

# **Alzheimer's** **Resource Directory**

Los Angeles County



## **Resource Directory**

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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 Resource Directory.



**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 **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.

A handwritten signature in dark ink, reading "Heather Cooper Ortner". The signature is fluid and cursive, with the first name "Heather" being more prominent.

**Heather Cooper Ortner**

*President & CEO*



**Alzheimer's  
LOS ANGELES**

**844.HELP.ALZ**  
AlzheimersLA.org



### **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**

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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)**

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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)**

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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)**

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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

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### 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

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### **California Association of Adult Day Services**

[caads.org](http://caads.org)

### **California Department of Health Care Services**

[dhcs.ca.gov](http://dhcs.ca.gov)

### **California Department of Social Services, Community Care Licensing**

[ccl.d.ca.gov](http://ccl.d.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***

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**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

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**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

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**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

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**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

Referrals to RCFEs\* in LA County  
**(310) 592-2381**  
ahomethatcares.com

### 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 Southern CA  
**(800) 414-4242**  
conceptsforliving.com

### Connections Care Home Referrals

Referrals to RCFEs in Southern CA  
**(800) 330-5993**  
carehomefinders.com  
*Services available in Spanish*

### Elderlink

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

### Gently Guided

Referrals to RCFEs in SGV and LA County  
**(310) 308-9967** • gentlyguided.com

### Heart Light

Referrals to RCFEs in LA County, including SFV & South Bay  
**(310) 204-2223** • heartlightonline.com

### Helping Hands Senior Foundation

Referrals to RCFEs in LA, Orange, Riverside & Ventura Counties  
**(818) 279-6580** • helpinghandsla.org

### MeriCare

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

### Premier Residential Solutions

Referrals to RCFEs in LA, Ventura and Orange Counties  
**(818) 876-9999**  
premierresidentialolutions.com

### Senior Care Center

Referrals to RCFEs in LA, Orange, and Ventura Counties  
Plus Care Coordination Services  
**(310) 986-453**  
seniorcarecenter.care

### 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 Southern CA  
**(866) 697-3646** • socalseniors.com  
*Services available in Spanish*

### Total Senior

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

## Website

### Nursing Home Compare

medicare.gov/NHCompare/Home

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](http://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](http://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](http://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](http://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](http://pathology.ucla.edu/autopsy-decedent-affairs)

## **Care Management**

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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**

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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**

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(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**

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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](http://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](http://aging.lacity.org)

## ***Multipurpose Senior Services Program (MSSP)***

MSSP is available for individuals eligible for Medi-Cal. Services provided include in-home care, care management, legal assistance, meal services, transportation, health education, and screening services. These services are specifically designed for frail older adults who are at high risk for placement in nursing homes. MSSP is available through the 6 agencies listed below.

### **Human Services Association**

6800 Florence Ave.  
Bell Gardens, 90201

**(626) 358-1185**

Regions they serve: South  
Pasadena to Glendora

### **Huntington Health Senior Care Network**

100 W. California Blvd.  
Pasadena, CA 91105

**(626) 397-3110, select option 1**

Regions they serve: San  
Gabriel Valley

### **Partners in Care Foundation - North**

732 Mott St., Ste 150, San  
Fernando, 91340

**(818) 837-3775**

Regions they serve: Antelope  
Valley, Santa Clarita, SFV,  
various parts of LA County

### **Partners in Care Foundation - South**

3621 East Martin Luther King Blvd.,  
Ste B, Lynwood, 90262

**(213) 296-3000**

Regions they serve: Central LA,  
South Central, East LA, South LA,  
South Bay

### **SCAN Independence at Home**

3800 Kilroy Airport Way, Ste 100  
Long Beach, 90806

**(866) 421-1964**

Regions they serve: South Bay to  
Santa Monica

### **Jewish Family Service of LA**

12821 Victory Blvd.  
North Hollywood, 91606

**(323) 937-5930**

Regions they serve: San Fernando  
Valley, various parts of the  
westside of Los Angeles.

