HELP FOR CAREGIVERS
Community resources for caregivers of older adults

In-Home Help
Agency Brochures – Brochures from private-pay, home-care agencies are available at the Davis Senior Center, 646 A Street. Many agencies provide screening and bonding of their caregivers. (The Center does not vouch for or recommend any of these agencies.)

In-Home Supportive Services - For eligible low-income individuals (65+ or disabled), this program pays for some services around the home, such as cooking, housecleaning and personal care. Call Yolo County Social Services, 530-661-2750.

Information & Referral
Alzheimer’s Association – Reliable information and easy access to resources for Alzheimer’s and dementia caregivers. 1-800-272-3900. www.alz.org

Del Oro Caregiver Resource Center – Provides information and referral, family consultation, family counseling, respite care, legal/financial counseling, education and training. 1-800-635-0220 or 1-916-728-9333. www.deloro.org

Information and Assistance – Help in finding the government and community services you need for older adults. Help with forms completion.
Yolo County - Senior Link: 530-207-4250
Davis - Davis Senior Center: 530-757-5696 Copies of the Davis Senior Resource Guide are available at the Center.
Eldercare Locator: 1-800-677-1116 A public service of the U.S. Administration on Aging connecting you to services throughout the U.S. for older adults and their families.

Helpful Websites – for seniors and caregivers
www.aarp.org/caregiving - includes caregiver basics, care at home, and legal and financial info
www.aarp.org/ppi/initiatives/home-alone-alliance/ - family caregiving video series produced in collaboration with UC Davis Nursing School. Topics include: special diets, managing incontinence, wound care, mobility, and managing medications
www.alzheimersnavigator.org – assess your needs and create customized action plans of information and support
www.caregiver.org - family caregiver alliance (excellent fact sheets)
www.caregiverslibrary.org – tools and resources for caregivers
www.canhr.org – CA Advocates for Nursing Home Reform (excellent Medi-Cal planning info)
www.lotsahelpinghands.com organizing your caregiving community

Legal Consultations - There are many legal issues to consider when a person is (or may become) incapacitated. More planning options are available while the individual still has the legal capacity to make decisions. Legal services are available through Senior Link 530-207-4250. Brief, free legal consultations are available at the Davis Senior Center 530-757-5696.
Medical Equipment Loans

Medical Equipment Closet – The Davis Senior Center maintains a lending closet with wheelchairs, walkers, commodes, toilet seat risers, canes, etc. Donations accepted. 530-757-5696.

Nutrition

Meals on Wheels - A nutritious lunch delivered Monday-Friday (except holidays) by volunteers to the homes of the frail elderly. A $4 donation per meal is suggested. 530-662-7035. www.mowyolo.org

Respite

Citizens Who Care for the Elderly – A community organization helping frail elderly to remain at home as long as possible. Volunteers provide occasional companionship for the patient, respite time for the caregiver and support for the family. 530-758-3704. www.citizenswhocare.us

Saturday Club – A social day care program operated two Saturdays a month by Citizens Who Care at the Davis Senior Center. Frail adults enjoy a day of activities, meals, and companionship, while caregivers get a break from caregiving. There is a fee for this program. Call 530-758-3704. www.citizenswhocare.us

Yolo Adult Day Health Center – Health, social and rehabilitation services in an adult day care program in Woodland. Transportation is provided. Wait lists are common. Call 530-666-8828.

Reassurance

The Friendship Line – Call-out service: Staff or trained volunteers make phone calls to older adults for emotional support and well-being checks. Call-in service: confidential phone discussions for people 60+ who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide. Also serves caregivers and younger disabled adults. 1-800-971-0016

Peer Counseling – Trained senior volunteers offer free, supportive counseling to Yolo County residents over age 60 who are troubled by loneliness, depression, loss of spouse, illness, or other concerns of aging. 530-758-3704

Personal Emergency Response Systems – A pendant or bracelet with an electronic signal linking you to emergency help. There is a fee for this service. Many vendors exist: Philips Lifeline at 1-800-543-3546, Mercy Lifeline at 916-281-3980, Life Alarm at 1-800-780-5433, LifeStation at 1-800-884-8888.

Telephone Reassurance Program – A free, daily phone call from volunteers who check on your welfare and take the time to chat. This is a service of Eskaton, a Sacramento non-profit group. Serves Yolo & Sacramento County residents. Call 1-888-334-3490.
Transportation & Shopping

**Davis Community Transit** – Door-to-door transportation within Davis by reservation. Transportation to medical appointments, hairdresser, bank, etc. DCT also runs a “shopping shuttle” to grocery stores, and drivers will carry bags as part of that service. Clients must have a disability or medical condition that makes it difficult to use fixed-route public transportation. All DCT buses are accessible and include lifts. Call 530-747-8240.

**Yolobus Special** – Door-to-door service between Davis, Woodland, West Sacramento and Sacramento. Clients must have a disability or medical condition that makes it difficult to use fixed-route public transportation. Call Yolo Bus 530-666-2877.

Protective Services

**Adult Protective Services** – APS is a state-mandated program that provides intervention activities which safeguard the well-being of elders (65+) and dependent adults (18-64) suffering from or at risk of abuse or neglect, including self-neglect. To report potential abuse, call 530-661-2727 or 1-888-675-1115.

This information is compiled by the City of Davis Senior Center, 646 A Street. Please call 530-757-5696 or email seniorservices@cityofdavis.org with corrections or additions.