



2022– 2023
Senior Resource Guide
Steps and Services in Senior Care
North Orange County, California

St. Jude Medical Center, Senior Services

www.StJudeMedicalCenter.org

and

North Orange County Senior Collaborative

www.NOCSC.org



Are you worried about an aging parent, spouse, or friend?

SENIOR CARE 101 class is free!

- Organize and start your checklist
- Find services and solutions
- Learn about essential legal documents
- Paying for care / What to expect
- In-home care options
- Finding the right care setting

Where:

By Zoom and by telephone

When:

4th Wednesday* of every month from 7pm-8pm.

*(4th Tuesday in November)

Registration is required:

Call (877) 459-3627 to register

About This Guide

Disclaimer

There is no advertising in this guide, and no one was charged or provided a fee to be included as a possible resource to you and to others. This guide does not list all services that are available to you. These resources are just a few of the many senior services in North Orange County and elsewhere within Orange County. Solely because they are included within this guidebook, does not mean that we recommend them to you. This guide was designed and created as a roadmap to assist you in getting started. There are other resources that may better meet your needs and we highly encourage you to seek these other resources out.

About This Guide

This **Senior Resource Guide** was created to help people who care about older adults. If you are a senior, family caregiver, resident, or professional in North Orange County, California ~ then this guide is for you.

Whether it is a friend, family member, or client that is in need, there are many things that can be done to help. Caring for an older adult, even yourself, takes a lot of love.

This guide will assist in identifying possible resources, assistance and needs. In addition, you may find in useful in what steps to take in accessing and navigating identified services and support. The guide might also be helpful in creating a plan for care.

This Senior Resource Guide was edited and published by:

- North Orange County Senior Collaborative.....www.NOCSC.org
- St. Jude Medical Center/Senior Services .. www.StJudeMedicalCenter.org
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Icon Legend: Low Cost Options = U\$ / No Cost Options = Ø

STEPS in Senior Care

This guide is designed to help you quickly and accurately plan for what may lie ahead. The Resource Guide is divided into two parts ~ **Steps and Services**. The first steps you will need to consider begin right here . . .

Step 1: Looking at Legal and Health Issues

The need for caregiving descends upon us in many ways ~ through sudden crises or a series of small but unsettling mishaps and warning signs. Whatever the situation, you may not be sure of the next step. Or even the *first* step. You may be in the middle of a crisis and decisions must be made quickly. If you are planning ahead, **the following checklists and suggestions may be helpful.**

***Below are some warning signs:
Check the boxes that apply***

- Difficulty concentrating / poor judgment
- Difficulty walking -- unsteady when standing -- recent fall(s)
- Diminished driving skills -- recent accidents -- near misses
- Loss of appetite -- changes in eating / cooking habits
- Loss of interest in activities once enjoyed
- Memory loss -- forgetfulness -- confusion -- inability to complete tasks
- Mishandled medication(s)
- Persistent fatigue -- lack of energy
- Personality changes -- irritability -- sudden mood changes
- Poor grooming and personal hygiene -- soiled clothing
- Poor housekeeping / home maintenance -- unsafe conditions
- Reluctance to socialize
- Spoiled or outdated food in fridge -- little nutritious food in home
- Unopened mail -- past due bills -- mishandled finances

Now that you know some of the warning signs, you may have other concerns. Take a minute and jot down your answers to the following 'first step' questions:

First Questions To Ask And Answer

1. What specific kind help is needed? _____
2. Who will be financially responsible for the care? _____
3. How much time will be required for the care? _____
4. Who will be legally responsible? _____
5. Who is the actual decision maker? _____
6. What kind of medical needs are present? _____
7. Describe the daily routine: _____
8. Are the problems undiagnosed? Are they correctable? _____
9. If your loved one's problems are not correctable, what living arrangements and care plans are most appropriate? _____
10. Able to remain in own home? How will you determine what type of in-home care is needed? _____
11. Are there transportation issues? _____
12. Is assisted living preferred / possible over aging-in-place? _____
13. What particular challenges does the disability or need pose?

14. What do you need to know to about community resources? _____
15. How will you manage it all ~ *what are your current resources?* _____

The next step is collecting and organizing important information. This will be essential to ongoing and future needs. It takes a little time and organization to complete this step. But you will be glad that you have it where and when you need it.

Information That You Will Need To Collect & Consolidate

1. Senior's date of birth and Social Security number
 - a. You will need this information to access many services
2. Collect information about medical providers
 - a. If you have not done so already, gather details about all of the physicians as well as the health care insurance
3. Names, phone numbers and addresses of the senior's medical professionals
 - a. Doctors, Dentist and Pharmacy (be sure to include complete details about any arrangements the senior has made for discount prescriptions)
4. Copies of health insurance policies and the front and back of all insurance cards.
5. Make a list of all medications:
 - a. Prescription drugs and over-the-counter drugs (such as aspirin, antacids, herbal remedies, nutritional supplements - even daily multi-vitamins)
 - b. Include dosage amounts and instructions for taking (time of day, with

food or between meals, etc.)

Take this list with you to ALL medical appointments to help avoid dangerous prescription drug interactions.

- b. Date and results of recent medical tests such as x-rays, CT scans and MRI's, dental, hearing and eye tests, etc.
6. Complete health history
 - a. Be sure to take this with you to all medical appointments
 - b. Include major illness and medical conditions of close relatives: parents, brothers and sisters
7. Learn as much as possible about the medical conditions of the senior
 - a. Talk to the doctors about any concerns
 - b. Discuss with the physician symptoms and progression of the disease to anticipate what might come next
8. Consider calling a family meeting
 - a. Try to involve trusted family members early in the process. Early input from them will facilitate communication and decision-making down the line
 - b. Allow all family members a chance to express themselves and their feelings
 - c. When possible, designate a person to be responsible for each task - set goals
9. Be respectful of the older adult. Always ask for their consent, opinion, preferences and ideas

Legal Issues and Tools

First Task ~ Organize Papers

Legal issues relating to care planning are divided into two categories:

1. **Healthcare**
2. **Financial**

Healthcare - Important documents to search for:

1. Advance Health Care Directive
2. Power of Attorney for Health Care
3. Living Will
4. Directive to Physicians
5. HIPAA Authorization (means “**H**ea**l**th **I**nsur**ance** **P**ortability and **A**ccountability **A**ct”)
6. POLST (means “**P**hysician **O**rders for **L**ife **S**ustaining **T**reatment”)

Financial ~ Look for papers relating to property and financial matters:

1. Trusts
2. Wills
3. Power of Attorney for Finances

4. Deeds or Certificates of Ownership for Property
5. Annuities
6. Life Insurance
7. Long-Term Care Insurance Policies
8. Retirement Accounts/ Benefits (IRA, 401k, 403b, Pensions)
9. Veterans Benefits
10. Most recent statements from bank, credit union, investments.

Next, consider consulting with a qualified attorney to review these papers. DO NOT WAIT FOR A MEDICAL CRISIS to consult with an attorney. The person signing new documents must have legal capacity to understand what they are signing.

Second Task ~ Choose An Attorney

Sometimes the best choice is the original attorney who prepared the papers. If you have confidence in that person, this is an obvious choice.

However, sometimes clients lose touch with the attorney or feel that they need someone more familiar with their current life issues.

Finding An Elder Law Attorney

The attorney who practices Elder Law or Special Needs Law works primarily with people as they age and people with disabilities. Using a holistic approach, the attorney will address general estate planning issues and will counsel clients about planning for incapacity and possible long-term care needs. The attorney will review documents to be sure they properly coordinate private and public resources to finance the cost of quality care. The attorney may also have useful suggestions for support services in your area. You can locate an elder law attorney through:

1. NAELA

National Academy of Elder Law Attorneys' website at www.naela.org. On the NAELA homepage, you will find a link that will help you locate an elder law attorney near you.

2. For additional information go to the Attorney / Elder Law section on *pages 27-28*

Third Task ~ Get Ready For The Attorney Visit

Here are a few tips as you prepare. (Each attorney has a slightly different approach):

1. Make a list: Discuss with your spouse, partner, or those helping you the questions that are on your mind. Write them down
2. Think about your care managers: If you were unable to manage your finances and health care, who would you choose for those important jobs? Do you have alternates in mind? Would they agree to serve?
3. Are there doubts about the present ability of the client to understand and sign documents? If so, mention this to the attorney right away!
4. If the client has a serious, chronic, or terminal illness, or if there is some other urgency, advise the attorney immediately!
5. When you make the appointment, ask the attorney these questions:
 - Does the attorney offer a no-charge first visit?
 - What documents should you bring to the meeting?
 - Should you complete a questionnaire first?
 - Will the attorney want to meet privately with the client?
 - Are family members welcome? Are designated trustees or health care agents welcome?
 - If the attorney accepts the case, what are the fees and costs? When will the client receive the legal services agreement for review? (In most cases, attorneys are required to have a written agreement for any legal work. It must be signed by both client and attorney)

Advance Care Planning Basics

1. Every adult needs an **Advance Healthcare Directive**:

- * To name your choice of person(s) to make your health care decisions when you can no longer communicate;
- * To tell those caring for you what kind of health care you want/don't want;
- * To tell everyone caring for you how you feel about life support;
- * To make special requests about the people or things important to you when you are ill (friends, music, clergy, pets, poetry, scripture, etc.);
- * To tell everyone where you want to live in your final days;
- * To make choices about organ donation, cremation, burial;
- * To tell everyone how you want to be remembered

2. Complete a **POLST with your doctor's help if you presently have a serious life-threatening or terminal illness.** *Physician Orders for Life Sustaining Treatment* forms are detailed doctor's orders which reflect your choices about life support options or resuscitation. These orders are kept in your medical chart. The law requires doctors, emergency medical responders, and healthcare workers to honor these detailed choices. Similar documents are often called **DNR (Do Not Resuscitate)**. First Responders are trained to look at your fridge for these documents.

3. Make sure that your hospital, physician and your healthcare agent(s) have a copy of your Advance Directive / POLST. Keep a copy (fridge, wallet, glove compartment, etc.) in case of emergency. If you keep a copy in a drawer, filing cabinet, etc., be sure agent(s) know the location.

- * **Medic Alert Foundation – ID and Medical Information Bracelet.** (page 49)
www.medicalert.org
- * **California Department of Justice - Advance Healthcare Directives**
https://oag.ca.gov/consumers/general/adv_hc_dir
- * **Coalition for Compassionate Care of California (non-profit)**
<http://coalitionccc.org>
- * **Five Wishes – Changing the way we plan for end of life care**
<https://www.agingwithdignity.org/five-wishes/about-five-wishes>

Medical Privacy and HIPAA

The **Health Information Portability and Accountability Act** ~ 1996 (HIPAA) is intended to safeguard an individual's health information.

A HIPAA release is a document signed and dated by you to authorize use and disclosure of protected health information for reasons other than treatment, payment or health care operations. Your doctor and other medical professionals are required by law to protect your medical privacy. This is why

you are often asked to sign a form stating that you have received the provider's Privacy Statement.

IMPORTANT: The form often includes an authorization giving permission to share your medical information with other health care providers, your spouse or other persons *you* designate. Consider who else you want to be included in your medical care information.

Don't wait until a medical emergency to sign an Advance Health Care Directive. Every time you visit a doctor, hospital, medical lab, etc., *give them a copy of your Advance Health Care Directive and ask to sign the provider's HIPAA form* stating who can receive information on your care.

Types Of Medical Care As You Age

Annual Wellness Visit is scheduled with your primary care physician. This visit is paid for by Medicare and it gives both you and your physician a chance to catch up on your healthcare concerns, needs, mental health status, tests that need to be run, lab work, etc. This is a good time to ask questions or discuss the need for a specialist.

Home Health care can only be provided by licensed health workers, such as nurses, physical therapists, occupational therapists, respiratory therapists, speech therapists needed at home for the treatment of an illness or injury. Services are typically (though not necessarily) initiated by a physician. Medicare may pay for some home health care, but only if you meet certain qualifications and conditions. *Home Health is **not** the same as routine In-Home Care. In-Home Care is rarely covered by insurance.* Check with your insurance company or physician for more information.

Palliative Care addresses the needs of patients struggling with chronic and / or life-threatening illnesses and may occur in the hospital, home, or a skilled nursing setting. Comfort and quality of life, sometimes combined with curative treatment, are the focus of care.

Hospice Care is for individuals who are approaching end of life and are no longer seeking a cure or curative treatments. The focus of this treatment is comfort and quality of life in remaining days. Hospice and Palliative care are both team-oriented groups consisting of specially trained professionals, volunteers, and family members, and may occur in a variety of settings, including home, board and care, and skilled nursing facilities. Your physician prescribes Hospice care and Medicare covers this benefit. You may choose one of the referrals your physician suggests or your own Hospice choice.

Insurance Plans ~ It is a good idea to look at Medicare or Medi-Cal coverage too. Consider prescription coverage and skilled nursing co-pay options. Review plans yearly. Consider co-pays for Dr. visits, therapies, RX and etc.

Meet with a Doctor

What Is A Geriatrician and Why Should You See One?

What type of doctor do you need? A **Geriatrician** (jer-ee-uh-trish-uhn) is a physician who is specifically trained to evaluate and manage the unique health care needs and treatment preferences of older adults. The types of conditions older adults have and how those conditions interact with each other differs from what adults under the age of 60 typically experience. Geriatricians are Board Certified with the American Medical Association and understand the unique physical and emotional health problems associated with aging. (See a listing of Geriatricians on [page 37-38](#).)

