

Alzheimer's Disease, Dementia, & Memory Loss Resources

Alzheimer's Association Northern California

Information, Advocacy, and Research

www.alznorcal.org

Memory & Aging Center, University of California, San Francisco

Phone: (415) 476-6880

<http://memory.ucsf.edu>

San Francisco Alzheimer's and Dementia Clinic

909 Hyde Street, Suite 322

San Francisco, CA. 94109

(415) 673-4600

Fax (415) 673-9532

Email: SFHACLIN@aol.com\

<http://www.sfcrc.com/html/alzheimers.htm>

Caregiver Resources

Caring Connections

A site about improving care at the end of life. Provides good information on planning ahead, caregiving, chronic illness, and grief and loss.

www.caringinfo.org

Family Caregiver Alliance (FCA)

Phone: (415) 434-3388

Toll Free: (800) 445-8106

www.caregiver.org

Connecting For Care

An online community to connect caregivers; ConnectingForCare brings together caregivers, resources and shared experiences to improve healthcare and quality of life for caregivers, patients and families.

www.connectingforcare.com

National Alliance for Caregiving

Helps train family and professional caregivers.

Phone: (301) 718-8444 - Bethesda, MD.

www.caregiving.org

Community & Education Resources

Aging Your Way

Aging Your Way is a radio show airing on KALW 91.7 FM each Monday, 8pm-9pm, PST. Tune in each week to hear leading experts discuss what it means to grow old in America. Call in to talk to the experts, or share your questions and insights on the [Aging Your Way blog](#). For more information about the show topics, guest speaker bios, and additional resources provided by the speakers, visit the

[Aging Your Way website](#)

www.agingyourway.com

Alzheimer's Association Memory Walk at Treasure Island

The Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer care, support and research. For more information on the walk, to donate, and to register, visit the official [SF Memory Walk website](#).

Bay Area Summit

A quarterly online newsletter highlighting programs and services around the Bay Area available to people aged 50 and older. A wide breadth of subjects are covered, from health and exercise to educational opportunities and ways to give back to the community.

www.bayareasummit.com

Buck Institute for Age Research

A non-profit research institute in Marin that focuses on the connection between aging and disease. Scientists at the Buck Institute for Age Research are striving to develop diagnostic tests and treatments that will prevent or delay these conditions, with a goal to increase people's healthy years of life so that growing older no longer means growing ill. Visit the Buck Institute site for "news you can use,"

basic research and health news from the general press.

www.buckinstitute.org

Caring Bridge

Allows you to make a free website to share anything that requires updates, from long-term illness to new babies.

www.caringbridge.org

Center for Learning in Retirement

Center for Learning in Retirement (CLIR), a 34 year old program of UC Berkeley Extension, San Francisco, offers educational and cultural opportunities for people 50 and older.

www.clirsf.org

City College of San Francisco - Older Adults Department

Free classes designed for adults 55 years old or better (though everyone is welcome to attend), at more than forty locations in San Francisco. Classes include Art, Music, Crafts, Health, Theatre, Writing, Discussions, Internet, Exercise, Medicine, Computer, Literature & Sewing. For further information call (415) 920-6021.

The Fromm Institute for Lifelong Learning

Located at the University of San Francisco, offering daytime courses for retired adults over 50 years of age.

<http://usfca.edu/fromm>

Lotsa Helping Hands

Simple ways for friends, family, colleagues, and neighbors to assist loved ones in need.

www.lotsahelpinghands.com

(LGBT) New Leaf Outreach to Elders

Serving the lesbian, gay, bisexual & transgender community.

www.newleafservices.org

The New Old Age Blog

Jane Gross explores the intergenerational challenge of caring for an older parent. Gross shares readers' stories, professionals' advice, and wisdom gleaned from her own experience caring for her late mother in her waning years.

newoldage.blogs.nytimes.com

OLLI-SFSU

Educational program for people over 50.

