We make every effort to include as many relevant resources as possible. If you feel that your organization would be of benefit to the individuals and families who are coping with Alzheimer’s or a related dementia, please contact us at (844) 435-7259 in order to be considered for inclusion in the next printing of the Resource Directory.
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 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. 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: 844.435.7259
available for information, emotional support, resources, and referrals

Care Counseling
guidance, support, and dementia expertise from experienced social workers

Learning Opportunities
classes about Alzheimer’s disease, dementia, brain health, and caregiving

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

Savvy Caregiver Workshops
courses to gain the knowledge, skills and understanding needed to care for a family member with Alzheimer’s or another dementia

Support Groups
share information and understanding with other caregivers or others living with dementia

Offered for different groups & in different languages
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.
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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
Assisted Living Facilities

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

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<thead>
<tr>
<th>Service</th>
<th>Referrals Details</th>
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<tbody>
<tr>
<td>A Home That Cares</td>
<td>Referrals to RCFEs* in LA County &lt;br&gt; (310) 592-2381 ahomethatcares.com</td>
</tr>
<tr>
<td>Assisted Living Locators</td>
<td>Referrals to RCFEs in LA County &lt;br&gt; (310) 853-8282 assistedlivinglocatorsla.com</td>
</tr>
<tr>
<td>California Registry</td>
<td>Referrals to RCFEs and nursing facilities statewide &lt;br&gt; (800) 777-7575 · calregistry.com</td>
</tr>
<tr>
<td>Care Patrol</td>
<td>Referrals to RCFEs &amp; nursing facilities nationwide &lt;br&gt; (866) 560-5656 · carepatrol.com</td>
</tr>
<tr>
<td>Caring.com</td>
<td>Referrals to RCFEs &amp; nursing facilities nationwide &lt;br&gt; (800) 973-1540 · caring.com</td>
</tr>
<tr>
<td>Concepts for Living</td>
<td>Referrals to RCFEs in Southern CA &lt;br&gt; (800) 414-4242 conceptsforliving.com</td>
</tr>
<tr>
<td>Connections Care Home Referrals</td>
<td>Referrals to RCFEs in Southern CA &lt;br&gt; (800) 330-5993 carehomefinders.com &lt;br&gt; Services available in Spanish</td>
</tr>
<tr>
<td>Elderlink</td>
<td>Referrals to RCFEs &amp; nursing facilities statewide &lt;br&gt; (800) 613-5772 · elderlink.org</td>
</tr>
<tr>
<td>Gently Guided</td>
<td>Referrals to RCFEs in SGV and LA County &lt;br&gt; (310) 308-9967 · gentlyguided.com</td>
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<th>Service</th>
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<tr>
<td>Heart Light</td>
<td>Referrals to RCFEs in LA County, including SFV &amp; South Bay &lt;br&gt; (310) 204-2223 · heartlightonline.com</td>
</tr>
<tr>
<td>Helping Hands Senior Foundation</td>
<td>Referrals to RCFEs in LA, Orange Riverside &amp; Ventura Counties &lt;br&gt; (818) 279-6580 · helpinghandsla.org</td>
</tr>
<tr>
<td>MeriCare</td>
<td>Referrals to RCFEs in LA County &lt;br&gt; (818) 400-7679 · mericares.com</td>
</tr>
<tr>
<td>Premier Residential Solutions</td>
<td>Referrals to RCFEs in LA, Ventura and Orange Counties &lt;br&gt; (818) 876-9999 · premierresidentialssolutions.com</td>
</tr>
<tr>
<td>Senior Placement Hotline</td>
<td>Referrals to RCFEs and nursing facilities in LA County &lt;br&gt; (877) 353-3756 · placementhotline.com</td>
</tr>
<tr>
<td>Southern California Senior Resources</td>
<td>Referrals to RCFEs in Southern CA &lt;br&gt; (866) 697-3646 · socalseniors.com &lt;br&gt; Services available in Spanish</td>
</tr>
<tr>
<td>Total Senior</td>
<td>Referrals to RCFEs in LA County &lt;br&gt; (818) 570-1087 · totalsenior.com</td>
</tr>
</tbody>
</table>

| Website                                      | Medicare Home Compare <br> medicare.gov/NHCompare/Home                            |