Geriatricians look beyond the medical problems to see their impact on a patient's overall well-being. They understand that health care involves not only medical examinations but also mental, spiritual, functional and social well-being.

Having a proper diagnosis is important in understanding what is needed to help older adults maintain their good health, improve their health with specialized care, and receive the care they need to age in place or to live a quality life in a supportive community.

A visit to the doctor's office can be stressful and intimidating but there are steps you can take to make the most out of your doctor's visit. Write down and keep track of symptoms or changes in health, mood, and physical and mental abilities.

Getting the Most Out of Your Doctor Visit

A doctor's visit can be stressful. You may forget some of the things you wanted to talk about. It is important to plan ahead for your visit. If you can take someone with you, consider doing so. It is often difficult to remember everything the physician says or recommends to the patient.

Preparing For a Doctor's Visit

Write down your questions and bring them to the office visit. Ask the most important questions first and make sure you get answers to your chief concerns. Before your visit, write down symptoms and details, and what they were like when they first began.

1. If you have diabetes or hypertension, bring your home-monitoring records;
2. Bring all your medications, including herbals, supplements and vitamins. If you can't bring the medications, be sure and bring an up-to-date list of medications and supplements. Keep this list handy;
3. Consider taping your visit or bring a health care folder or notebook to write down the doctor's responses to your questions and her/his advice about treatment and other information for follow-up;
4. If you feel you need support in communicating with the doctor, in remembering information, or if you have a complicated health problem, it's a **good idea to have a friend or relative accompany** you to be your advocate and to help you remember information;
5. ***Ask the doctor to write down*** her / his responses to your questions;
6. Feel free to ask questions about your medications ~ make sure you understand the medication's purpose ~ also ask if this is a **generic** or a **brand name** medication; (See *page 51* for low-cost medication options)
7. Let the doctor know if you do not understand anything being said;
8. Before you leave the office, **make sure that you understand** your condition, treatment options, and medications. Know when you need to meet the goals prescribed by your doctor and when you need to follow up with the next visit;
9. After the visit, be sure to follow through with the treatment plan you discussed with your physician. If you have additional questions, contact your Doctor.
10. See *page 37-38* for Geriatrician suggestions

Step 2: Consider Your Housing Options

Types and Costs of In-Home Care

How Much Will It Cost?

Not surprisingly, the cost of all types of care has steadily risen over the years ~ from homemaker services to nursing home care. Rates of care vary and over the next few years rates for care will rise significantly. The best estimate for care costs can be found on The Genworth Cost of Care Study (2019):

<https://www.genworth.com/aging-and-you/finances/cost-of-care.html>

Rates listed below are average Orange County, California rates ~ *you may find some services that are higher depending on need and other variables.*

• Personal Caregiver / Companion	\$31 OC Average <i>Hourly</i> Rate
• Caregivers / Home Health Aide	\$31 OC Average <i>Hourly</i> Rate
• Adult Day Health Care (ADHC)	\$80 OC Average <i>Daily</i> Rate
• Assisted Living Facility (ALF)	\$5,200+ OC <i>Monthly</i> Rate
• Memory Care Facility	\$6,500+ OC <i>Monthly</i> Rate
• Nursing Home Care (SNF)	\$371+ OC Average <i>Daily</i> Rate

It is important to know what type of care is needed. On the following page are types of in-home care to consider and inquire about, as well as descriptions of typical caregiver responsibilities.

1. **Personal Caregiver / Companion**

- Provide friendly companionship
- May also be a ‘Hospital Sitter’ or for Respite Care in some cases
- Assists with light housework, meals, shopping, laundry, errands, etc.
- No coverage by most health insurance policies

2. **Caregivers / Home Health Aide Services**

- Assist with personal needs such as activities of daily living, bathing, feeding, some bedside care, etc.
- May also assist with transportation to doctors and therapy appointments
- May perform errands such as food shopping, picking up prescriptions
- May help with meal preparation and light housekeeping
- Provide medication reminders ~ no skilled nursing tasks or dispensing medication
- Usually not covered by most health insurance policies – check with your insurance carrier

3. **Registered Nurse (RN) Or Licensed Vocational Nurse (LVN)**

- For specific acute and immediate licensed nursing care (i.e., trach care, IV’s, etc.)

- For insurance reimbursement you must have a doctor's order and show written documentation of procedure which could only be performed by an R.N. or L.V.N. on a continuous basis

IMPORTANT ~ Caregivers as Independent Contractors and Private Pay:

Please do not assume that you can classify a private **caregiver** as an independent contractor. *In most cases state law classifies caregivers as employees.* If you are planning to hire a caregiver privately, consult with an attorney or CPA. There are legal requirements to hiring private caregiver employees. Among them are Social Security benefits, Unemployment Insurance, Workman's Compensation and other costs. *Be aware* of your legal responsibilities. See *page 43* for information on in-home care agencies.

Questions To Ask When Interviewing Potential Caregiver Agencies

1. Is the company independently owned, a corporation, or a franchise?
2. How many years have they been in business? Where is the local office?
3. Is it possible to have a consistent caregiver each time?
4. Does management have any healthcare experience or background?
5. What is the agency's hourly rate? What is the minimum number of hours?
6. How much advance notice is required to cancel a shift?
7. Are there any charges for over 8-hour shifts, weekends, or holidays?
8. How does the agency bill? Do they require a deposit? (Keep your receipts!)
9. How will they plan coverage if the caregiver is not able to work that shift?
10. Will the caregiver provide transportation for the patient? Will the caregiver use their own car or the patient's? How is gas paid for? Whose auto insurance is used?
11. How do they hire and evaluate their employees? Can caregivers be interviewed? What specific trainings do your caregivers get? How often?
12. Are the caregivers' employees of the agency? Is Worker's Compensation Coverage, payroll taxes and expenses covered by the agency?
13. Are references available from a previous employer or agency?
14. Are agency personnel available after-hours 24/7 for consultation?
15. Is the agency a VA Approved Provider or do they have experience working with veterans and/or the VA and VA benefit plans for home care?

Hiring Options for Home Care – Private Hire vs. Home Care Organizations

Option 1 – Private Hire: This means you alone become the employer responsible for screening and selection of caregivers. You are also responsible for tracking overtime, paying payroll taxes, issuing W-2 forms, unemployment insurance and providing workers compensation coverage. You also have to be prepared if a worker fails to report for work. You cannot avoid these responsibilities by simply calling your worker an “independent contractor.”

Option 2 – Home Care Organizations Provide Home Care Aides: California law sets standards for Home Care Organizations. Home Care Aides are employees of the Home Care Organization. The Home Care Company (not the senior or family) are responsible for complying with requirements such as TB testing, training, background check and registration. This relieves families of burdensome paperwork, liability, screening and training.

Types of Residential Settings

Aging in Place (In Your Own Residence) is something that many people consider doing for as long as possible. (See *InfoBox* on *pages 16-17* for things to consider.) An important consideration is the older adult's safety, and anyone the senior may live with. Other considerations include finances, convenience, social supports and transportation.

Retirement Communities (or ***Senior Independent Living Communities***) are designed to accommodate independent seniors who have few medical issues.

Continuing Care Retirement Communities (CCRC's) consists of independent living, assisted living and nursing home all on the same campus.

Assisted Living Communities (state licensed) combine housing, healthcare, meals, socialization and some assistance with personal care in an independent environment.

Residential Care Homes often referred to as a ***Board and Care*** (state licensed) provide care for seniors in a homelike setting that's very much like a family. This type of home varies considerably in both size and setting. The staff in a residential care home may set up and encourage medication compliance, help residents bathe / get dressed and other activities. Many ***Residential Care Homes*** also offer ***Memory Care*** and in-house ***Hospice*** care.

Memory Care Communities offer dementia care and/or Alzheimer's care. Alzheimer's care is often delivered in an assisted living or nursing home setting on a separate floor, unit, or building. These living environments have secured areas to prevent wandering.

Skilled Nursing Facilities (SNF) (also known as ***Nursing Home, Convalescent Hospital, Rehab Facility*** or ***Long Term Care***) provide a high level of care for those who have significant deficiencies with everyday activities (i.e., activities of daily living / ADL's). Residents typically receive occupational, physical and other rehabilitative therapies after an accident, illness or hospitalization along with medical care. Sometimes patients live out their life there too.

Aging In Place Technology 101

New technology is giving older adults more confidence in their ability to live alone. There are devices to track medication and Alzheimer's wandering, activity — or inactivity — in the house, falls and real-time health information

as well as computers designed with older adults in mind. "Smart" technology is making aging in place a viable and desirable option for many people.

"Smart" Technology for Aging in Place Seniors Options

1. MedMinder <https://www.medminder.com/>

What it is and How it works: A digital pill dispenser that looks like a regular seven-day model. Log onto the Web and remotely program the schedule and see if the user has complied. A prerecorded voice from, say, a grandchild, reminds the user to take her pills. If she doesn't, she gets a call, and a family member receives an email, text or call.

2. Reminder Rosie <http://www.lat.care/rosie>

What it is and How it works: A voice-activated talking clock that tells you to take your medicine at a certain time. A family member programs the clock (perhaps "I love you, Mom. It's time to take two blue pills and one yellow pill.").

3. GrandCare Systems <https://www.grandcare.com/about/>

What it is and How it works: A multipurpose system that tracks daily activity, has medical monitoring (glucose, oxygen, blood pressure, weight) and can display anything: diets, discharge plans, exercises. An interactive touch screen lets Dad watch videos, view family photos, listen to music, play games, read the news and video chat with family. System communicates with wireless sensors.

4. MobileHelp <https://www.mobilehelp.com/pages/smart>

What it is and How it works: PERS device with GPS tracking. Press the help button and after the response team seeks medical help, it calls and emails your family and tells them where you are, including the hospital. There is also a fall-detection system that gets help even if you're unable to push a button or talk.

5. Lively by GreatCall <https://www.greatcall.com/devices/lively-wearable-urgent-response-device>

What it is and How it works: It has six sensors that can be placed on pillboxes, the refrigerator, the microwave, the bathroom door and even on a key chain. Log onto a website to check activity, and info is captured via cellular connection, it remotely monitors medication compliance. The company can alert family by text, email, Web or phone if something is out of the ordinary.

6. GrandPad Tablet <https://www.grandpad.net/>

What it is and How it works: GrandPad is a computer tablet designed with seniors in mind – it comes with features that allow for easy connecting with loved ones. The large buttons and intuitive interface make it simple for seniors to start video chatting and sharing memories with family and friends. The charging cradle eliminates the hassle of wires from the charging process. The durable stylus makes interacting with the tablet a breeze. All of the user's preferences and contacts come preloaded in the tablet so it's ready-to-use right out of the box. Month-to-month contract. Features include calling, camera, music, games, email, photos, toolbox, etc.

Aging In Place ~ Things To Consider

1. Consider living in your own home if you have a **relatively small one-story** home, or if you can move downstairs *(See page 16 for 'Smart Technology')*
2. **Install safety equipment** such as grab bars, handrails, ramps, extra lighting, a security system, obtain a personal emergency response system if necessary, etc. *(See pages 33, 40-41, 49)*
3. **Remove clutter** (paper, boxes, old mail, catalogs, etc.) from closets, counters, etc. *(See Page 40)*
4. Remove minimally used / unnecessary items (i.e., books, clothing / shoes, old equipment, cookware, furniture, etc.) ~ if you haven't used it in a year ~ **TOSS IT!** *(See Page 40)*
5. Make sure items that are on shelves, drawers or cupboards are within **easy reaching distance** ~ avoid reaching more than 2-6 inches over head
6. Identify reliable low-cost and convenient **transportation options** *(Pg 53-54)*
7. Research the **distance** frequently used services (grocery store, drug store, doctors' offices, shopping mall, etc.) are from your home ~ close is better!
8. **Consider financial issues** ~ mortgage, medical costs, food, caregiver, etc.
9. Make sure your **legal tools** are current and in place (Trust / Will, Advance Directive, Powers of Attorney, etc.) *(Pages 4-9)*
10. How far is it to close friends and family members ~ **avoid isolation!**

Assisted Living / Memory Care – Options in Long-Term Care

When older adults can no longer live independently, family and caregivers are faced with the difficult decision of what type of care to select — because not all long-term care options are created equal. Two of the fastest-growing types of residential senior care are **assisted living** and **memory care**. But what are the **differences between the two**, and what are the most important factors?

According to the Assisted Living Federation of America, assisted living is defined as “a long-term care option that combines housing, support services and health care, as needed.” Personal care services in assisted living often include transportation, light housekeeping, meals, medication management, and care is available around the clock. Seniors in assisted living usually have the option of a private room or shared space in an apartment, depending on their preferences and budget. As older adults age, they may simply need a little extra help with everyday tasks, or they may require more specialized nursing care if they have age-related issues with mobility, or conditions such as dementia. Assisted living facilities vary in terms of what services they offer, but some of them do provide memory care services, usually in a dementia special care unit. Among other things, memory care units are typically locked to prevent wandering and often have a higher staff/patient ratio. Assisted living facilities are not federally regulated, but they should be licensed by the state they are located in.