# **Counseling & Therapy**

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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**

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### **Department of Mental Health (DMH)**

Provides referrals and crisis  
intervention

**(800) 854-7771**

[dmh.lacounty.gov](http://dmh.lacounty.gov)

### **Genesis Program**

Offers mental health assessments  
for people over the age of 60

**(213) 351-7284**

## **Hotlines**

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### **IMALive**

#### **An Online Crisis Network**

[imalive.org](http://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**

*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–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](http://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

### **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

### **L.A. County/USC Medical Center Dental Clinic**

925 W. 34th St  
Los Angeles, CA 90089  
**(213) 740-2805**

### **Lumina Healthcare**

Provides Mobile Dental Care  
5330 Pacific Concourse Dr, Ste 120  
Los Angeles, CA 90045  
**(800) 373-5400**

### **Mobile Dental Hygiene Services**

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

### **Royal Dental Practice**

7230 Medical Center Dr, #208  
West Hills, CA 91307  
**(818) 334-6655**  
royaldentalwesthills.com

### **Roybal Comprehensive Health Center – Dental Department**

245 S. Fetterly Ave.  
Los Angeles, CA 90022  
**(323) 362-1010**  
dentalclinicdirectory.com

### **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**

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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**

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#### **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](http://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

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](http://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](http://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](http://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



## **Early Stage Services**

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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**

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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**

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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**

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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**

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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**

**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](http://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](http://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](https://stopfraud.gov/protect-yourself.html)
- ✓ [fraud.org/fraud\\_older\\_adults](https://fraud.org/fraud_older_adults)
- ✓ [ncoa.org/economic-security/money-management/scams-security/](https://ncoa.org/economic-security/money-management/scams-security/)
- ✓ [fbi.gov/scams-and-safety/common-fraud-schemes/seniors](https://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/](https://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](https://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](https://heart.org)

### **American Diabetes Association**

611 Wilshire Blvd, Ste 900  
Los Angeles, CA 90017  
**(888) 342-2383**  
[diabetes.org](https://diabetes.org)

### **The Association for Frontotemporal Degeneration**

Provides general information regarding frontotemporal disorders  
**(866) 507-7222** • [theaftd.org](https://theaftd.org)

### **Lewy Body Dementia Association**

Provides general information regarding dementia with Lewy Body  
**(404) 935-6444**  
**(800) 539-9767** (support line)  
[lbda.org](https://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](https://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](http://cahealthadvocates.org)

## **Covered California**

Determine eligibility and apply for  
Medi-Cal (aka Medicaid) online  
[coveredca.com](http://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](http://healthcarerights.org)

[cahealthadvocates.org](http://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](http://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](http://medicare.gov)

## **National Council on Aging Benefits Check-Up**

Find programs to help pay for  
health care, medications, food  
and utilities  
[benefitscheckup.org](http://benefitscheckup.org)

## **Social Security Administration**

Provides assistance with  
obtaining social security benefits,  
information and Medicare issues  
**(800) 772-1213 • [ssa.gov](http://ssa.gov)**

## **Websites**

### **Administration for Community Living / Administration on Aging**

[acl.gov/about-acl/administration-aging](http://acl.gov/about-acl/administration-aging)

### **Centers for Medicare & Medicaid Services**

[cms.gov](http://cms.gov)

### **Medi-Cal Forms**

(CA Dept of Health Care Services)  
[dhcs.ca.gov](http://dhcs.ca.gov)

### **US Dept of Health & Human Services**

[hhs.gov](http://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**

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### **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](http://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](http://jfla.org)

### **USC Family Caregiver Support Center**

**(formerly Los Angeles Caregiver Resource Center)**

3715 McClintock Ave

Los Angeles, CA 90089

**(800) 540-4442** • [fcscgero.org](http://fcscgero.org)

# **Hospice & Palliative Care**

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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](http://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**

## **Salus Hospice**

21151 S. Western Ave. Unit 207  
Torrance, CA 90501  
**(888) 881-4822**

## **Silverado Hospice**

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

## **SoCal Premium Hospice**

Encino, CA  
**818-646-0279**  
[info@socalpremiumhospice.com](mailto:info@socalpremiumhospice.com)

## **Skirball Hospice**

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

## **Sunrise Hospice Inc.**

1545 N Verdugo Road,  
Suite 210  
Glendale, CA 91208  
**(951) 444-8440**

## *Hospice & Palliative Care, con't.*

### **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**

### **Appling Hospice Care**

5901 W. Century Blvd, Ste 750  
Los Angeles, CA 90045  
**(877) 412-6683**  
ApplingHospiceCare.com

### **Reliance Hospice & Palliative Care**

18000 Studebaker Rd., Suite #110  
Cerritos, CA 90703  
**877-659-5998**  
www.rhospice.com  
Services in English and Spanish.