*RCFE - Residential Care Facilities for the Elderly
Autopsy

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.37). 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/brain-research-study

Mary S Easton Center for Alzheimer’s Disease Research at UCLA
Brain Donation Program
(310) 825-7846
eastonad.ucla.edu/index.php/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/research-studies/brain-donation

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

**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**

Information and Assistance Call Center
(213) 738-2600
wdacs.lacounty.gov

**City of Los Angeles Dept of Aging**

221 N. Figueroa St, Ste 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 Ave  
Northridge, CA 91324  
(818) 756-7741

Alicia Broadus-Duncan  
Multipurpose Senior Center  
11300 Glenoaks Blvd, #1622  
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 Ave  
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

Jewish Family Services  
Freda Mohr Multipurpose Senior Center  
6310 S. San Vicente Blvd, Ste 275  
Los Angeles, CA 90048  
(323) 937-5900

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

Mexican American Opportunity Foundation  
401 N Garfield Ave  
Montebello, CA 90640  
(323) 890-9600

People Coordinated Services (PCS) West Adams Multipurpose Senior Center  
2528 West Blvd  
Los Angeles, CA 90016  
(323) 735-5799

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

Bradley Multipurpose Senior Center  
10957 S. Central Ave  
Los Angeles, CA 90059  
(323) 563-5639
Contrary to popular belief, the Department of Mental Health does provide services to people living with a dementia.

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
imalive.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

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.

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

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

The NAMI Help Line
A confidential NON-CRISIS toll-free line if you need someone to talk to
7AM–5PM
(800) 950-6264

7 Cups of Tea
Free 24-7 chat and support chat rooms
7cups.com
Sage LGBT Elder Hotline
(877) 360-5428

Crisis Text Line
Text HOME to 741-741
CrisisTextLine.org

Free, confidential 24/7 support line; a live trained crisis counselor will answer your text.

Community Clinics
Free, low-cost, sliding scale and Medi-Cal health clinics are located throughout Los Angeles. Please contact Alzheimer’s Los Angeles 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

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

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

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

**Royal Dental Practice**
7301 Medical Center Dr, #208  
West Hills, CA 91307  
(818) 334-6655

**Royal Dental Practice**
7301 Medical Center Dr, #208  
West Hills, CA 91307  
(818) 334-6655

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

**Smile Partners**
Mobile Dental Hygiene Services  
614 Arden Ave  
Glendale, CA 91202  
(818) 314-0101  
smilepartners.com

**UCLA Dental Clinic at Mission Community Hospital**
San Fernando Community Health Center  
732 Mott St.  
San Fernando, CA 91340  
(818) 963-5690
Diagnostic Centers

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

Cedars-Sinai Medical Center Neurology
8635 W. Third St, #850W
Los Angeles, CA 90048
(310) 385-6016

Cedars-Sinai Medical Center Neurology-Santa Monica
1919 Santa Monica Blvd, #100
Santa Monica, CA 90404
(424) 314-7810

Executive Mental Health Psychology & Neuropsychology
11835 W. Olympic Blvd, Ste 1265E
Los Angeles, CA 90064
(310) 273-4843 • emhla.com

Kaiser Permanente West LA Geriatric Medicine Clinic
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 Dementia and Memory Disorders Clinic at UCLA Medical Center, Westwood
300 Medical Plaza, Ste #B200
Los Angeles, CA 90024
(310) 794-7491 (general info)
(310) 794-1195 (appointments)

Memory Disorders Clinic at the Sports Concussion Institute
6101 W. Centinela Ave, #211
Culver City, CA 90230
(310) 642-9595

Rancho Los Amigos/USC California Alzheimer’s Disease Center (CADC)
7601 E. Imperial Hwy
800 West Annex
Downey, CA 90242
(562) 385-8130

The USC Memory and Aging Center at Keck Medicine of USC
Alzheimer’s Disease Research Center
1520 San Pablo St, Ste 3000
Los Angeles, CA 90033
(323) 442-5775
VA Greater Los Angeles Healthcare System
West Los Angeles Medical Center
Geriatric Research & Clinical Center
11301 Wilshire Blvd, Bldg 401
Los Angeles, CA 90073
(310) 268-4110

