Information and Resources for Caregivers

Information and Resource Lines
- 211: County-wide info/resources, http://211sandiego.org
- Aging & Independence Services: (800) 510-2020, specific info/resources for older adults, including Adult Protective Services, http://sandiegocounty.gov/hhsa/programs/ais/
- Alzheimer’s Association: (800) 272-3900, Alzheimer’s disease specific; http://alz.org
- Alzheimer’s San Diego: (858) 492-4400, San Diego based resource organization; http://alzsd.org
- CaregiverSD.com: Listings and weekly info; http://sandiegouniontribune.com/caregiver
- Jewish Family Service Older Adult Helpline (858) 637-3388, http://www.jfssd.org
- Southern Caregiver Resource Center: (800) 827-1008, Caregiver focused information and resources http://caregivercenter.org/

Alzheimer’s-Specific Organizations and Services
- Alzheimer’s Association: (800) 272-3900, alz.org
- Alzheimer’s San Diego: (858) 492-4400, alzsd.org
- Glenner Center: (619) 543-4700, http://glenner.org
- Southern Caregiver Resource Center: (800) 827-1008, http://caregivercenter.org
- UC San Diego Shiley-Marcos Alzheimer’s Disease Research Center: (858) 822-4800, http://adrc.ucsd.edu

Caregiver Resources
- Respite Voucher Program offers matching funding. Call 858-268-4432 or 619-350-2768
- Respite Volunteer Program: Alzheimer’s San Diego; (858) 492-4400, http://alzsd.org
- ChooseWell: Listings and ratings of assisted living facilities; County HHSA; choosewellsandiego.org
- A Place for Mom: National senior care referral service; (800) 765-0741; http://aplaceformom.org

Insurance and Legal Resources
- California Department of Aging, 916-322-5290, http://www.aging.ca.gov

Print Resources
- Mace, N. & Rabins, P. The 36-Hour Day: A Family Guide to Caring for People with Alzheimer’s Disease, other Dementias, and Memory Loss in Later Life.

Safety Resources
- Alzheimer’s Association “Safe Return” program using identification products with toll free 800 numbers www.alz.org/SafeReturn
- Adult Protective Services: (800) 510-2020, for elder and disabled adult abuse reporting
- SD County Sheriff’s “Take Me Home” Program and “You Are Not Alone” Program: www.sdsheriff.net/tmh (info on registering)