What To Look For In An Assisted Living / Memory Care Facility

1. Bigger is not always better. Some residents with cognitive impairment may become over-stimulated in a large environment and may prefer a calmer, homelike setting such as a **6-Bed Residential Care Home**.
2. **Shared or Private Room?** Studies show that a shared room / restroom is not only less expensive, but can be better for residents with dementia as some become more anxious when alone. Socialization and engagement should be a priority since that may help to enhance memory and avoid depression.
3. Observe **the staff** to see how they interact with residents (speak to residents by name, make good eye contact, walk with or gently touch residents, etc.). Observe other residents to see if you think they would be compatible with your loved one. A place that is perfect for one person may be completely wrong for someone else.
4. Don't be distracted by the décor. Fancy amenities are nice to look at but don't have a **heart**. Without competent, compassionate, and experienced staff, none of that matters.
5. **Expect an adjustment period**. It takes time for a resident to get used to a new environment and it takes time for the staff to get to know their likes and dislikes as well.
6. Visit at different times of the day to get a better picture of care and the attentiveness of the staff. **Observe** meals, activities (variety, interaction and purpose for the activity).
7. Do your research or **enlist the help of a professional** who knows the history and reputation of care facilities in your area. At the same time, trust your own gut feelings.
8. For information on a **placement specialist** in your area please *see pgs 26-27*.

Step 3: Community Resources and Information

Community Resources, Housing, and Nutritional Needs

1. Take a crash course in community resources:
 - a. Find out about senior centers (*see page 52-53*) and adult day health services (*see page 26*) in the senior's living area ~ what kind of care do they offer, transportation (*see pages 53-54*), etc.
 - b. What are the some of the best in-home care agencies around? (*See page 13-15 and 43 for suggestions.*) What meal delivery (*see page 44*) and Friendly Visitor (*see page 36*) support options are available? Are they a Veteran (*see pages 54-56*)?
 - c. Assess the senior's balance and mobility gaps and skills (*pages 33-34*) and determine needs/resources

2. Even if this is an acute crisis that is likely to pass, **start gathering information** about assisted living facilities and other long-term care options. You will want to be able to offer the senior a range of options to choose from.
3. If the senior lives in an assisted living facility at some distance from their support systems, one of the concerns will be replenishing one's health care supplies at a reasonable price. While you can hire a personal shopper, it may be less expensive and just as reliable to shop online and have the supplies delivered. You could also put the supplies on auto delivery.
4. Consider hiring a **Geriatric Care Manager** or using a **Placement Specialist**
 - a. These professionals are trained to quickly assess the overall situation, make recommendations about needed services and, if necessary, coordinate community resources (*see pages 26-27, and 28-29*) for more information / suggestions
5. Other Community Resources to consider are brain and mental health help (*pages 45-48*)

Talk To And Consult With . . .

1. **Consult with** and
 - a. Talk to trusted friends, neighbors, acquaintances ~ anyone with experience in caring for an elder
 - b. Assemble a mosaic of information about how to proceed and what to expect down the line. You will learn that others have been there before and found their way through ~ though sometimes with great difficulty and sadness. You can learn from them.
2. **Talk with** the older adult in your family and
 - a. Allow them as much independence as circumstances permit
 - b. Remember that the caregiver's role is to help the older adult in need to maintain as much control over their lives as feasible.
 - c. The older adult has the right to make their own decisions unless the decisions become harmful to them. The more everyone involved consults, considering the desires and goals with respect, the better the outcomes
 - d. Make sure that everyone on the caregiving team ~ whether they are family members, friends, or professionals ~ has the information they need to perform their responsibilities
 - e. Make a list of emergency numbers, family contact numbers and other items and distribute it to those who might need it
 - f. Trusted family members should know how to locate legal, financial and medical documents like durable powers of attorney, trusts / wills
 - g. Investment account statements and health insurance policies and where they are located
3. If the older adult is still living at home, make sure you and others in their inner circle have **keys to the residence** in case of emergency.

4. **Keep good notes**

- a. Whenever you talk to a doctor, lawyer, insurance company, service agency, government office or advocacy organization, write down the date and the name of the person you spoke with, contact information and the substance of the conversation
- b. Keep separate files for different areas of concern ~ financial topics, medical affairs, real estate, vehicles, insurance, etc.

Even though this may sound unnecessarily pessimistic, never assume that the professional and medical personnel who are helping you will do what they promise. If you don't actively follow-up, you may set yourself up for disappointment. These professionals are extremely busy and have other people to care for in addition to your loved one. Bottom Line ~ *stay involved for maximum benefit.*

5. **Help the older adult in your life become more comfortable** with technology in general. Reduce the stigma and anxiety that they may feel. **Check out the Technology websites** that are listed throughout this Resource Guide (see *pages 16, 21, 31, 39 and 51*) and the inside back cover of the Resource Guide for more technology suggestions. You can make both their life and your own life easier if you do!

6. **Acknowledge your own feelings** of loss, anger, shock and confusion.

Perhaps you realized this moment was coming, perhaps not. In any event, you are likely to find unsettling emotions bubbling through the surface. Allow yourself time to experience those feelings. *Take care of yourself!*

Disaster Preparedness

Older adults need to feel empowered to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and outages. Simple steps to take and review twice a year include:

5 Disaster Preparedness Steps to Take

1. **Keep** emergency medication, contact numbers and ID handy at all times
2. **Store** 3 days supply of food, water, first aid kit, flashlight, battery operated radio, whistle, wind-up clock and extra cash (not credit cards)
3. **Have** garbage bags and ties, and moist towelettes for personal sanitation
4. **Test** smoke alarms bi-annually (i.e., June 1st / December 1st)
5. **In an emergency**, take cover, stay indoors and know your evacuation plan

Elder Abuse In The Age of Electronics and Technology

Protect Your Electronics and Your Online Identity

1. Here is how to protect the hardware on your computer:
 - If your files are not encrypted someone can access them.
2. Password Protection
 - Create strong passwords and never use the same password on different sites – it is fairly easy if you use a Password Manager
 - **Password Managers** encrypt your passwords to make sure your passwords are not known to others by inserting passwords for you automatically which helps to keep you from writing down passwords or using the same one repeatedly. Here are a two you can try for a small monthly fee:
 - 1Password <https://1password.com/>
 - Last Pass <https://www.lastpass.com/>
3. Protect your email and other accounts with **two-factor authentication**
 - When you or anyone tries to sign-in to an account, they will go through a second layer of security: a code that will be received via text or email
4. Review your accounts regularly
 - Check your bank and credit card statements carefully. If you notice any suspicious activity, call your bank right away – *particularly small charges that you may not initially recognize!*
 - Set up fraud alerts that notify you with suspicious purchases
 - **Keep an eye out for data breaches** of banks, retailers, credit agencies, etc., so you can act quickly to protect your information
5. Check your credit report
 - Take a free look at your **credit report** once a year from each national credit bureau (Equifax, Experian, TransUnion)
6. Consider identity theft protection
 - **Identity theft protection** helps you get back on track if you have been a victim of identity theft. This kind of insurance can help you financially recover while receiving support contacting the appropriate entities.

Elder Abuse is the fastest growing and least reported form of abuse in Orange County. The most common forms of abuse are financial, which includes cyber scams. Other types of abuse include: *emotional abuse, neglect / self-neglect, physical abuse and sexual abuse.* To report Elder Abuse or Scams:

Adult Protective Services (APS).....**800-451-5155**
The Federal Trade Commission <https://reportfraud.ftc.gov>**877-382-4357**

Emergency Phone Calls

10 Tips on How to Make an Effective 9-1-1 Call

Since **9-1-1** is for emergencies only, it helps to understand when to call and when not to call. An emergency is any serious situation where a law enforcement officer, fire fighter, or emergency medical help is needed right away. If you have to make such a call, please consider these tips:

1. **Try to remain calm.** *Breathe.* This helps both you and the dispatcher.
2. **Is someone hurt or in danger? Which do you need - fire department, police or ambulance?** Identify yourself and the individual who needs **9-1-1**. Give descriptions like age, gender, height/weight, and medical condition.
3. **Know your location.** *State your name and address clearly.*
4. **Be aware of your surroundings** so you can describe where things are at.
5. **Don't hang up.** *Stay on the line ~ the dispatcher needs to keep in contact.*
6. **Let the 9-1-1 dispatcher guide the conversation, be patient and follow all directions.** *You're in good hands ~ ask for clarification if you need it.*
7. **Have a list of medications prepared.** Consider including other documents such as an Advance Directive, POLST, emergency contacts, or allergies.
8. **Help emergency responders locate and gain access to your residence:**
 - ✓ Consider a "hide-a-key" or a lock box with a key inside. Contact your local fire department so they can enter the code into their database to transmit to paramedics if they are unable to unlock the door.
 - ✓ Ensure proper lighting on the exterior of your home. Make sure your address has large numbers visible from the street.
 - ✓ Remove any barriers or hazards that would prevent safe access while carrying equipment or stretcher.
9. **What to expect when help arrives:**

Paramedics will ask questions while assessing the patient's vital signs to understand the patient's current condition and the patient's mental status.

 - ✓ Paramedics are trained to know what each hospital does best. They may go to a hospital that specializes in the patient's condition, rather than the nearest hospital. Be receptive and trust their judgment.
 - ✓ Depending upon the local department, you may be allowed to ride inside the ambulance with the patient.
 - ✓ Being transported by ambulance is no guarantee you will be seen faster; you may stay in the emergency waiting room. Patients are seen by need.
10. **Did you know:**
 - ✓ The fire department can conduct a 'Back-to-Bed' call to help someone who has fallen and needs help getting up. Let **9-1-1** know your need.
 - ✓ Some local community fire departments have a program that allows you 'Back-to-Bed' calls for a designated number of times and a nominal annual fee. Check with your local fire department for more information.
 - ✓ *If you need a ride to the hospital and it is not life threatening, call an ambulance company and request a non-emergency ride to the hospital.*

General Sources of Information and Services for Seniors

2-1-1 Orange County2-1-1

A free 24-hr, 3-digit telephone number that will enable callers to access comprehensive info and referrals to health and human services. Provides links to services including food, shelter, domestic violence, counseling, etc.

Adult Protective Services ~ Orange County800-451-5155

Report either voluntarily (confidentially) or as a mandated reporter suspected concerns regarding a dependent adult / elder abuse situation that may be perpetrated by *others* (physical, neglect, financial, abandonment, isolation, abduction, etc.) or *self-neglect* (physical care, medical care, health & safety hazards, malnutrition / dehydration, other). 24 Hour Confidential Hotline <http://ssa.ocgov.com/abuse/elder/making>

Age Well Senior Services..... 949-855-8033

Provides multiple resources to Orange County's older adults to support independence and promote health and wellbeing through nutrition programs, like Meals on Wheels and Congregate, transportation, Adult Day Care Classes and Case Management program. <https://agewellseniorservices.org/>

Alzheimer's Association800-272-3900

The Alzheimer's Association® is a leading voluntary health organization in Alzheimer's care, support and research. The services include 24/7 Helpline in 200 languages, online and face-to-face education programs and support groups, alz.org® website is a rich resource designed to inform and educate multiple audiences, including those living with the disease, caregivers and professional health care providers.

Alzheimer's Family Services Center714-593-9630

As Orange County's first day care program exclusively devoted to treating people with dementia help Alzheimer's patients and their families successfully cope with the many challenges of memory loss. Adult Day Health Care programs for dementia patients also provide much-needed respite, support and resources for family caregivers. <https://afscenter.org/contact-us/>

Alzheimer's Orange County949-955-9000

Alzheimer's Orange County provide multiple direct patient and family services and classes to aid present and future victims and caregivers of Alzheimer's disease and related disorders, they work to increase public awareness and research cause and cure. For more information see: www.alzoc.org/

Braille Institute (Orange County) Regional Sight Center.....714-821-5000

Free services designed to help with vision loss to lead enriched and fulfilling lives. Free services include low vision rehabilitation consultations, library services, support groups, campus, and outreach classes. www.brailleinstitute.org/orangecounty

CalOptima / OneCare (for CalOptima Direct members).....714-246-8400
CalOptima is a public health plan which provides health care coverage for Orange County residents who are eligible for Medi-Cal, some Medicare patients may qualify for both plans. www.caloptima.org

City Governments

Contact local city halls for grant and senior assistance information or visit their websites. They also offer information on classes and services.