San Gabriel Valley

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

Parexel Community Memory Clinic / California Clinical Trials
1560 E. Chevy Chase Dr, Ste 140
Glendale, CA 91206
(818) 254-1925
parexel.com/losangeles

Persona Neurobehavior Group
2 N. Lake Ave, Ste 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

Kaiser Permanente Woodland Hills Geriatric Center
Woodland Hills Medical Center
5601 De Soto Ave
Woodland Hills, CA 91367
(818) 719-2002 (info)
(818) 719-4279 (appointments)

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

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

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 Cognitive Assessment Clinic
South Bay Medical Center
25825 S. Vermont Ave
Harbor City, CA 90710
(310) 325-5111
(800) 780-1230 (advice)

Pharmacology Research Institute
4281 Katella Ave, Ste 115
Los Alamitos, CA 90720
(714) 827-3667 • (562) 795-6955
losalamitos@priresearch.com
Driving 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* (fax physician’s prescription and you will be contacted)
cedars-sinai.org/programs/physical-medicine-rehabilitation/treatments/driving-assessment.html

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

**Rancho Los Amigos National Rehabilitation Center**
7601 E. Imperial Hwy
900 Building, Room 88A
Downey, CA 90242
*(562) 385-7111*

**DMV Senior Ombudsman Program**
*(310) 412-6103*

**Website**
American Occupational Therapy Association
aota.org/practice/productive-aging/driving.aspx

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**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
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 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

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 (direct line to confidential Ombudsman Program)

(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

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

If you think you’ve been a victim of fraud, call the California Attorney General’s office at 800-952-5225

*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, Ste 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) 935-6444
(800) 539-9767 (support line)
lbda.org

American Parkinson Disease Association
California Chapter at Providence St John’s Health Center
1301 20th St, Suite 150, Santa Monica, CA 90404
(800) 223-2732 • (310) 582-7641 • apdaparkinson.org
Health Insurance & Social Security

These services are sponsored by state and federal government and may assist you with financial planning and healthcare options.

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

**California Health Advocates**
Provides counseling for benefit enrollment & general questions  
*(855) 613-7080*  
*(800) 434-0222*  
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)**
AKA Center for Health Care Rights  
520 S. Lafayette Park Place, Ste 214 Los Angeles, CA 90057  
*(213) 383-4519*  
*(800) 824-0780*  
healthcarerights.org  
cahealthadvocates.org

**Los Angeles Department of Public Social Services**
Request a printed Medi-Cal application and ask about eligibility  
*(866) 613-3777*  
yourbenefits.laclrs.org/ybn/Index.html (online application)

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

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

**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 for Community Living / Administration on Aging**
americaseniors.gov/about-acl/administration-aging

**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 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 or (213) 744-4477

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

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 on a non-sectarian basis up to $3,000 for caregiving needs. (323) 761-8830 • jfla.org

Special Service for Groups (SSG) SILVER Program
905 E. 8th St
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 Ave
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
10550 Sepulveda Blvd
Mission Hills, CA 91345
(818) 830-5003

### Family Choice Hospice, Inc.
(714) 460-2219
FamilyChoiceHospice.org

### 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 S. Carondelet St, 2nd Floor
Los Angeles, CA 90057
(213) 351-1030

### Medserv Hospice, Inc.
217 W. Alameda, Ste 103
Burbank, CA 91502
(818) 480-7904

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

### Silverado Hospice
15821 Ventura Blvd
Encino, CA 91436
(818) 845-4048 • (818) 328-6636

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

### Trinity Care Hospice
5315 Torrance Blvd, Ste B1
Torrance, CA 90503
(800) 535-8446

### VA Greater Los Angeles Healthcare System
11301 Wilshire Blvd
Los Angeles, CA 90073
(310) 478-3711
Hospice & Palliative Care, con’t.