### **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**

### **A and S Hospice Palliative Care Inc**

1425 W. Burbank Blvd, Suite J  
Burbank, CA 91506  
**(818)538-9083**  
intake@aandshospice.com  
www.aandshospice.com

## **Websites**

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### ***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**

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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](http://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**

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#### ***Community Development***

***Commission, County of Los Angeles***

[lacda.org](http://lacda.org)

**(800) 477-5977**

**(800) 731-4663**

**(626) 262-4510** (housing assistance)

#### ***Housing Rights Center***

[housingrightscenter.org](http://housingrightscenter.org)

**(202) 708-1112**

#### ***HUD Senior Resources***

[hud.gov/groups/seniors.cfm](http://hud.gov/groups/seniors.cfm)

#### ***Los Angeles County Housing Resource Center***

**(877) 428-8844**

[housing.lacounty.gov](http://housing.lacounty.gov)

## **Information and Referral**

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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**

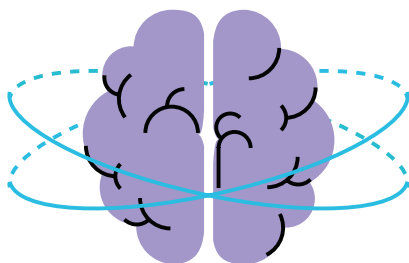
Provides referrals throughout LA County 24 hours/day, 7 days/week  
Dial: 2-1-1 • [www.211LA.org](http://www.211LA.org)  
Outside LA Co: **(800) 339-6993**  
*Services available in Spanish*

### **City of Los Angeles Department of Aging**

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

### **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



## **Legal & Financial Planning**

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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**

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#### **American Bar Association**

Commission on Law and Aging  
[americanbar.org/groups/law\\_aging/](http://americanbar.org/groups/law_aging/)

#### **Bet Tzedek**

[bettzedek.org](http://bettzedek.org)

#### **California State Bar**

[calbar.ca.gov](http://calbar.ca.gov)

#### **CaringInfo**

Info about Advance Directives and links to downloadable Advance Directives  
[caringinfo.org](http://caringinfo.org)

#### **National Academy of Elder Law Attorneys**

Find an attorney online  
[naela.org](http://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** • [bettzedek.org](http://bettzedek.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](http://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](http://healthcarerights.org)

### **H.E.L.P. Health Care & Elder Law Programs**

Provides free legal assistance and referrals

**(310) 533-1996** • [help4srs.org](http://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](http://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

**(800) 399-4529** • [lafla.org](http://lafla.org)

### **Neighborhood Legal Services Los Angeles (NLSLA)**

Provides free legal and self-help services to low-income individuals

**(800) 433-6251** • [nlsla.org](http://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](http://dmh.lacounty.gov/our-services/public-guardian)

### **SmartLaw Lawyer Referral Services**

**866-SmartLaw (762-7852)**

**(213) 243-1525** • [smartlaw.org](http://smartlaw.org)

### 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**

#### **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**

### 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 & Luv**

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

#### **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  
**(818) 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.*

### **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) 528-5553 • (818) 226-9125**

### **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  
**(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](http://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](http://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](http://pparx.org)

### **OptumRx**

(800) 356-3477  
[optumrx.com](http://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](http://rxhope.com)

### **needymeds.org**

(800) 503-6897

### Medication Coverage, con't.

Sometimes, specific drug-makers offers discounts on certain drugs. For help specifically with paying for Alzheimer's and dementia medications, see the following chart:

Medication Name	Generic	Drug Company	Phone
Aricept®	Donepezil	Pfizer	(844) 226-2072
Exelon®	Rivastigmine	Novartis	(800) 245-5356
Namenda®	Memantine	AbbVie	(844) 424-6727
Namzaric®	N/A	AbbVie	(844) 424-6727

Source: [brightfocus.org/alzheimers/article/financial-aid-alzheimers-medications](http://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](http://benefitscheckup.org)

### LA Foodbank

[lafoodbank.org/find-food/pantry-locator](http://lafoodbank.org/find-food/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

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**

### Project Angel Food

Home-delivered, free, medically tailored meals for people living with critical illness in Los Angeles County.  
922 Vine Street  
Los Angeles, CA 90038  
**323-845-1810**  
[angelfood.org](http://angelfood.org)