Phone: (415) 405-7111

www.cel.sfsu.edu/olli

Parent's Wish

A touching and poignant slideshow of a parent's wish during their old age...

Recommended viewing for children whose parents suffer from old age diseases (parkinsons, alzheimers, dementia, etc.)

www.parentswish.com

Senior New Ways

A multi-faith, non-profit organization providing programs, activities, resource referral, consultation, and support to older persons and their adult children and caregivers.

www.seniornewways.org

Elder Abuse Prevention

Lectures:

Forensic Markers of Elder Abuse

[Watch this lecture on YouTube](#)

This program details the forensic signs of elder abuse. Dr. Mosqueda's presentation is essential viewing by anyone who treats this vulnerable population. In this program, Dr. Mosqueda explains how to discern the normal signs of aging from signs of abuse. (first broadcast 5/13/2008, 12:00 pm PST)

Elder Abuse

[Watch this lecture on YouTube](#)

The lecture "Elder Abuse" addresses the lay public, describes the nature and scope of elder abuse, explaining some of the vulnerabilities to mistreatment and posing some ethical questions to ponder. (first broadcast 5/26/2008, 7:30 pm PST)

National Sites:

American Psychological Association

Phone: (202) 336-6050 - Washington, D.C.

www.apa.org/pi/aging/eldabuse.html

Minnesota Center Against Violence and Abuse
Research, education, and access to violence related resources
www.mincava.umn.edu

National Center on Elder Abuse (NCEA)
Information & Assistance
Phone: (202) 898-2586 - Washington, D.C.
www.elderabusecenter.org

National Center for the Victim's of Crime
Resource and advocacy organization for crime victims
www.ncvc.org

National Citizen's Coalition for Nursing Home Reform
www.nccnhr.org

National Committee for the Prevention of Elder Abuse (NCPEA)
Phone: (202) 682-4140 - Washington, D.C.
www.preventelderabuse.org

Physicians for a Violence-Free Society (PVS)
www.aast.org

Texas Adult Protective Services
www.tdprs.state.tx.us

Wisconsin Lawyer Article on Elder Abuse
www.wisbar.org/wislawmag/2000/09/speltz.html

California Sites:

California Advocates for Nursing Home Reform
www.canhr.org

Elder Abuse Law - Schwartz & Schwartz Lawyers
Serving California
www.elderabuselaw.com

San Francisco Sites:

Adult Protective Services (APS)

If you suspect elder or dependent adult abuse, call APS Hotline immediately at (415)557-5230, complete and mail the form SOC 341 within 48 hours to APS, 875 Stevenson St., 3rd Fl., San Francisco, CA 94103.

Phone - APS Hotline: (415)557-5230

www.sfgov.org/site/frame.asp?u=http://www.sfhsa.org/DAAS.htm

Healing & Support

Bay Area Jewish Healing Center

An affiliate of Institute on Aging - spiritual support and healing in the Jewish tradition.

Phone: (415) 750-4197

www.jewishhealingcenter.org

Home Care & Care Management

Older Adults Care Management (OACM)

A division of Institute on Aging

Phone: (650) 329-1411 - Palo Alto, CA

Toll Free: (866) 926-6226

www.homecareandmore.com

San Francisco Village - Northside

An innovative, multi-generational membership program that provides many of the benefits of a retirement community without giving up one's independence, identity, and own home or apartment.

Phone: (415) 395-8418

www.sfvillage.org

Hospice Care

National Hospice Organization

Lists services for the terminally ill.