Visiting Nurses Association
2500 E. Colorado Blvd, Ste 240
Pasadena, CA 91107
(626) 568-2588

VITAS Innovative Hospice Care
1343 N. Grand Ave, Ste 100
Covina, CA 91724
(626) 918-2273

Websites

Southern California Hospice Foundation
Socalhospicefoundation.org

Hospice Foundation of America
hospicefoundation.org

National Hospice & Palliative Care Org.
nhpco.org

California Hospice & Palliative Care Foundation.
calhospice.org
Housing Resources

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
mhfla.org

**US Dept of Housing and Urban Development (HUD)**
*Office of Public Housing*
Provides information on rental assistance and subsidy programs
(800) 955-2232

**Websites**

Community Development Commission, County of Los Angeles
lacda.org
(800) 477-5977
(800) 731-4663
(626) 262-4510 (housing assistance)

Housing Rights Center
housingrightscenter.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
Outside LA Co: (800) 339-6993
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

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
americanbar.org/groups/law_aging/

Bet Tzedek
bettzedek.org

California State Bar
calbar.ca.gov

CaringInfo
Info about Advance Directives and links to downloadable Advance Directives
caringinfo.org

National Academy of Elder Law Attorneys
Find an attorney online
naela.org
**Legal Assistance & Information**

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

**California Advocates for Nursing Home Reform (CANHR)**
Provides consumer counseling around issues of long-term Medi-Cal, nursing homes & 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 healthcarerights.org

**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 & federal levels
1444 Eye St, NW, Ste 1100
Washington, DC 20005
(202) 289-6976 • justiceinaging.org

**Legal Aid Foundation of Los Angeles**
Provides free legal and self-help services to low-income individuals
(800) 399-4529 • lafla.org

**Neighborhood Legal Services Los Angeles (NLSLA)**
Provides free legal and self-help services to low-income individuals
(800) 433-6251 • nlsla.org
Health Helpline: (800) 896-3202

**Office of the Public Guardian**
Provides information on conservatorships
(213) 974-0515
dmh.lacounty.gov/our-services/public-guardian

**SmartLaw Lawyer Referral Services**
866-SmartLaw (762-7852)
(213) 243-1525 • smartlaw.org
Elder Law Attorneys

Los Angeles

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

Leslie Barnett
1631 Beverly Blvd, 1st Floor
Los Angeles, CA 90026
(213) 250-7800

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

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

San Fernando Valley

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

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

Goldfarb & Luu
Estate Planning & Elder Law
18757 Burbank Blvd, Ste 201
Tarzana, CA 91356
(888) 489-1699

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

Law Offices of Terry M. Magady
2215 Colby Ave
Los Angeles, CA 90064
(310) 478-6543

Donald L. Scoggins
9190 W. Olympic Blvd
Beverly Hills, CA 90212
(213) 386-7686

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

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

Caren R. Nielsen
Rodnunsky & Associates
5959 Topanga Canyon Blvd, Ste 200
Woodland Hills, CA 91367
(888) 737-1090 Ext. 5544

Howard A. Schnee
Rodnunsky & Associates
5959 Topanga Canyon Blvd, Ste 200
Woodland Hills, CA 91367
(818) 737-1090 Ext. 5544
**Elder Law Attorneys, con’t.**

**San Gabriel Valley**

**Moravec, Varga & Mooney**
2233 Huntington Dr, Ste 17
San Marino, CA 91108
(626) 793-3210

**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

**Chris Carico**
Carico, Johnson & Toomey, LLP
841 Apollo St, Ste 450
El Segundo, CA 90425
(310) 545-0010

**Weshler + Company**
904 Silver Spur Rd, Ste 425
Rolling Hills Estates, CA 90274
(310) 221-0443
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**
(800) 356-3477
optumrx.com

**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 offers 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>(844) 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>AbbVic</td>
<td>(844) 424-6727</td>
</tr>
<tr>
<td>Namzaric®</td>
<td>N/A</td>
<td>AbbVic</td>
<td>(844) 424-6727</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/find-food/pantry-locator

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

**Meals on Wheels of West Los Angeles**
P.O. Box 241576
Los Angeles, CA 90024
(310) 208-4028

**St. Vincent Meals on Wheels St. Vincent Medical Center**
2303 Miramar St
Los Angeles, CA 90057
(213) 484-7775

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

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

American Association of Retired Person (AARP)
200 S Los Robles Ave, Ste 400
Pasadena, CA 91101
(866) 448-3614 • aarp.org