**American Association of Retired Person (AARP)**

200 S Los Robles Ave, Ste 400  
Pasadena, CA 91101  
(866) 448-3614 • [aarp.org](http://aarp.org)

**Asian Pacific Health Care Venture**

1530 Hillhurst Ave, Ste 200  
Los Angeles, CA 90027  
(323) 644-3888

[www.aphcv.org](http://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](http://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](http://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](http://leezascareconnection.org)

**Los Angeles Department of Aging**

221 N Figueroa St, Ste 180  
Los Angeles, CA 90010  
(800) 510-2020 • [aging.lacity.org](http://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](http://wiseandhealthy.org)  
*Services available in Spanish*

## **Research & Clinical Trials**

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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](http://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](http://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](http://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](http://semel.ucla.edu/bbar)

### **CNS Network**

2600 Redondo Ave, 5th floor  
Long Beach, CA 90806

**(855) 425-1515**

[cnstrial.com](http://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](http://parexel.com/losangeles)

### **Pharmacology Research Institute**

6345 Balboa Blvd, Building III, Ste 363  
Encino, CA 91316

**(818) 705-7450**

[priresearch.com](http://priresearch.com)

### **Schuster Medical Research Institute**

5000 Van Nuys Blvd, Ste 216  
Sherman Oaks, CA 91403

**(818) 788-0747**

[smrionline.com](http://smrionline.com)

## Websites

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### **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](http://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/alzheimers/clinical-trials](http://nia.nih.gov/alzheimers/clinical-trials)

## **Safety**

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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

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### **Accessible Design and Consulting**

420 Hindry Ave, #B  
Inglewood, CA 90301

**(310) 215-3332**

[accessibleconstruction.com](http://accessibleconstruction.com)

### **Active Homes**

Aging in Place Home Modification

**(855) 924-7663**

[aginginplacemods.com](http://aginginplacemods.com)

### **Forever Active**

**(888) 705-7441**

[foreveractivemed.com](http://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](http://lahd.lacity.org)

### **Stayhome Safe, Inc**

**(626) 792-0070**

[stayhomesafe.com](http://stayhomesafe.com)

## Other Safety Devices

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### **The Alzheimer's Store**

Products designed for people with Alzheimer's and related dementias and their caregivers

**(800) 752-3238** • [alzstore.com](http://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

### GPS & Technology Options

#### Take Along Tracker

<https://metalert.shop>

#### Pocketfinder

[www.pocketfinder.com](http://www.pocketfinder.com)

#### GPS SmartSole

<https://metalert.shop>

#### Apple Air Tag

[www.apple.com/airtag](http://www.apple.com/airtag) or search Apple air tag" on [amazon.com](http://amazon.com)

#### Tile

[www.tile.com](http://www.tile.com)

#### AngelSense Watch

Search "AngelSense Watch" in [amazon.com](http://amazon.com)

#### Jiobit

Search "Jiobit" on [amazon.com](http://amazon.com)

### Low-Technology Options

#### MedicAlert®

A 24-hour nationwide emergency response service for individuals with Alzheimer's disease or a related dementia who are at risk for wandering or having a medical emergency. Visit [www.medicalert.org](http://www.medicalert.org)

#### ID Bracelet

Search "medical ID bracelet" on [amazon.com](http://amazon.com).

#### Clothing Labels

Printed cloth labels can be attached to clothing items to assist in identification. For a no-cost option, consider a permanent marker. Many options available online, including [www.namemaker.com](http://www.namemaker.com), [www.label-land.com](http://www.label-land.com) and [www.itsminelabels.com](http://www.itsminelabels.com)

#### Phone Applications

Many smart phones have real time GPS tracking abilities. There are many applications available, most at no cost. Visit your phone's app store or speak with your cell phone provider. *Note: this will help only if the person with dementia has their smart phone on them when they wander.*

### 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 a canine search.
- ✓ Create a phone tree that can be activated in case the person goes missing.