Toll Free: (800) 658-8898 - Alexandria, VA.

www.nho.org

Information & Advocacy

Advanced Directives Information & Tool Kit at the American Bar Association

www.abanet.org/aging/toolkit/home.html

Aging with Dignity

Creator of Five Wishes Advance Directive, available in 20 languages.

www.agingwithdignity.org

American Association of Retired Persons (AARP)

Toll Free: (888) OUR-AARP

www.aarp.org

U.S. Administration on Aging (AoA)

Provides a comprehensive overview of a wide variety of topics, programs and services related to aging. The U.S. Department of Health & Human Services AoA works to heighten awareness among other Federal agencies, organizations, groups, and the public about the valuable contributions that older Americans make to the Nation and alerts them to the needs of vulnerable older people. Through information and referral and outreach efforts at the community level, AoA seeks to educate older people and their caregivers about the benefits and services available to help them.

Phone: (202) 619-0724 - Washington, D.C.

www.aoa.gov

California Legislature

Search for specific legislation

<http://info.sen.ca.gov>

California Nursing Home Search

www.CalNHS.org

Coalition of Agencies Serving the Elderly (CASE)

Non-profit, multi-purpose organization providing community senior service agencies with advocacy, leadership development, resources, and community outreach to better serve San Francisco Seniors.

www.sfseniors.org/members.htm

Department of Aging & Adult Services (DAAS), City & County of San Francisco

The Area Agency on Aging for the City and County of San Francisco, specifically

charged with planning, coordinating, providing and advocating for community-based services for adults and adults with disabilities.

Phone: (415) 355-3555

www.sfgov.org

Eldercare Locator

A service of the U.S. Administration on Aging

Toll Free: (800) 677-1116

www.eldercare.gov

National Institute on Aging Health

Information and national aging research

www.nia.nih.gov

SF-GetCare

A service of the San Francisco Department of Aging and Adult Services - DAAS. Assistance for older adults and people with disabilities who need to locate supportive services and resources in order to continue living at home and in the community.

Phone: (415) 626-1033

Toll Free Information & Referral Line: (800) 510-2020

www.sfgetcare.org

Medicare/Medi-Cal/Part D

CA Health Advocates

www.cahealthadvocates.org

HICAP (Health Insurance Counseling & Advocacy Program)

Free Medicare Benefits counseling information funded by the state of California.

Provide information and help on types of supplemental insurance available, resolution of problems with Medicare, and legal assistance such as appeals.

Phone: (800) 434-0222

www.calmedicare.org

Medicare

Toll Free: (800) MEDICARE

www.medicare.gov

Resource Centers for Seniors & Adults with Disabilities

Information and assistance for older adults and adults with disabilities is available at the local neighborhood sites listed below. Staff can help fill out forms and applications, translate and explain official letters, and provide information about social services available in San Francisco. Click IOA-Managed Neighborhood Resource Centers for direct contact information in Western Addition, Mission, and Richmond neighborhoods. For other Centers, call Dept. of Aging & Adult Services Info, Referral and Assistance (24 hours) at:

Phone: (415) 476-6880

Toll-Free: (800) 510-2020

www.sfgetcare.com

Parkinson's Disease Resources

American Parkinson Disease Association

Phone: (310) 474-5391 - Los Angeles, CA

Toll Free: (800) 908-2732

<http://apdaparkinson.org>

American Parkinson Disease Association Information & Referral

Partnership between the APDA and Stanford Medical Center.

Phone: (650) 724-6090 - Stanford, CA

<http://parkinsons.stanford.edu/>

The Center for Parkinson's Disease & Movement Disorders

San Francisco VA Medical Center National referral and treatment center.

Phone: (415) 379-5530

www.sf.med.va.gov

Parkinson's Disease Clinic & Research Center

University of California, San Francisco

Phone: (415) 353-2273

www.ucsf.edu/brain/pdcenter/

The Parkinson's Institute

Phone: (408) 734-2800 - Sunnyvale, CA

www.parkinsonsinstitute.org

Other Resources

Alcoholics Anonymous

San Francisco & Marin

Phone: (415) 674-1821

www.aasf.org

American Heart Association, National Center

Toll Free: (800) 242-8721 - Dallas, TX

www.americanheart.org

Arthritis Foundation

San Francisco

Phone: (415) 356-1230

www.arthritisfoundation.org