Asian Pacific Health Care Venture
1530 Hillhurst Ave, Ste 200
Los Angeles, CA 90027
(323) 644-3888
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, Unit 102
Redondo Beach, CA 90277
(310) 374-3426 ext. 256

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
Pico-Robertson Family Resource Center
8838 W Pico Blvd
Los Angeles, CA 90035
Central Access: (877) 275-4537
Admin. Office: (323) 761-8800

Karsh Center of Wilshire Blvd Temple
3750 W. 6th St
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
767 N. Hill St, Ste 301
Los Angeles, CA 90012
(213) 617-8553

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

UCLA Health 50 Plus
1250 16th St
Santa Monica, CA 90404
(800) 516-5323

WISE & Healthy Aging
1527 4th St, 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.

For more information, visit AlzheimersLA.org.

**Mary S. Easton Center for Alzheimer’s Disease Research at UCLA**
710 Westwood Plaza C-224
Los Angeles, CA 90095
(310) 794-3665
eastonad.ucla.edu

**Rancho/USC California Alzheimer’s Disease Center**
7601 E. Imperial Hwy
800 West Annex
Downey, CA 90242
(562) 385-8130
adrc.usc.edu

**University of Southern California Alzheimer’s Disease Research Center**
1510 San Pablo St, HCC643
Los Angeles, CA 90033
(323) 442-7686
adrc.usc.edu

**Brain, Behavior, and Aging Research Center**
11301 Wilshire Blvd, B401
Los Angeles, CA 90073
(310) 478-3711 x 54437
semel.ucla.edu/bbar

**CNS Network**
2600 Redondo Ave, 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 Chevy Chase Dr, 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
Research & Clinical Trials, con’t.

Websites

U.S. National Institutes of Health
A registry and results database of publicly and privately supported clinical studies in which you can search for memory-related clinical trials currently going on.
clinicaltrials.gov

National Institute on Aging
A free online resource that allows users to search for Alzheimer's disease and related clinical trials being conducted in their area.
nia.nih.gov/alzheimersclinicaltrials

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
Handy Worker Program; call for a referral
(213) 808-8803 English
(213) 808-8808 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

Connect America
A personal response service that provides 24-hour assistance via a push button device worn by the individual registered in the program
(800) 815-5809
Technological Options for Wandering Concerns

**Personal GPS Locators**

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

*GoSafe*
lifeline.philips.com

*Pocketfinder*
pocketfinder.com

*Eyezon*
eyezon.com

**GPS Watches & Wristbands**

*Keruve*
eruve.com

*Senior GPS Bracelet*
tracking-systemdirect.com

*Revolutionary Tracker*
revolutionarytracker.com

*iLoc Technologies*
iloctech.com

*Tracking System Direct*
tracking-system.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 Lodelius St  
Northridge, CA 91324  
(818) 773-MOVE (6683)  
seniormovingmanager.com

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

**Doorsquad Relocation**  
4712 Admiralty Way, Ste #991  
Marina Del Rey, CA 90292  
(888) 402-4988  
doorsquad.net

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

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

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

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, Ste 253  
Marina del Rey, CA 90292  
(818) 519-2938  
awaywithchaos.com

**Creating Balance**  
(310) 995-2228  
creating-balance.net
Professional Organizers, con’t.

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 • (424) 234-3493
leaveit2lori.com

Making Space Work
(323) 246-0567
makingspaceworkLA.com

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
traditionalhomeorganizer.com
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 AlzheimerSLA.org.
Transportation

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
(213) 808-RIDE (7433)
(310) 808-RIDE
(323) 808-RIDE
(818) 808-RIDE

**Go Go Grandparent**
Connects seniors to ride sharing services like Lyft or Uber. Rides can be accessed by calling GoGoGrandparent directly, rather than using a smart phone app.
(855) 464-6872
gogograndparent.com

**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
wiseandhealthyaging.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/residential/assistance/energy-savings-program

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

Caregiver Support Line
(855) 260-3274
Benefits hotline (800) 827-1000

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