## **Senior Move Managers**

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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](http://nasmm.org)

### **Agosti Moving and Storage**

19338 Londelius St  
Northridge, CA 91324  
**(818) 773-MOVE (6683)**  
[seniormovingmanager.com](http://seniormovingmanager.com)

### **Clear Home Solutions**

13351-D Riverside Dr, #317  
Sherman Oaks, CA 91423  
**(818) 376-0125**  
[clearhomesolutions.com](http://clearhomesolutions.com)

### **Doorsquad Relocation**

4712 Admiralty Way, Ste #991  
Marina Del Rey, CA 90292  
**(888) 402-4988**  
[doorsquad.net](http://doorsquad.net)

### **Gentle Transitions**

1726 Manhattan Beach Blvd, Ste G  
Manhattan Beach, CA 90266  
**(800) 894-0338**  
[gentletransitions.com](http://gentletransitions.com)

### **The Move Managers LLC**

17328 Ventura Boulevard, Ste 159  
Encino, CA 91316  
**(818) 753-7737**  
[TheMoveManagers.com](http://TheMoveManagers.com)

### **Moving Matters**

14813 Lorne St  
Panorama City, CA 91402  
**(818) 634-4818**  
[MovingMattersLLC.COM](http://MovingMattersLLC.COM)

## **Professional Organizers**

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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](http://napo.net)  
Los Angeles: [napola.org](http://napola.org)

### **A Clear Path**

**(818) 400-9592**  
[aclearpath.net](http://aclearpath.net)

### **Away With Chaos**

4712 Admiralty Way, Ste 253  
Marina del Rey, CA 90292  
**(818) 519-2938**  
[awaywithchaos.com](http://awaywithchaos.com)

### **Creating Balance**

**(310) 995-2228**  
[creating-balance.net](http://creating-balance.net)

## *Professional Organizers, con't.*

### **creativeOrganizer**

11684 Ventura Blvd, #975

Studio City, CA 91604

**(323) 656-9665**

[creativeorganizer.com](http://creativeorganizer.com)

### **Leave It To Lori**

Westlake Village, CA 91361

**(818) 324-3660 • (424) 234-3493**

[leaveit2lori.com](http://leaveit2lori.com)

### **Making Space Work**

**(323) 246-0567**

[makingspaceworkLA.com](http://makingspaceworkLA.com)

### **An Organized Life**

PO Box 48041

Los Angeles, CA 90048

**(323) 935-9235**

[anorganizedlife.net](http://anorganizedlife.net)

### **Organizing Concepts and Designs**

**(310) 560-5060**

[organizingconceptsanddesigns.com](http://organizingconceptsanddesigns.com)

### **Organizing Works**

**(805) 577-8267**

[organizingworks.us](http://organizingworks.us)

### **The Traditional Home Organizer**

**(310) 396-5656**

[traditionalhomeorganizer.com](http://traditionalhomeorganizer.com)



## **Support Group Services**

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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**

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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**

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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**

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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**

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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**

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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](http://accessla.org)

### **Butterfli**

Assisted transportation for older adults and those with disabilities

**(855) 267-2354**

[gobutterfli.com](http://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**

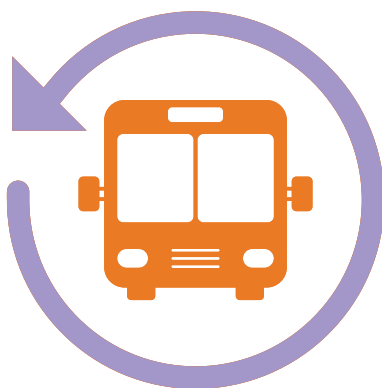
**(818) 908-1901**

**(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](http://gogograndparent.com)

### **LADot Commuter Express**

Transportation within the city  
[ladottransit.com](http://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](http://wiseandhealthyaging.org)

## **Utilities**

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### **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](http://californiaphones.org)

### **SoCalGas**

[socalgas.com/save-money-and-energy/assistance-programs](http://socalgas.com/save-money-and-energy/assistance-programs)

### **Southern California Edison**

[sce.com/residential/assistance/energy-savings-program](http://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](http://benefitscheckup.org)

## **Veterans Administration (VA)**

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

### **West Los Angeles VA Geriatric Research Education & Clinical Center (GRECC)**

Outpatient Geriatric Services

11301 Wilshire Blvd

Los Angeles, CA 90073

**(310) 478-3711**

### **Sepulveda VA Geriatric Research Education & Clinical Center (GRECC)**

Outpatient Geriatric Services

16111 Plummer St

North Hills, CA 91343

**(818) 895-9311**





**Alzheimer's  
LOS ANGELES**

**844.HELP.ALZ**

**AlzheimersLA.org**