Council on Aging – Southern California714-479-0107
Provides no cost direct services to older adults and persons with disabilities through six programs: Long-Term Care Residential Ombudsman, Health Insurance Counseling and Advocacy Program (HICAP), Friendly Visitors / Reconnect Early Intervention Services for Older Adults (EISOA) Program, Senior Protection Program, and New: Concierge Care Navigators / RN Geriatric Care Management – call for additional information. www.coasc.org

Dayle McIntosh Center/Disability Resources and Advocacy...714-621-3300
The Dayle McIntosh Center is an independent living center (ILC) providing disability resources and advocacy to residents of Orange County with a disability. DMC offers a range of services such as Aging with Vision Loss, Benefits Advocacy, Mobility Management Program (i.e. travel training), and Community Transition Services. www.daylemc.org

Caregiver Resource Center of OC714-446-5030
Assists families coping with the physical, emotional and financial responsibilities of caregiving for an adult over age 60. Services include family consultation, assessment and care planning, support counseling, psycho-educational seminars, guest speaker’s bureau, respite planning and community education. www.caregiveroc.org

Meals on Wheels OC (Formerly SeniorServ).....714-220-0224
Meals on Wheels is a non-profit organization providing Meals on Wheels and other nutrition services, Case Management, Adult Day Services, Care Coordination and Friendly Visitor programs to at-risk older adults in central and north Orange County. <https://www.mealsonwheelsoc.org/>

Orange County Office on Aging800-510-2020
OC Local: 714-480-6450

The Office on Aging provides information, classes and referrals for transportation, mental health, adult day care, financial assistance, housing, legal aid, nutrition, health care and more. As of 2019, there are 450,000 adults ages 65 years or older who live in Orange County. This represents 14.3% of Orange County’s population, which is expected to double in the next twenty years (US Census 2000). www.officeonaging.ocgov.com

Orange County Vital Aging Program949-764-6288

Community program that promotes long-term brain health through education, risk factor management and early intervention against medical conditions that impair memory. www.OCVitalAging.org

*Located in Newport Beach

OSHER / OLLI ~ Osher Lifelong Learning Institute657-278-2446

Seeks to enhance the quality of life for mature adults by promoting intellectual growth in a center for senior learning. Call for course and class information. www.Olli.Fullerton.edu/

PACE (Program of All-Inclusive Care for the Elderly)714-468-1100

The Program of All Inclusive Care for the Elderly (PACE) creatively coordinates the care of each participant enrolled in the program based on his or her individual needs with the goal of enabling older individuals to remain living in their community. www.caloptima.org

St. Jude Medical Center / Senior Services714-446-7035

Provides health and service related resources to seniors in North Orange County including a Caring Neighbors home visitation program, medical transportation for low-income seniors, fall risk assessment program, weekly grief recovery support group, Medicare insurance planning, Advance Care Planning classes and assistance, Alzheimer's classes, multiple healthy living and community outreach trainings, classes for seniors and caregivers, in-home depression counseling, depression support groups, and Stroke Support Group. www.stjudemedicalcenter.org

UC Irvine Health Senior Health Center714-456-7007

Located at UC Irvine Medical Center, the Senior Health Center is designed expressly for older patients ~ health assessment, primary care, geriatric consultation, and memory / neurological assessment.

www.ucirvinehealth.org/medical-services/senior-health/

Olive Community Services 714 643-6343

Provides multi-cultural and multi-lingual programs for seniors, including physical activities through movement and exercise, mental and social stimulation by interacting with others through crafts, cooking, gardening, plus guest speakers on a variety of topics via Zoom and in person sessions. Referral to additional services as well. Call or go online for details www.olivecs.org

SERVICES With Seniors In Mind

Adult Day Care / Adult Day Health Care (ADHC) U\$

Adult day care centers and **adult day health care centers** (also known as Community Based Adult Services – CBAS) take care of older adults’ needs for social activities, meals, recreation, and some health-related services. Some adult day care centers offer rehab after hospital discharge and offer services in other languages as well. These centers are a good choice if you need a break from caring for your loved one. Adult Day Health Care centers cost about \$80 per day, many are open 10 to 12 hours a day and provide transportation.

Anaheim

- **SeniorServ ADHC (Spanish/Tagalog/English)..... 714-220-2114**

Brea

- **Easter Seals Senior Day Services (Span/Tagalog/Viet) . 714-672-0343**

Buena Park

- **Buena Park Senior Day Care Program..... 714-826-3163**
- **Commonwealth ADHC (Korean)..... 714-522-4960**

Fullerton

- **RIO Rehab Center - ADHC (Spanish/English) 714-680-6060**

Garden Grove

- **Acacia ADHC (Korean/Vietnamese/Tagalog/Spanish)... 714-530-1566**

Huntington Beach

- **Alzheimer’s Family Center (Multi-Language)..... 714-593-9630**

Assisted Living / Board and Care ~ Placement Specialists Ø\$

Consider enlisting a professional when researching senior housing. If you go online, read the site’s Privacy Policy before you enter any information. Many sites will sell and/or share your information with others. You may want a site that will keep your information private. Reliable local **Placement Specialists** will help you find the best care setting for your loved one. Choose from independent living, assisted living, continuing care retirement communities (CCRC’s), memory care, or licensed residential care homes. They will work with you to find housing that best meets your needs, location and budget. Some **senior placement / housing specialists** are members of a National Placement and Referral Alliance (NPRA) which sets standards of professional conduct and accountability as well as offers a Certified Placement and Referral Specialist (CPRS) certification exam.

Here are companies that offer help with housing placement. Their services are free to families because they are usually compensated by the housing properties.

- **About Senior Living** / Heather Williams..... **949-922-4305**
www.AboutSeniorLiving.com
- **Alliance Eldercare** / Derek Mannion**866-936-4241**
www.AllianceEldercare.com
- **American Senior Homefinders** / Donna Rybacki, CPRS..**949-278-0155**
donna@americanseniorhomefinders.com
- **Clear Choice Senior Services** / Linda Armas, CPRS..... **714-404-8210**
www.Linda4Seniors@yahoo.com
- **Senior Solutions** / Pauline Hampton.....**714-318-0835**
seniorsolutions03@gmail.com
- **Trusted Senior Placement, Inc.** / Teresa Jepson..... **714-533-4015**
www.TrustedSeniorPlacement.com

Attorney ~ Elder Law

Attorneys have a duty of loyalty to their clients and to respect client decisions. Many seniors invite the assistance of people such as family members. It is important to choose those who have proven themselves trustworthy. Your estate plan documents will name people to help you manage in the future if your health declines. Choose wisely. Your estate plan documents are a blueprint for your future and include a trust, power of attorney, advance health care directive and related documents. Visit the National Academy of Elder Law Attorneys for even more listings: www.NAELA.org

Anaheim

- **Patrick McNally**..... **714-988-6370**
10231 S. Brookhurst Street, Ste #C, Anaheim
<http://www.pmcnallylaw.com>

Fullerton

- **Daniel R. York**..... **714-738-3400**
1953 E. Chapman Ave., Fullerton Learn more at www.DanYorkLaw.com

Orange

- **Joan Bennett**..... **714-628-1200**
1740 W. Katella Ave., Suite R, Orange, CA jbennett@jbennettlaw.com
- **C. Tracy Kayser** **714-984-2004**
Kayser Law 1407 N. Batavia St, Ste 103, Orange tracy@kayserlawgroup.com

Santa Ana

- **Elder Law and Disability Rights (ELDR) Center** **714-617-5353**
1535 E. 17th St., Suite 104, Santa Ana www.ELDRCenter.org/Fees.html
The ELDR Center uses a sliding-fee scale. Visit to learn more.
- **Community Legal Aid SoCal** **800-834-5001**
2101 N. Tustin Ave., Santa Ana.....**714-571-5200**
The CLA SoCal has *free* services for low-income adults and Orange County residents age 60 and above. You can get free advice and representation on benefits, health, housing, and more. They don't help with wills, trusts, suing for money, or criminal cases. Learn more at: www.communitylegalsocal.org
- **Public Law Center** **714-541-1010**
601 W. Civic Center Dr., Santa Ana www.PublicLawCenter.org/Services
You can get *free* legal help from the Public Law Center. They can help with health care, housing, Veterans benefits, wills, trusts and more.

Care Management / Advocates

A **geriatric care manager** is a professional that can help you figure out the best kind of care for disabled and older adults. They can help you make a Care Plan, and make sure that the plan is followed. Geriatric care managers are certified professional caseworkers who specialize in geriatric care and advocacy for older adults. They work with a wide range of professionals to optimize a client's health and well-being. They are knowledgeable in health, housing, local resources, crisis intervention and some do medication management.

Here are some geriatric care managers or advocates in Orange County:

- **Deborah Beatty, RN** **714-602-9910**
For more information, go to: www.ProfessionalNursePartners.com
- **Rosemary DeCuir (Advocate)** **714-393-7192**
- **Lee-Anne Godfrey, BSN, RN, CMC** **949-383-5700**
www.RNhealthManagement.com
- **Darlene Mann, MSW** **714-374-1854**
Contact her at: DJMannMSW@gmail.com
- **Concierge Care Navigators** **714-619-2129**
Learn more at Council on Aging - Southern California www.coasc.org
- **Helping Hands Senior Foundation** **(818)279-6580**

You may be able to get free care management if qualify financially. Check these resources for more information: 0\$/0\$

- **Council on Aging – Southern California** **714-479-0107**
Council on Aging helps older adults stay healthy, connected and protected. They offer no-cost programs about Medicare health insurance, protection from financial abuse, as well and advocacy and patient rights in long term care facilities. They also have programs to help older adults stay connected with others. Learn more at www.coasc.org
- **Caregiver Resource Center OC** **714-446-5030**
Assists families and caregivers cope with caring for an older adult. They have classes, counseling, support groups, and much more. Learn more at: www.CaregiverOC.org
- **Meals-on-Wheels OC Care Coordination**...**714-220-0224**
Meals-on-Wheels Care Coordination program will deliver meals 5 days a week and set up daily visits from a care manager. The care manager will help your loved one get things like health care, therapy, and legal assistance. Visit: www.mealsonwheelsoc.org to learn more.
- **OC Social Services – In-Home Support Services**..... **714-825-3000**
In-Home Support Services (IHSS) are for older adults and people that are disabled or frail and have a low income. IHSS helps with house cleaning, shopping, cooking, laundry and personal care. If your income is high than allowed, you may have to pay for part of the services.
ssa.ocgov.com/elder/ihss
- **Orange County Social Services Agency**..... **800-281-9799**
Call to sign up for CalFresh (food stamps), Medi-Cal or IHSS.
- **CalOptima PACE**(Program of All-Inclusive Care for the Elderly)
www.caloptima.org **1-844-999-PACE (7223)**
Creatively coordinates the care of each participant enrolled in the program based on the individual needs with the goal of enabling older adults remain living in their community.
- **Social Security Administration** **800-772-1213**
Call to learn about SSI, social security, and where you can find a Social Security office near you. Call anytime for recorded information. If you would like to speak with a person, call Monday to Friday/7 am - 7 pm.
- **St. Jude Medical Center – Caring Neighbors**..... **714-446-7064**
This free program supports low-income seniors with friendly home visits and phone calls. The friendly visitor helps with errands, light housekeeping, and exercise. Visit www.StJudeMedicalCenter.org and search for “Senior Services” for more information.

Disability Resources

U\$ / Ø\$

Ability Tools800-390-2699 or (TTY) 800-900-0706
Ability Tools connects Californians with disabilities to assistive technology devices, tools, and services. Learn more at www.AbilityTools.org

Aging and Disability Resource Connection of Orange County (ADRC)
www.adrcoc.org800-510-2020

Balance and Mobility Classes go hand-in-hand with fall risk prevention, improved strength and muscle tone, and good overall health and vitality. Please check your local / city **Senior Center** for class days / times as well as the following additional class options:

- Center for Successful Aging / Cal State Fullerton**657-278-7012
- Office on Aging Resource Line**.....714-480-6450
- St. Jude Wellness Center**714-578-8770
- YMCA Family Center / Fullerton** 714-879-9622

Braille Institute – Anaheim Center714-821-5000
Braille Institute offers many free services for people with vision loss. They can help with low vision rehab consultations, library services, support groups, classes, and more. Learn more at www.BrailleInstitute.org/Anaheim

Dayle McIntosh Center714-621-3300 or 657-233-8140 (video phone)
Dayle McIntosh Center has 5 kinds of services: support services, skills training, transition assistance, services for the deaf, and community services. Learn more by visiting: www.DayleMC.org

Deaf and Disabled Telecommunications Program 800-806-1191 (TTY)
You may be able to get a free phone that makes it easier to hear, dial, and call. They have phones with big buttons, captions, picture dialing, and more. Go to: www.DDTP.org for more information.

Disability Rights California..... 800-776-5746 or 800-719-5798 (TTY)
Disability Rights California works with people who have disabilities to protect their legal rights. They can give you legal advice or representation, education, and support. Learn more at: www.DisabilityRightsCA.org

OC Aging and Disability Resource Connection (ADRC) .. 715-839-4735 (TTY)
Local: 714-480-6450
The ADRC helps people understand their options and connects them with the services and supports they need. Learn more at: www.ADRCCOC.org

St. Jude Brain Injury Network 714-446-5626
The Brain Injury Network helps people with traumatic brain injuries. They offer therapy, day health care, education, housing, and more. Visit: www.TBIOC.org

Life Changing Innovations and Technology For Disabilities

1. **Active Protective** – aims to reduce seniors’ chances of fracturing their hips due to falling. **Airbag worn on a waist belt**, weighing less than 2 lbs., fitted with sensor and deploying during a fall to protect and prevent harm - alerting and caregivers as well. www.activeprotective.com
2. **EatWell** – Red, yellow and blue innovative flatware, cups, bowls and a tray **stimulates appetite** in Alzheimer’s patients and assists people with limited movement in their limbs eat independently. www.eatwellset.com
3. **eSight** – Goggles that **enable low vision or vision loss individuals to see**, be mobile and engage in virtually all activities of daily living. Promotes independence,
4. **Liftware** – A **stabilizing eating utensil** for those with Parkinson’s, Multiple Sclerosis or anyone else who may have hand tremors. Eat and not spill – molded to fit easily in the hand, motion sensors signal micro-processors how to compensate for a shaking hand. www.eatwellset.com
5. **NuEyes** – ‘Smart Glasses’ **enable those with macular degeneration to be mobile** or stationary vs. other technologies which require people to only be stationary. Encourages independence. www.nueyes.com
6. **WHILL** – Wheelchair that comes at the touch of a button and drives itself, relying on front and back cameras. **Lightweight personal mobility**. Useful in malls, airports and city streets. <https://whill.us/>

Driver’s Education

AARP Smart Driver Class (Online) 800-350-7025

Refresh your driving skills and stay safe on the road. Review rules of the road, new car technology, and more. Cost is approximately \$30, or \$25 for AARP members. Learn more at www.AARPDriverSafety.org

Mature Driver Class..... 714-808-4909

Provides free driving classes, one 8 hour or two 4-hour sessions on traffic laws and safe driving. You may be able to get a discount on car insurance too.

