  lifelinesys.com

- **Pocketfinder**
  pocketfinder.com

- **Eyezon**
  eyezon.com

- **SafeLink**
  safelinkgps.com

**GPS Watches & Wristbands**

- **Keruve**
  keruve.com

- **Senior GPS Bracelet**
  tracking-system.com/senior-gps-bracelet

- **Revolutionary Tracker**
  revtrackbuy.com

- **iLoc Technologies**
  ilotech.com

- **Tracking System Direct**
  tracking-system.com

- **Bluewater Security**
  bluewatersecurityprofessionals.com

- **GPS Smart Sole**
  A GPS-enabled insole that can be inserted into almost any shoe
  gpssmartsole.com

**Phone Apps**

Many smart phones have real time GPS tracking abilities. Check with your cell phone provider

**A Word of Caution:**
Cell phones & wearable technology can be taken off or lost and are not a 100% effective precaution against wandering.

**Be Prepared In Case Your Loved One Goes Missing**

- Have current photo & basic personal information like height, weight, and identification markers.
- Know favorite places, commonly taken routes, etc.
- Let folks in the neighborhood know that if they see the person with dementia alone, to call you.
- Remember that tracking devices and wearables can be taken off.
- Keep a recently worn article of clothing in a sealed plastic bag. Touch it as little as possible and replace at least once a month. This will help with the canine search.
- Create a phone tree that can be activated in case the person goes missing.
Senior Move Managers

Making a major move at any age is difficult and stressful. Senior Move Managers recognize and help manage the stress of relocating older adults, helping older adults and their families through the downsizing and relocation process from their home to their new residence.

**National Association of Senior Move Managers**
nasmm.org

**Agosti Moving and Storage**
19338 Londelius St.
Northridge, CA 91324
(818) 773-MOVE (6683)
seniormovingmanager.com

**Clear Home Solutions**
13351-D Riverside Drive # 317
Sherman Oaks, CA 91423
(818) 376-0125
clearhomesolutions.com

**Gentle Transitions**
1726 Manhattan Beach Blvd
Manhattan Beach, CA 90266
(800) 894-0338
gentletransitions.com

**The Move Managers LLC**
17328 Ventura Boulevard, Suite 159
Encino, CA 91316
(818) 753-7737
TheMoveManagers.com

**Moving Matters**
14813 Lorne St.
Panorama City, CA 91402
(818) 634-4818
MovingMattersLLC.COM

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**Professional Organizers**

Professional organizers are dedicated to helping people and organizations bring order and efficiency to their lives and their homes. These organizers can assist before, during, or after a move, or anytime that an individual needs to sort through possessions and/or paperwork.

**National Association of Professional Organizers**
napo.net
Los Angeles: napola.org

**A Clear Path**
(818) 400-9592
aclearpath.net

**Away With Chaos**
4712 Admiralty Way, Suite 253
Marina del Rey, CA 90292
(818) 519-2938
awaywithchaos.com

**creativeOrganizer**
11684 Ventura Blvd., #975
Studio City, CA 91604
(323) 656-9665
creativeOrganizer.com

**Leave It To Lori**
Westlake Village, CA 91361
(818) 324-3660
leaveit2lori.com

**Making Space Work**
(323) 246-0567
makingspaceworkLA.com
Professional Organizers, con’t.

**An Organized Life**
PO Box 48041
Los Angeles, CA 90048
(323) 935-9235
anorganizedlife.net

**Organizing Concepts and Designs**
(310) 560-5060
organizingconceptsanddesigns.com

**Organizing Works**
(805) 577-8267
organizingworks.us

**The Traditional Home Organizer**
(310) 396-5656
Support Group Services

Support Groups allow caregivers, persons with Alzheimer’s or other dementia, and/or family members to meet on an ongoing basis to receive support from their peers and information on the disease. The following are types of support groups available through Alzheimer’s Los Angeles.

Caregiver Support Groups

When it comes to caring for someone with Alzheimer’s disease or a related dementia, it’s hard to do it alone. This program provides education about the disease. Groups are peer support and held in different languages throughout Los Angeles County (such as Spanish, Korean and Japanese).

Telephone Support Groups

Sometimes it is not possible for a caregiver to attend a Support Group in person, whether due to life challenges or the nature of caregiving. Participating in a telephone support group allows the individual a regular time to talk to others who are going through a similar situation.

Early Stage Support Groups

These support groups are specifically for persons in the early stage of Alzheimer’s disease. Information about these groups can be found in the Early Stage Services section of this directory.

Facilitate A Support Group

Interested in leading a group for people living with a dementia and/or their caregivers? Call us at (844) 435-7259 to learn about our volunteer opportunities.

To receive a complete listing of the support groups in the Greater Los Angeles area, please call our Helpline at (844) 435-7259 or go to our website at www.alzheimersla.org.
The following are transportation services for seniors and/or disabled individuals including people with dementia. It is important to keep in mind that these services may or may not provide additional assistance when needed. Please call ahead to ensure your special needs can be met.

A number of communities offer local transportation services within their boundaries. Please call our Helpline at (844) 435-7259 for referrals.

**Access Services**  
**Los Angeles County**
Provides transportation for disabled individuals including people with Alzheimer's and other dementias  
(800) 827-0829  
accessla.org

**Butterfli**
Assisted transportation for older adults and those with disabilities  
(855) 267-2354  
gobutterfli.com

**Cityride Dial-a-Ride & Taxi Service**  
**City of Los Angeles**
Curb-to-curb transportation program for seniors; sliding scale available  
(323) 666-0895  
(818) 908-1901

**LADot Commuter Express**
Transportation within the city  
ladottransit.com

**WISE & Healthy Aging Senior Services**
Transportation and mobility program anywhere in the Santa Monica area 7 days/week. Limited group transportation to UCLA Westwood and Kaiser Cadillac and Marina locations  
(310) 394-9871  
wiseandhealthy.org
Utilities

CA Telephone Access Senior Telephone Program
425 W Broadway, Ste 105
Glendale, CA 91204
(800) 806-1191
(800) 949-5650 (Spanish language line; other languages available)
californiaphones.org

SoCalGas
socalgas.com/save-money-and-energy/assistance-programs

Southern California Edison
sce.com/esap

National Council on Aging Benefits Check-Up
Find programs to help pay for health care, medications, food and utilities.
benefitscheckup.org/

Veterans Administration (VA)

The Veterans Administration provides long-term care and other geriatric medical services for veterans (va.gov)

Department of Veterans Affairs
General Info and Enrollment
(877) 222-8387

Department of Veteran Affairs
Caregiver Support Line
855-260-3274
caregiver.va.gov

Sepulveda VA Geriatric Research Education & Clinical Center (GRECC)
Outpatient Geriatric Services
16111 Plummer St
North Hills, CA 91343
(818) 895-9311

West Los Angeles VA Geriatric Research Education & Clinical Center (GRECC)
Outpatient Geriatric Services
11301 Wilshire Blvd
Los Angeles, CA 90073
(310) 478-3711