Mature driver classes are often held at Senior Centers. Call your local Senior Center for class days and times. (Go to *page 52-53* for Senior Centers in North Orange County) starhelp@noce.edu or **714-808-4679**

[Mature Driver - North Orange Continuing Education \(noce.edu\)](http://noce.edu)

St. Jude Driver Assessment Program714-578-8720 - ext. #3587

The Driver Assessment Program is for seniors with driving concerns such as vision, reaction time, and more. It takes about 3 to 4 hours and requires a doctor’s referral. After, you will get written recommendations and resources for safe driving. Contact stjudewellness@stjoe.org

For Driver and DMV Advocacy, contact:

Tressa Thompson **310-615-3552**
Senior Driver Ombudsman-Driver Safety Manager / Southern California Region

DRIVING DO'S AND DON'TS

Know When To Adjust Your Driving Decisions

You may need to make modifications to improve your driving skills and abilities if you experience any of the issues listed below:

- a. Bad judgement when making left-hand turns
- b. Braking and accelerating at the same time
- c. Confusing the gas and brake pedal
- d. Confusion at exits
- e. Decreased confidence when making decisions
- f. Depending on a “co-pilot” for driving decisions
- g. Difficulty looking over your shoulder or turning your head
- h. Failure to stop at a Stop sign or red light
- i. Getting lost in familiar places
- j. Hitting curbs
- k. Increased agitation or irritation while driving
- l. Moving into the wrong lane or driving in the middle of the lane
- m. Near misses with other vehicles or pedestrians
- n. Not signaling, leaving turn signal on, or incorrect signaling
- o. Scrapes or dents on the car, mailbox or garage ~ car crashes

Fall Risk Reduction

Please utilize the Check List on the next page to help ensure the safety of someone you care about.

Fall Reduction / Home Safety Check List		
ENTRANCES	OK	Fix
Steps ~ is there a railing and is it secure? Is there a ramp or need for a ramp? <i>(See Page 40)</i>		
Are walks and driveways free of breaks and uneven surfaces?		
Do you have lighting to provide safe walking at night?		
LIVING ROOM AND BEDROOMS		
Can you turn on lights upon entrance into room?		
Are you able to turn on light, radio, TV, or call from bed / chair?		
Are phone / extension cords away from all areas where you walk?		
Are floors clear of clutter, shoes and pet toys?		
Do throw rugs have non-skid strips or rug tape applied to them?		
Do you wear a device to obtain emergency help? <i>(See Page 49)</i>		
Widen or clear pathways by re-arranging furniture.		
KITCHEN		
Is floor clear of clutter? <i>(See Pages 40 and 43)</i>		
Are items / cupboards within easy reach (upper and lower)?		
BATHROOM		
Is there a nightlight in the bathroom?		
Does shower or tub have non-skid surfaces (mat, decal or strips)?		
Does the tub or shower have sturdy grab bars?		
Are floors kept dry and do they have a non-slip surface?		
Do bathroom rugs have non-skid backing?		
Are you able to get off and on the toilet easily?		
Are there grab bars to make getting up easier? <i>(See Page 40)</i>		
STAIRWAYS AND HALLWAYS		
Can stairway be lighted from top and bottom of steps?		
Is there a handrail and is it solid and sturdy?		
Are steps in good repair?		
HEAT / VENTILATION / SECURITY / FIRE		
Are there smoke/CO detectors and a fire extinguisher? <i>(Page 20)</i>		
Are thermostat displays easily readable / accessible?		

Worried about falls and injuries?

You can help prevent falls. Here are 3 easy steps you can take:

1. **Get a fall risk assessment for their home.** Many agencies will do in-home fall risk assessments for free.
 - **St. Joseph Hospital Rehabilitation Services** **714-771-8222**
 - **St. Jude Medical Center – Senior Services** **714-446-7064**

2. **Sign up for older adult balance and exercise classes.** Check your local senior center for class days and times. *Page 52-53* for a list of senior centers in North Orange County. You can also find exercise and mobility classes at:
 - **CSUF Center for Successful Aging** **657-278-7012**
 - **OC Office on Aging** **714-480-6450**
 - **St. Jude Center for Rehabilitation and Wellness** **714-578-8770**
 - **Fullerton Family YMCA** **714-879-9622**
3. **Learn what else you can do to help prevent falls** by going to these websites:
 - **Centers for Disease Control** www.CDC.gov/Steady/Patient.html
 - **Fall Prevention Center of Excellence** www.StopFalls.org
 - **OC Down With Falls Coalition** www.DownWithFalls.org

Fiduciaries

A **fiduciary** is someone who becomes responsible for and entrusted with the management of your loved one’s property and/or care. They can represent and carry out your loved one’s wishes now, or when your loved one can’t make their own choices, or after your loved one passes away.

Who needs a Professional Fiduciary?

- Those who don’t want to burden or avoid conflict with family and friends
- Those who don’t have family or friends capable of serving
- Those who want to ensure their wishes are carried out
- Those who have cognitive or physical limitations
- Those who are vulnerable to abuse, neglect, or financial exploitations

A Licensed Professional Fiduciary can be appointed by the court to serve as someone’s Conservator or as a Trustee. Licensed Professional Fiduciaries can also be privately hired to serve as your Trustee or as an “Agent” or “Attorney-in-Fact” under your Power of Attorney for Finance and/or Advance Healthcare Directive. In these roles, they will represent and carry out your wishes now or if you should become incapacitated. Professional Fiduciaries can also be retained to carry out your wishes after you have passed away by serving as your Successor Trustee and/or the Executor of your Will.

For more information on hiring and services provided by a Licensed Professional Fiduciary please go to:

- The California Professional Fiduciaries Bureau: www.fiduciary.ca.gov
- The Professional Fiduciary Association of California: www.pfac-pro.org
- The National Guardianship Association: www.guardianship.org

Learn more about fiduciaries on California’s Professional Fiduciary Association website. Check if a fiduciary is licensed by going to: www.Fiduciary.CA.gov

If you choose to hire a fiduciary, you’ll want someone that is licensed. Here are some licensed professional fiduciaries in Orange County:

- **Golden State Fiduciary Solutions, Rob Saslow** **949-335-7085**

- **OC Probate and Trust Services**, Becky Cote..... 714-662-3000
- **Secure Fiduciary Services**, Mark McKibbin..... 714-293-2416

5 Easy Tips To Boost Your Retirement Savings At Any Age

1. **Stash extra funds** – if you get a raise share it with your savings account
2. Take advantage of **catch-up contributions** if you are age 50 or older
3. Automate your savings – Make your **savings automatic** each month
4. Open an **IRA** (Individual Retirement Account) and **keep adding to it**
5. **Consider delaying** Social Security as you get closer to retirement

Financial Advisors / Planners

Look for someone that's fee-only, not fee-based. Ask how your advisor will be paid and whether the advisor will be in a fiduciary relationship with you.

Here are some fee-only financial advisors in North Orange County:

- **Eclectic Associates** 714-738-0220
1021 W. Bastanchury Rd., Suite 120, Fullerton
To learn more, go to www.EclecticAssociates.com
- **Garrett Planning Network**..... 913-268-1500
Find a local planner at www.GarrettPlanningNetwork.com

For more help choosing a financial advisor, read... U\$ / Ø\$

- **Investing / Financial Professionals** - California Attorney General
For guidance in choosing financial professionals, go to:
<https://oag.ca.gov/consumers/general/investing-financial-professionals>
- **Healthcare and Elder Law Programs (HELP)** ... 310-533-1996 Low cost and free services for seniors and their families. Download the "Ask First!" screening sheet from <http://www.help4srs.org/seniors-beware-ask-first/>
- To answer your legal questions about financial planning, elder care, and more go to www.Help4Srs.org

Food Resources – Park-It-Markets For Seniors U\$ / Ø\$

Comprehensive Emergency Food Resources Guide211 or 888-600-4357
Emergency Groceries and Prepared Food in Orange County (OC 211 Services)

Second Harvest Food Bank 949-653-2900
Go to: www.FeedOC.org for a list of places that you can get free food.

COVID-19 has changed the food distribution services and each location does things a bit differently now. **Check with your local Senior Center** for more information.

Fullerton

- **Fullerton Senior Center** **714-738-6575**
340 W Commonwealth Ave, Fullerton, CA 92832 – Check for days/times
<https://fullertoncommunitycenter.com/senior-services-programs/>

Garden Grove

- **Orange County Food Bank / Sr. Food Box** **714-897-6670**
11870 Monarch St., Garden Grove Monday-Friday www.OCFoodBank.org

La Habra

- **Park-It-Market** **562-383-4200**
101 W La Habra Blvd, La Habra, CA 90631 / Check for days / times
<https://www.lahabracity.com/486/Social-Senior-Services>

Placentia

- **Senior Center / Park-It-Market** **714-986-2333**
143 S Bradford Avenue Placentia, CA 92870 / Check for days / times
<https://www.placentia.org/339/Senior-Center>

Yorba Linda

- **Park-It-Market / Food Distribution** **714-961-7181**
4501 Casa Loma Ave, Yorba Linda, CA 92886 / Check for days / times
<https://www.yorbalindaca.gov/390/Older-Adult-Programs>

Surplus Food Distribution at many Senior Centers ~ (see pages 52-53)

Friendly Visitor Programs Ø\$

Friendly Visitors are background checked, trained, compassionate and helpful volunteers who may offer in-home visits, telephone calls, help around the house or shopping and who will lend a hand with the “little things” that come up in life. *Loneliness prevention and isolation reduction are part of their goal.* Programs differ in scope and services so call for more information. See inside back cover of the Senior Resource Guide for more information and suggestions.

- **Council on Aging – Southern California** **714-479-0107**
- **Independence At Home** **866-563-7380**
- **MECCA (Multi-Language / Multi-Cultural)** **714-202-4750**
- **Meals-On-Wheels OC** **714-229-3349**
- **Project L.I.F.E.** **714-612-0306**
- **St. Jude Medical Center / Senior Services** **714-446-7064**

Funeral Services

Anaheim

- **Anaheim Cemetery and Scatter Gardens** 714-535-4928
1400 E. Sycamore St., Anaheim

Brea

- **Memory Garden Memorial Park**..... 714-529-3961
455 W. Central Ave., Brea

Costa Mesa

- **Neptune Society of OC** /Pre-arrangement949-646-7431
7589 W. 19th St., Costa Mesa / Immediate Need800-225-1601

Cypress

- **Forest Lawn**..... 888-204-3131
4471 Lincoln Ave., Cypress

Fullerton

- **Accu-Care Cremation and Funerals**..... Local: 714-535-5306
1410 S. Acacia Ave., Suite D, Fullerton 844-339-8806
- **Loma Vista Memorial Park** 714-525-1575
701 E. Bastanchury Rd., Fullerton
- **McAulay and Wallace Mortuary** 714-525-4721
902 N. Harbor Blvd., Fullerton

Orange

- **Holy Sepulcher Cemetery** 714-532-6551
7845 E. Santiago Canyon Rd., Orange

Santa Ana

- **Fairhaven Memorial Park and Mortuary** 714-633-1442
1702 Fairhaven Ave., Santa Ana

Yorba Linda

- **McAulay and Wallace Mortuary**.....714-777-2692
18311 Lemon Dr. Yorba Linda, CA, 92886

Body and Organ Donations

Visit www.som.uci.edu/WilledBody, www.ScienceCare.com, or the National Disease Research Interchange at www.NDRResource.org to learn more.

Geriatricians *(Doctors who specialize in treating older adults - page 11)*

Both St. Jude Medical Group and UCI have geriatricians.

Brea

- **Bruce Mutter, MD** 714-449-6900
955 W. Imperial Hwy, Suite 110 Brea

Diamond Bar

- **David Rhodes, MD** 909-860-1144
1514 S, Valley Vista Dr, Diamond Bar

Fullerton

- **Kiho Woo, MD** 714-992-3000
101 E. Valencia Mesa Dr., Fullerton

Yorba Linda

- **Ana I. Ivanova, MD**..... 714-577-6680
4300 Rose Dr., Suite S, Yorba Linda

UC Irvine Health SeniorHealth Center714-456-7007

101 The City Dr. South Orange

www.ucirvinehealth.org/medical-services/senior-health/

UC Irvine SeniorHealth HAPS877-427-7824

UC Irvine Health Assessment Program is designed to assist with complex medical, psychological, and social challenges. It involves an evaluation by a geriatrics, neurology, pharmacy, nutrition, social work & occupational therapy.

- **Lisa Gibbs, MD** —714-456-7007 (press option #2)
Division Chief, Geriatric Medicine and Gerontology

Grief Support Groups

Brea

- **St. Angela Merici Catholic Church** 714-309-2933
2 Thursdays each month, 7 pm to 8:30 pm; Contact Deacon Mike

Fullerton

- **First Evangelical Free Church**..... 714-529-5544
Tuesdays, 7:30 pm to 8:30 pm
- **Fullerton Senior Center**..... 714-738-6305
Mondays, 12:30 pm to 2 pm / Wednesdays, 1 pm to 2:30 pm
- **St. Jude Medical Center – Healing Hearts After Loss** 877-459-3627
Every Thursday, 1:30 pm to 3 pm

Santa Ana

- **Funeraria Familiar / Family Mortuary**..... 714-953-9045
Spanish ONLY 3rd Thursdays / 5 – 6:30 pm

Yorba Linda

- **St. Martin de Porres Church**..... 714-27-2312
1st and 3rd Saturdays, 10 am to 11:30 am; Contact Peggy Squires
- **Yorba Linda Friends Church**..... 714-777-7312
Mondays 6:30pm to 8:30 pm

Hearing Aid Technology Makes A BIG Difference

The right hearing aids can totally change your life! Hearing aids have four basic parts: 1) **Microphone**; 2) **Processor**; 3) **Receiver**; and 4) **Power Source** (battery) and can be considered either basic or advanced based on the sophistication of the processor. Even today’s basic digital hearing aids offer far more benefit than the best hearing aids of previous generations. *Speak to an insurance agent/broker to see how it can be a covered benefit! (Pages 43-44).*

Basic Hearing Aid Technology Can Include:

- Data logging – stores data for your listening preferences, volume, etc.
- Digital Noise Reduction
- Directional Microphone Systems
- Feedback Management Systems
- FM Compatibility improves the frequency to noise ratio
- Impulse Noise Reduction
- Telecoil – eliminates the potential for feedback
- Wind Noise Reduction

Advanced Hearing Aid Technology Can Include:

- Artificial Intelligence (AI) learns your hearing likings for volume, etc.
- Binaural Processing mimics the brain’s ability to process information
- Bluetooth helps to improve the signal-to-noise ratio and end feedback
- Rechargeable Batteries
- Tinnitus Masking Features
- Top of the line sound processing and frequency response coming from both ears and helps reduce manual adjustments

Hearing Centers

Visit a **hearing center** to get your ears tested, fitted for a hearing aid, or treated for ringing in the ears. They can make special ear plugs to protect ears from loud sounds. An **Audiologist** will test your hearing level.

Anaheim

- **Anaheim Hearing Center** **714-276-6912**
200 N. Harbor Blvd., #110, Anaheim, CA 92805
Learn more at <https://www.hearinglife.com/hearing-aids-centers/california/anaheim>

Brea

- **Brea Hearing Center** **714-510-3209**
385 W. Central Ave., Unit A, Brea, CA 92821
Learn more at www.hearinglife.com/hearing-aids-centers/california/brea

Fullerton

- **Beltone Southern California** 714-672-9445
1020 E. Bastanchury Rd., Fullerton, CA 92835
For more information, go to www.BeltoneSC.com
- **Fullerton Hearing Center**..... 714-871-0632
1843 N. Euclid St., Fullerton, CA 92835
Learn more at www.FullertonHearing.com

Orange

- **The House Institute Hearing Aid Centers** 714-760-9299
431 S. Batavia St. Suite 200 Orange, CA 92868
Visit www.HouseProvidence.org for more information.
- **Word and Brown Hearing Center** 714-639-4991
1310 W. Stewart Dr., Orange, CA 92868
Learn more at www.WBHearingCenter.com

Hoarding / Cluttering Clean-up

AAA Hoarding and Biohazard Removal..... 800-818-6493
Hoarding clean up. They do everything from sorting to deep cleaning. Learn more at www.AAAHoardingBiohazard.com

Maid in California..... 714-505-0900
Maid in California does everything from light cleaning to hoarding clean up. Assists with pest control, laundry, and home repair.www.MaidInCalifornia.com.

Steri-Clean, LLC 714-899-4225
Steri-Clean has hoarding clean up options from complete clean out to organizing and recovering items. Visit www.Steri-Clean.com

Home Improvement and Repair

Adray's VP Handyman and Construction Services..... 714-921-9616
249 E. Emerson Ave., Suite B, Orange

Arturo Daniel / Just-What-You-Need-Handyman.....562-481-9927

All Pro Builders, Inc. 714-255-0131
1400 W. Commonwealth Ave., Fullerton Go to: www.AllProBuildersInc.com

Amramp..... 310-530-1570
Sell and install ramps, stair lifts, roll-in showers, etc.www.AmRamp.com/LAOC

AtHome Living Solutions 949-348-0188
Help people with disabilities get around easier.

Dennis Botto ~ Lic. #562844 / Construction and Repair714-747-3939

- H and H Bath and Safety**..... 626-344-9779
Install grab bars, shower seats, walk-in tubs, etc. www.HHBathAndSafety.com
- Mobile Home Repair/Prof. Mobile Remodeling, Inc.**714-738-7036
- Scotty's Family Plumbing**562-290-3614
- Veterans Home Repair** *See Page 52*

Home Services (That Come To You!)

Barber / Hairdresser

- **Color Masters Hair ~ I Travel To You! Colleen Botto**....714-633-5240
- **Erika's Mobile Hair Salon ~ I Come To You!**714-737-2416
- **Mobile Hair by Jon-Paul**..... 949-307-2748
Visit www.MobileHairByJonPaul.com to learn more

Computer Assistance (Mobile)

- **The Computer Guys** (will travel to clients).....714-940-1700
<https://www.thecomputerguysonline.com/>
Contact Dave Levine for more information.....626-931-9807

Dental

- **Ann Bui**, RDHAP, B.S., Mobile Dental Hygienist 562-281-5628
- **Jessica L. Woods**, RDHAP..... 714-292-3291
Learn more at www.DentalHygieneDirect.com
- **HomeCare Dentists** 949-429-7100
For more information, go to www.HomeCareDentists.com

Doctors

- **Lynda Adrig**, MD 949-855-7255
Check www.OCHousecalls.com for a list of services.
- **John M. Geiss**, DO 714-577-2271
For more information, go to www.GeissMed.com
- **HouseCall Doctors** 800-964-4364
Learn more at www.HouseCallDoctorsMedicalGroup.com

Manicurist

- **Mobile Couture Nails / Carolyn Reyes**712-651-0055

Massage Therapy

- **JayaCare Mobile Wellness – Yoana Georgiev, LMT**..... 949-302-2545

Medical Supplies

- **Apria Healthcare** 888-492-7742
Find more information at www.Apria.com
- **At Home Medical**..... 714-556-4663

- **Emporium Medical Equipment**714-224-7474
<https://www.healthcare6.com> › Medicare Supplier › California › Fullerton
- **Horizon Oxygen and Medical Equipment, Inc.** 714-575-8901
Visit www.HorizonOxygen.com for more information.
- **Night and Day LLC** 714-558-7746
- **Med2U Healthcare**..... 844-886-3328

Mobile Notary

- **Aaron Davila, Mobile Notary**714-595-7769

Nurses

- **Home Care Providers** www.homecareproviders.com714-671-6877
- **Visiting Nurses Association of Orange County** 949-263-4700
Learn more at www.vnahhs.com
- **St. Joseph Home Care Services –** 714-712-9500
Go to www.StJosephHomeHealth.org

Occupational Therapy

- **Rehab Without Walls** 800-741-1164
Visit www.RehabWithoutWalls.com for more information

Physical Therapy

- **Lifetime Physical Therapy and Fitness**..... 714-337-4511
Learn more at www.LifetimePT.com
- **Rehab Without Walls** 800-741-1164

Podiatry (Foot Care)

- **Virgil Hernandez, DPM, AME** 714-265-5824
- **James C. Lee, DPM** 714-777-0750
Learn more at www.OCFootSurgery.com
- **Paul Yoon, DPM**..... 714-535-3668
To learn more, go to www.YoonPodiatry.com
- **OC Foot and Ankle Group, DPM** 714-888-6860
300 N. Euclid Street, Fullerton, CA 92832 www.ocfeet.com

Speech Therapy

- **Rehab Without Walls**..... 800-741-1164
Visit www.RehabWithoutWalls.com for more information

Housekeeping / Cleaning Services

These cleaning services are licensed, insured, and bonded. Bonding is a kind of insurance. It will pay if your cleaner steals from you or breaks something you own, or unemployment if they get hurt at your house

- **The Maids** 714-838-2255
- **Maid in California** 714-505-0900
- **White Glove** 714-775-7392

Housing Help and Information

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Fair Housing Council of Orange County 714-569-0823

Free and low-cost counseling and to learn about housing rights and responsibilities. Learn more at www.FairHousingOC.org

Housing and Urban Development (HUD) 714-796-5577

Visit the HUD website at www.HUD.gov to find affordable rentals and housing.

In-Home Care

In-home care help with day-to-day activities. Listed agencies are licensed by the State of California are screened, bonded, and background checked. Learn about in-home care on [pages 13-15](#).

- **24 Hour Home Care** 714-881-4245
- **A-1 Home Care Services** 562-929-8400
- **Accredited Home Care** 714-973-1234
- **All Ways Caring HomeCare** 714-669-1148
- **Attentive Home Care** 714-516-9200
- **Care to Stay Home** 949-916-6705
- **Comfort Keepers** 714-202-0197
- **Home Care Assistance** 949-200-3939
- **Home Care Providers** 714-671-6877
- **Home Instead Senior Care** 714-871-4274
- **Horizon Senior Services, Inc.** 714-696-7230
- **Magnificare, LLC** 949-438-8881
- **St. Joseph Home Care Services** 714-712-7100
- **Right At Home North OC** 714-730-2647
- **Senior Helpers North / Central Orange County** 714-694-0992

Insurance: Medicare Plans

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• **Martha T. Collins, RHU @ Martin & Associates** 714-879-9880
Independent Agent, License #0788313

• **Barbara Gamboa ~ Health Insurance Agent** 714-446-7154
Independent Agent, License #0713821 /Auth. Insurance ~ St. Jude Medical Center

5 BIG Mistakes in Medicare Enrollment

Mistake 1: Signing up too early or too late for Medicare and its different parts

Mistake 2: Not understanding the difference between a Medicare Supplement and a Medicare Advantage plan

Mistake 3: Guessing vs. researching when picking specific plans

Mistake 4: Not applying for extra financial help

Mistake 5: Not re-evaluating your coverage every year

• **Health Insurance Counseling and Advocacy Program ... 800-434-0222**

For free, unbiased, personalized assistance and counseling regarding Medicare coverage options, benefits, enrollment, or other Medicare related topic, contact the Council on Aging’s HICAP (Health Insurance Counseling and Advocacy Program). Learn more at www.COASC.org **714-560-0424**

Meal Delivery Options (At Home)



Get breakfast, lunch, dinner and more delivered from your favorite restaurants to your doorstep with one easy click. Order, pay and schedule delivery online. Usually 30-40 minutes delivery time.

Door Dash...<https://www.doordash.com/food-delivery/orange-ca-restaurants/>

Postmates.....<https://postmates.com/delivery/orange-county>

Uber Eats.....<https://www.ubereats.com/category/orange-county/fast-food>

Fullerton Meals-On-Wheels **714-871-2200**

Volunteer delivered meals through the National Charity League, Inc., Fullerton Chapter and Community Volunteers. www.mowfullerton.org

LifeSpring Home Nutrition..... **800-798-5767**

Choose from frozen, diabetic friendly meals that are lower in salt, cholesterol, and saturated fat. www.LifeSpringMeals.com

Meals-on-Wheels OC **714-220-0224**

Meals-on-Wheels is a low-cost program that delivers 3 daily meals Monday – Friday homebound seniors, Monday to Friday. Their meals are low in salt, cholesterol, and saturated fat. www.CommunitySeniorServ.org

Mom’s Meals..... **877-508-6667**

Refrigerated meals/spec. diets/gluten free/heart healthy www.MomsMeals.com

Senior Centers can also help with meals and food for older adults-*pages 52-53*

3 Ways Hearing Loss Impacts Memory Loss

Most people view ailments like hearing loss, failing memory and dementia as normal consequences of aging. There is a growing body of research that shows hearing loss can lead to conditions like dementia. **Hearing aids can help protect brain health** and ward off cognitive decline. Don't let your hearing loss affect your memory! (see pages 39-40 for Hearing Aid information) <http://onlinelibrary.wiley.com/doi/10.1111/jgs.13649/full>

1. **Stress** – When you strain to hear your brain experiences cognitive overload. The more severe your hearing loss, the more resources your brain has to divert from other tasks to help you understand - and that creates stress.
2. **Isolation** – When you have to work extra hard to hear, you tend to start isolating yourself. You get tired of asking, “What?” Prolonged social isolation leads to depression and changes in the brain and memory loss.
3. **Too much quiet time** – When you isolate yourself your brain goes from having to work really hard to not working very much at all. As areas of your brain go unused, they shrink or get taken over for other duties.

Memory and Brain Health



Alzheimer’s Association..... **800-272-3900**
Call the 24/7 Helpline staffed by master’s-level clinicians and specialists for confidential support and information and to take education classes or join a support group. alz.org

Alzheimer’s Orange County **844-435-7259**
Alzheimer’s Orange County has *free* programs, services and resources. They help adjust to and cope with dementia. www.alzoc.org

Cognitive Care Solutions **714-545-3390**
This agency helps with mental wellness therapy and tests for older adults with or without mild dementia. Learn more at www.CognitiveCareSolutions.com

Neurology Center of North Orange County..... **714-879-7200**
Board certified neurologists participate in clinical trials.
<http://www.neurologyoc.com/>

Orange County Vital Brain Aging Program **949-764-6288**
Call for memory test, or go online to complete a memory test www.OCBrain.org

Pharmacology Research Institute (PRI)..... **714-827-3672**
Join a specialized research study for *free* brain health check-ups and other memory tests. Transportation may be provided. Visit: www.priresearch.com

UC Irvine Health – Memory Assessment Clinic 714-456-7007
Memory screenings. Go to www.UCIrvineHealth.org

UCI MIND949-824-2382
Institute for Memory Impairments and Neurological Disorders. Providing specialized assessment for Alzheimer’s disease www.alz.uci.edu/ucimind

Memory Assessment ~ What’s ‘Normal’?

Misplaced your keys, forgotten a phone number or drawn a blank when trying to recall someone’s name? For some people, this type of forgetfulness is a normal part of aging and generally not a cause for concern. When memory loss becomes disabling or interferes with daily living, it may be a warning sign of something more.

Recognizing the Early Signs of Memory Loss Problems

A memory assessment should be sought if you notice an older adult:

1. Displays confusion with time or place
2. Exhibits challenges in planning or problem solving
3. Experiencing memory changes that disrupt daily life
4. Has difficulty completing familiar tasks (i.e. gets lost driving to a local store)
5. Has trouble understanding visual images and spatial relationships
6. Hides memory loss to create an acceptable social image
7. Loses the ability to join in or actively contribute to conversations
8. Loses the ability to learn / retain new information or perform new tasks
9. Misplaces things and loses the ability to retrace steps
10. Withdraws from work or isolates from social activities

When to Call a Doctor

There are many possible causes for memory loss. It’s important to identify and address the underlying cause. Symptoms of memory loss can be caused by a condition such as Alzheimer’s disease, or other conditions such as undetected small strokes. Other things that can contribute to memory loss include depression, anxiety, medication interactions, thyroid disorders, sleep problems, dehydration, and vitamin deficiencies. Each type of dementia or medical condition requires its own treatment approach. Please contact your physician if you have concerns or schedule an appointment at one of the Memory Assessment programs in Orange County ~ learn more. *Page 45*

Mental and Behavioral Health Care for Older Adults **U\$ / Ø\$**

For Mental Health Emergencies, Call...

Centralized Assessment Team (CAT) Orange County 866-830-6011
You can learn more about CAT at: www.OCHHealthInfo.com/CATPERT

Suicide Among Older Adults

Among those who attempt suicide, one in four seniors will succeed, compared to one in 200 youths. Even if a senior fails a suicide attempt, they are less likely to recover from the effects.

Identifying Warning Signs For Suicide

A person who may be thinking about suicide likely does not want to die but is in search of some way to make pain or suffering go away. Older people who attempt suicide are often more isolated, more likely to have a plan, and more determined than younger adults. Suicide attempts are more likely to end in death for older adults than younger adults, especially when attempted by men. Women typically use less lethal methods, but their depression is just as real. Use the checklist below if someone you know may be showing warning signs.

Risk Factors And Warning Signs

Suicidal warning signs in older adults may be linked to important risk factors:

- Access to lethal means (i.e., firearms, other weapons, etc.)
- Alcohol or medication misuse or abuse
- Daring or risk-taking behavior
- Depression
- Family discord or losses (i.e., recent death of a loved one)
- Feeling a loss of independence or a loss of sense of purpose
- Giving away prized possessions
- Impulsivity due to cognitive impairment
- Inflexible personality or marked difficulty adapting to change
- Marked feelings of hopelessness, lack of interest in future plans
- Medical conditions that significantly limit functioning or life expectancy
- Prior suicide attempts
- Social isolation
- Sudden personality changes
- Verbal suicide threats such as, “You’d be better off without me” or “Maybe I won’t be around long.”

Preventing Suicide

It is crucial to identify signs of suicidal thoughts and take appropriate follow-up actions to prevent them from acting on these thoughts. *Suicidal thoughts are often a symptom of depression and should always be taken seriously.*

1. **Speak Up If You’re Worried** – Start a conversation – “Are you OK? I’ve been worried lately”. **Listen** but DON’T argue, minimize or criticize.
2. **Act Quickly In A Crisis** - If someone you know has a suicide plan *with intent to act*, you should not leave them alone – call **9-1-1** or a mental health professional and make sure to stay with them until emergency services are in place. *See pages 46 – 48 for more information*
3. **Offer Help and Support** – “You’re not alone – let’s work together on this.”

Direct Mental Health Services / Agencies / Classes / Hot and Warm Lines:

Brea Resource Center, Counseling Services 714-990-7150
Didi Hirsch Crisis Hot Line 877-727-4747
Gary Center, Counseling Svcs. (La Habra) 562-264-6000
Mental Health Association (MHA) 714-547-7559
NAMI OC Warm Line..... 714-991-6412
OC Wellness Center / Central (Tustin)714-361-4860
OC Wellness Center / West (Garden Grove)657-667-6455
Orange County Older Adult Services 714-972-3700

Cognitive Care Solutions 714-545-3390
1526 Brookhollow Dr., Suite 73, Santa Ana, CA 92705 mental wellness in-home therapy for older adults with or without mild dementia. They can help one adjust to and cope with dementia. www.CognitiveCareSolutions.com

Independence At Home866-563-7380
Provides friendly, trained therapists for support and help caregivers and care recipients to cope with their feelings, which can help improve wellbeingso they can stay in their own homes.

Multi-Ethnic Collaborative of Community Agencies (MECCA)
Learn more at www.ocmecca.org Contact: info@ocmecca.org714-202-4750
Targets adults 60 years & older experiencing early onset of mental health conditions or those at a risk of mental health conditions. The program reaches out to the under-served who are isolated. Programs include Educational Classes • Skill-building Workshops • Support Groups • Cultural Awareness and Integration • Comprehensive Assessments • Home Visits and Case Management • Socialization Support and Activities • Referrals to Resources and Services. The program provides services at no cost.

National Alliance on Mental Illness OC (NAMI OC) 714-544-8488
Free help with mental health, substance abuse, loneliness, community resources and support groups. Learn more about them at www.NAMIOC.org

St. Jude Medical Center – Senior Services 714-446-7064
St. Jude’s weekly free Senior Depression Support Group and 6-8 weeks of free in-home or by telehealth therapy with a trained clinician.

Orange County mental health www.OCHHealthInfo.com/BHS/About/AOABH

Moving

A Positive Approach 949-306-5024
Specialized in move management, relocation and organizing. Handling the stressful logistics and physical demands to plan, downsize, pack, disburse estate, unpack and home set up.
www.apositiveapproachllc.com

Blue Sky Estate Services **714-308-4892**
Help sell or rent out your home. Also helps with moving. Helps you clean and organize your home. Learn more at www.BlueSkyEstateServices.com

Gentle Transitions **800-619-3049**
Takes care of every detail of a move, from planning and packing to picture hanging and making the beds. For more info, go to www.GentleTransitions.com

Helping Hands Relocation..... **949-338-7342**
Moving service that helps with planning, packing, moving, unpacking, and more. Learn more at www.HelpingHands-online.com

Personal Emergency Response Systems

Personal emergency response systems (PERS) are worn around your wrist, waist, or neck. If one falls or has a health issue or emergency, they can use the PERS to call for help. Here are just a few companies that you can choose from:

- **Great Call (Lively)** **866-359-5606**
Great Call has PERS that connect to your cell phone. With a push of the button, it will connect to help and family members. Learn more at www.GreatCall.com
- **Life Alert** **800-360-0329**
Life Alert has a couple protection services. Choose from wearable buttons or one that you can put in the shower. Learn more at www.LifeAlert.com
- **Philips Lifeline** **866-435-2617**
Philips Lifeline has PERS that work at home or on the go. Learn more at www.lifeline.philips.com

There are many other options that help stay safe. You can have a system installed inside the home for viewing. Here are a few companies that offer these systems:

- **Alarm.com**..... **949-768-7768**
Set up text alerts. www.alarm.com/ProductServices/Wellness.aspx
- **Health, Wellness, and Safety Monitoring Program** **714-744-3800**
This program puts mini sensors around the home. Watches for changes and can contact emergency services if needed.
- **MedicAlert Foundation (ID Bracelets)**..... **888-633-4298**
www.medicalert.org
- **Nest** **855-888-8209**
Home automation system with multiple integrations. www.nest.com

Pharmacies

Do you need a special dose of a medication? Or are you allergic to some drugs? Try a **compounding pharmacy**. They make medications to meet your needs. Here are a couple compounding pharmacies in North Orange County:

- **AUM Pharmacy** **714-495-2779**
710 N. Euclid St., Suite 103, Anaheim
AUM Pharmacy organizes all your meds and packages them based on what time of day they are needed. Learn more at www.AUMRx.com
- **Central Drugs Compounding Pharmacy**
1955 Sunnycrest Dr., #100, Fullerton, CA 92835..... **714-515-1530**
520 W. La Habra Blvd., La Habra, CA 90631 **562-691-6754**
“Simplify My Meds.” is a free medication refill service where you can pick up all of your prescriptions at the same time every month. They’ll also package them based on what time of day you need to take them. Learn more at www.CentralDrugsRx.com

Purchasing Drugs From an Online Pharmacy

Current laws in the U.S. DISALLOW the foreign purchase of drugs for "personal importation" or "reimportation." This includes driving over the border to Canada or Mexico to buy the same, exact drug legally approved and licensed here.

Despite this legal barrier, many Americans are still willing to take the risk, particularly if it means not having to choose between the rent and getting the medications they may desperately need. To this end, here are **four things you should know** if you intend to buy a prescription drug from a foreign pharmacy.

1. Purchasing a drug from an online overseas pharmacy may save you money, but it can end up costing you more **if the provider is disreputable**. Having a good-looking website should never be considered a sign that a provider is either legitimate or trustworthy.
2. Even beyond the legitimacy of a provider, the FDA warns that certain brand names used abroad **are not the same used in the U.S.** In some cases, the non-active ingredients or even active ingredients may be completely different.
3. Whether purchasing online or in person, **always check the label closely** and never buy a product if the list of ingredients is not clearly displayed in a language you can fluently read.
4. Moreover, **double-check the currency conversion rates** before making a purchase to ensure you're actually saving money. This includes any shipping or handling charges the pharmacy might add.

<https://www.verywellhealth.com/how-to-buy-drugs-from-foreign-pharmacies-2614905>

Prescriptions ~ Low-Cost Options



Benefits Check Up.....

Benefits Check Up is an easy-to-use online tool. It asks basic questions to find programs that you can sign up for to get help paying for medications and healthcare. Try it out at www.BenefitsCheckUp.org

Blink Health Order online prescriptions with low-cost negotiated prices on 15,000 medications that can be picked up at many major pharmacies and chain stores. Try it out at: www.blinkhealth.com

GoodRx.com

Search pharmacies near you for the lowest price on prescriptions. They also have free coupons to get an even bigger discount. www.GoodRx.com

Medicine Assistant Tools (MAT) **571-350-8643**

Free service that can help you get medicines for free or almost free depending on eligibility. Learn more and apply online at www.MAT.org

NeedyMeds..... **800-503-6897**

NeedyMeds website has a lot of information for help paying for medication and healthcare. Learn more at www.NeedyMeds.com

Rx Assist..... **877-537-5537**

Find information about free or low-cost medicine programs and other ways to manage drug costs on www.RxAssist.org

Rx Hope

Rx Hope can help you sign up for patient assistance programs and get an answer in just minutes. Learn more at www.RxHope.com

Walmart

30-day supplies of some prescriptions for just \$4 at Walmart. Go to www.walmart.com/cp/pharmacy/5431 and click "\$4 prescriptions."

Veterans Prescription Assistance *See page 56*

Medication Dispensing Equipment

Medication dispensing equipment keeps pills organized and reminds when it's time to take medication. Some of them can even call you if the medication has not been taken. **Medication Solutions**.....**877-700-8600**

Learn more at: www.TabSafe.com

MedMinder..... **866-435-2617**

Visit: <https://www.medminder.com/>

Philips Lifeline Medication dispensing service..... **949-273-6465**

Multiple options ~ learn more at: lifeline.com/business/medicationdispensing

Real Estate / Senior Real Estate Specialists (SRES)

The Moisa Group Real Estate, Ruth Moisa SRES, Brea.....**714-713-4442**
Lic. #BRE#00868137 Contact at: ruthmoisa@yahoo.com

Reliance Real Estate Services, Susan Hirzel & Annette MacDonald/SRES
Fullerton Lic. #DRE 01904282 SusanAndAnnette@gmail.com ...**714-225-2014**

TNG Real Estate, Maury Oglevie & Val Muir, GRI/SRES, Brea...**714-334-1432**
Lic. #BRE#01239332 Learn more at: www.tngrealestate.com

Senior Centers **U\$ / Ø\$**

Senior Centers are open Monday to Friday and have free or low-cost programs for older adults. Many have classes, events, support groups, meals, and more. Some will even drive seniors to and from the center. Check your local city.

Anaheim

- **Anaheim Senior Citizens Club**..... **714-765-4511**
250 E. Center St., Anaheim, CA 92805
- **West Anaheim Senior Center**..... **714-765-8373**
2271 W. Crescent Ave., Anaheim, CA 92801

Brea

- **Brea Senior Center**..... **714-990-7750**
500 Sievers Ave., Brea, CA 92821

Buena Park

- **Buena Park Senior Center** **714-236-3870**
8150 Knott Ave., Buena Park, CA 90620

Cypress

- **Cypress Senior Citizen Center** **714-229-2005**
9031 Gridley St., Cypress, CA 90630

Fullerton

- **Fullerton Senior Citizens Club** **714-738-6305**
340 W. Commonwealth Ave., Fullerton, CA 92832

La Habra

- **La Habra Community Center**..... **562-383-4200**
101 E. La Habra Blvd., La Habra, CA 90631

Orange

- **Orange Senior Center** **714-538-9633**
170 S. Olive St., Orange, CA 92866

Placentia

- **Placentia Senior Center**..... **714-986-2332**
143 S. Bradford Ave., Placentia, CA 92708

Santa Ana

- **Santa Ana Senior Services Center**..... **714-647-6540**
424 W. 3rd St., Santa Ana, CA 92701
- **Southwest Senior Center**..... **714-647-5306**
2201 W. McFadden Ave., Santa Ana, CA 92704
- **Vietnamese Catholic Center**..... **714-554-4211**
1538 Century Blvd., Santa Ana, CA 92703

Yorba Linda

- **Yorba Linda Community Center**..... **714-961-7181**
4501 Casa Loma Ave., Yorba Linda, CA 92886

Virtual Senior Center

- **Covia / Well Connected** is an award-winning program that allows a senior to ‘attend’ a wide variety of fascinating classes and support groups with trained staff and volunteers at no cost ***all on their own phone!***
Learn more about Covia at: coviaconnections@covia.org ...**877-797-7299**

Transportation Options



Abrazar, Inc. **714-702-1433**

Abrazar can help seniors get to and from medical appointments, church, family homes, shops, meal programs, Adult Day Health Care, and more. Visit: www.AbrazarInc.com

Go-Go Grandparent **855-464-6872**

Go-Go Grandparent lets adults use ride services like Lyft and Uber with a phone call. They can send you text alerts with updates about your ride. Learn more at: www.GoGoGrandparent.com

OC ACCESS..... **714-560-5956**

OC ACCESS is shared-ride service for people who are unable to use the regular OC Bus service because of a disability. For more information, go to www.octa.net and search for “OC Access.”

OC Office on Aging..... **714-480-6450**

OC Office on Aging has Senior Non-Emergency Medical Transportation resources.

Korean American Seniors Association (Members Only).....**714-530-6705**

St. Jude Senior Medical Transportation Program **714-446-7017**

Low-income older adults can get a ride to and from doctor’s appointments, classes and therapy sessions at St. Jude. Call for more information.

Many cities also have programs that can take seniors anywhere they need to go in the city for a small fee. Here are a few:

- **Anaheim Senior Wheels** **714-765-4510**
Anaheim residents aged 60 years or above. Travel and shop within 10 miles of their home. Call for more information.
- **Brea Senior Shuttle** **714-996-7754**
free rides to and from the Brea Senior Center. Or \$2 rides to anywhere else in Brea. Hours are limited. Call for more information.
- **Fullerton Taxi Voucher Program** **714-738-6575**
Get a ride anywhere in Fullerton for \$3 or a ride outside Fullerton for just \$7 to one of their satellite destinations. Call for more information.
- **La Habra Shuttle** **866-557-7433**
La Habra residents aged 60+ may use the La Habra Shuttle for \$.50 each way. They'll take you anywhere in La Habra, St. Jude Medical Center, Whittier Hospital, or to nearby doctors' offices. www.LaHabraCity.com
- **Yorba Linda Parks and Recreation (TRAILS)** **714-961-7181**
Yorba Linda Parks and Recreation provides transport for adults age 55+. Ride in Yorba Linda or 1 mile outside of the city for just \$1 each way. <https://www.yorbalindaca.gov/391/Senior-Mobility-ProgramTRAILS>

[Senior Mobility Program/TRAILS | Yorba Linda, CA \(yorbalindaca.gov\)](http://www.yorbalindaca.gov/391/Senior-Mobility-ProgramTRAILS)

Transportation Home from the Hospital

Need a ride home from the hospital? Many in-home care agencies have a **concierge** (con-see-airj) service that can help with that. Some in-home care agencies offer transportation for COVID-19 patients with trained staff, PPE, etc. You will need to book rides ahead of time, so call for pricing and other details. Here are just a few that you may want to try:

- **Attentive Home Care** **714-516-9200**
- **Home Care Providers** **714-671-6877**
- **Nurse Next Door** **714-712-7100**
- **Senior Helpers** **714-694-0992**

Veterans Benefits

By law, an individual must be accredited by the VA as representative of a VA-recognized veteran's service organization to assist in a claim for VA benefits. VA accreditation may not be used for marketing financial products or promoting a financial services business. You may be able to get benefits from the **U.S. Department of Veterans Affairs** <https://www.benefits.va.gov/>

A **Veterans Service Officer** can help you apply at no cost. Just make sure you *work with a service officer that's approved by the VA*, like one of these:

- **AMVETS** (American Veterans)..... **877-726-8387**
AMVETS is the nation's largest veterans service organization. They have Veterans Service Officers in North Orange County. To find one near you, call, or email amvets@amvets.org
- **CalVet** (California Department of Veterans Affairs 2018)... **800-952-5626**
Visit www.CalVet.CA.gov for more information.
- **Orange County Veterans Service**..... **714-480-6555**
Learn more at www.Veterans.OCGov.com/FAQ
- **U.S. Department of Veterans Affairs** **800-827-1000**
Apply for benefits online at www.ebenefits.va.gov
- **Veterans Legal Institute** (No Cost for Those Eligible) **714-852-3492**
2100 N. Broadway, Suite 209, Santa Ana, CA 92706
Visit www.VetsLegal.com for more information.

Veterans Health Care



Goodwill of Orange County Tierney Center for Veteran Services (FREE)
One-Stop resource serving veterans and their families for:**855-998-3837**
<http://www.ocgoodwill.org/changing-lives/tierney-center-veterans-program>

OC Bar Association Veterans Legal Resources Page
www.veterans.ocbar.org

VA Anaheim Clinic**714-763-5300**
2569 W. Woodland Drive, Anaheim

Mental Health Clinic.....**562-826-5603**

VA Brea Benefits Counseling / Every other month by appointment
Brea Family Resource Center / 695 Madison Way, Brea.....**714-990-7150**

VA Santa Ana Clinic.....**714-434-4600**
1506 Brookhollow Drive, Santa Ana

Veterans Housing and Homeless Assistance



OC Battle Buddy Bridge (B3) (non-profit)**714-795-3170, #2405**
Offers peer-to-peer support to veterans / active duty military.

Santa Ana Community & Referral Center **888-838-8300**
Veterans Homeless Assistance 888 W Santa Ana Blvd, Santa Ana Suite #150

Veterans Home Repair

U\$

Home Depot and Habitat for Humanity OC**714-434-6200**
Safety and disability accommodations (low-income veterans home-repair project). Learn more at: <https://www.habitatoc.org/veteran->

Veterans Prescription Benefits

U\$

The VA Medical Benefits Package is based on military service**877-222-8387** and may include free prescription drug coverage if you were disabled in service www.va.gov/healthbenefits/access/prescriptions.asp

TRICARE Pharmacy Program.....**877-363-1303**

TRICARE is a health care program for active duty and retired service members and their families. They offer a pharmacy program that makes prescriptions easy to fill and affordable. To learn more, go to www.tricare.mil and search for “pharmacy program.”

Glossary of Common Terms / Acronyms

- ADL’s:** Activities of Daily Living
- APS:** Adult Protective Services
- ADHC:** Adult Day Health Care / Adult Day Programs
- AD:** Advance Directive for Health Care / Advance Care Planning
- ADA:** Americans with Disabilities Act
- ALC/ALF:** Assisted Living Communities / Assisted Living Facility
- CCRC’s:** Continuing Care Retirement Community
- CDC:** Centers for Disease Control and Prevention
- CMS:** Centers for Medicare and Medicaid (MediCal in California)
- COVID-19:** Corona Virus Disease from 2019
- DNR:** Do Not Resuscitate Order
- DME:** Durable Medical Equipment
- DPA:** Durable Power of Attorney (for Health Care or for Finances)
- FMLA:** Family and Medical Leave Act
- HIPAA:** Health Insurance Portability and Accountability Act
- HMO:** Health Maintenance Organization
- IHSS:** In-Home Supportive Services
- LTC:** Long-Term Care
- MCI:** Mild/Moderate Cognitive Impairment
- NP:** Nurse Practitioner (Practicing under the license of a Physician)
- PA:** Physician Assistant (Practicing under the license of a Physician)
- POA:** Power of Attorney
- POLST:** Physician Orders for Life-Sustaining Treatment
- PPO:** Preferred Provider Organization
- SNF:** Skilled Nursing Facility
- SSDI:** Social Security Disability Insurance
- SSI:** Supplemental Security Income

FOOD FOR THE LONELY SOUL

LONELINESS REDUCTION 'MENU'



Loneliness is approaching epidemic levels for many older adults, and loneliness among seniors is often a gateway for:

<ul style="list-style-type: none"> ✚ Elder Abuse ✚ Increased Fall Risk ✚ Greater Number of ER Visits ✚ Forgetting to Take Medications 	<ul style="list-style-type: none"> ✚ Heart Disease ✚ Anxiety and Depression ✚ Dementia ✚ Elder Suicides
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Menu options to feed the lonely soul might include such things as:

Appetizers	Entrees	Desserts
<p>1. <u>Digital Photo Frame</u> that family members use to fill a home with special pictures triggering both old and new memories. Try Aura Frames https://auraframes.com/</p> <p>2. <u>Social Robot Assistant</u> Comes in several 'flavors' such as "Jibo" – (see www.partnerships@jibo.com or "ElliQ" – see www.elliq.com/) initiates conversation to help older adults stay in touch with others, engage in healthy behaviors and stay connected with the outside world – robots may turn and face or 'follow' the voice of the older adult - system 'learns' preferences and new systems and aids can often be added to increase abilities and enhance the experience too!</p>	<p>1. <u>Virtual Senior Center</u>– Award winning program, "Well Connected" promotes social engagement, allows seniors to 'attend' a wide variety of fascinating classes (i.e., 'Birds From My Kitchen Window', 'Spanish for Beginners', etc.) and support groups at <u>no cost</u> - all on their own phone in their own home!</p> <p>Call for more information:</p> <p style="text-align: center;"><u>877-797-7299</u></p> <p style="text-align: center;">www.covia.org/programs/well-connected/</p>	<p>1. <u>Robotic Pets</u> like cats and pups with multiple sensors that allow them to interact with a human just as they would with a live pet - cat responds to touch, rolls over and utters 32 different types of purring sounds! Pups have similar social "abilities". Easy to carry, cuddle and care for – no clean up! Adorable! (www.joyforall.com/)</p> <p>2. <u>Virtual Reality Experiences</u> such as Renderver (www.renderver.com) or MyndVR (www.myndvr.com/about) put smiles on senior's faces through Virtual Reality experiences that enable seniors to relive meaningful memories (reminiscence therapy) or visit places they've always wanted to go to (Rocky Mountains, Paris, African Safari, museums, etc.) be entertained and feel adventurous while they're doing it! You're never too old to learn and have a little fun at the same time!</p>

This Senior Resource Guide is edited, published and provided in part by St. Jude Medical Center: Senior Services and Caregiver Resource Center OC which offers a wide variety of largely free services to older adults and their families/caregivers in the community. Services include:

- Friendly Visitors / Caring Neighbors Program (**714-446-7064**)
- Classes in dementia / Alzheimer's care, health and senior resources
- Bereavement, Stroke, Long Haul Covid & Senior Depression/Anxiety Support Groups
- Medical transportation for older adults to St. Jude appointments
- Advance Care Planning and Notary services (**714-446-7017**)
- Depression Counseling (short term)
- Medicare Counseling with a licensed agent (**714-446-7154**)
- For more information call: **714-446-7035** or search for Senior Services at www.stjudemedicalcenter.org/



The North Orange County Senior Collaborative assists in editing and providing the information for this Senior Resource Guide. The **North Orange County Senior Collaborative** (www.NOCSC.org) is a service organization and is a cooperative effort by both private and public entities and persons seeking to *identify* and *address* the unmet needs of seniors and their support systems in our community. There is no advertising, and no one paid to be in this Guide.



(800) 543-8312 | www.caregiveroc.org

Caregiver Resource Center Orange County offers an array of services such as a **free in-home Family Consultation and Care Planning, legal and educational workshops** and the opportunity to speak directly with a Family Consultant regarding your caregiving situation and your self-care.

We offer local Support Groups in English, Spanish and Vietnamese.

Caregiver Resource Center Orange County, a program of St. Jude Medical Center, is part of a statewide system of California Caregiver Resource Centers, funded by the California Department of Health Care Services. Additional grant funds are provided by the Orange County Board of Supervisors, through the Orange County Office on Aging with funds from the Federal Department of Aging, Older Americans Act. Services are free and donations are gratefully accepted. Services will not be denied for inability to donate.