



HELP FOR CAREGIVERS

Community resources for caregivers of older adults

In-Home Help

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

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

Information & Referral

Caregiver Support Program – A resource specialist serving Yolo County offers personal assistance with information and resources, long-term care options and support groups. (The specialist is located at the Yolo Adult Day Health Center in Woodland.) **530-666-8828**.

Information and Assistance – Help in finding the government and community services you need. Help with forms completion. Call the Davis Senior Center at **530-757-5696**. Copies of the *Yolo County Senior Resource Guide* are available at the Center or online at www.cityofdavis.org/cs/seniors and click on Senior Resource Guide. Outside of Davis, call **1-800-510-2020** for local assistance.

Helpful Websites – These online resources can be invaluable for seniors and caregivers
www.caregiver.org - family caregiver alliance (excellent fact sheets)
www.canhr.org – CA Advocates for Nursing Home Reform (excellent Medi-Cal planning info)
www.link2care.net – online support network for caregivers of dementia patients
www.lotsahelpinghands.com organizing your caregiving community

Legal Consultations - There are many legal issues to consider when a person is (or may become) incapacitated. More planning options are available while the individual still has the legal capacity to make decisions. Free legal consultations are available at the Senior Center **530-757-5696**.

Nutrition

Home-Delivered Meals (Meals on Wheels) - A nutritious lunch delivered Monday-Friday (except holidays) by volunteers to the homes of the frail elderly. A \$3 donation per meal is requested. Call the Elderly Nutrition Program at **530-662-7035**.

OVER

Respite

Adult Day Health Center - Health, social and rehabilitation services in an adult day care program in Woodland. Transportation is provided. Call **530-666-8828**.

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

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

Reassurance

Are You OK? - A free, daily, computerized phone call from the Davis Police Department for Davis residents. After you answer the phone, you press a number to indicate you are OK. If not, they check on you. Call the Davis Senior Center, **530-757-5696**.

Peer Counseling – Trained senior volunteers offer free, supportive counseling to Yolo County residents over age 60 who are troubled by loneliness, depression, loss of spouse, illness, or other concerns of aging. Call **530-666-8712**.

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

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

Transportation & Shopping

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

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

Home Repairs/Medical Equipment

Handy Helpers - A free minor home-repair program. Volunteers change light bulbs and furnace filters, fix screens and leaky faucets, etc. You pay for materials. Call the Davis Senior Center, **530-757-5696**.

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

Protective Services

Adult Protective Services – APS is a state-mandated program that provides intervention activities which safeguard the well-being of elders (65+) and dependent adults (18-64) suffering from or at risk of abuse or neglect, including self-neglect. To report potential abuse, call 530-661-2955 or tollfree 1-888-675-1115.

*This information is compiled by the City of Davis Senior Center, 646 A Street.
Please call 757-5696 with corrections or additions.*

This material can be made available upon request in an alternative format as required by the Americans with Disabilities Act of 1990. Direct your request to: Community Services Department (530) 757-5626; (530) 757-5666 (TDD) or csweb@cityofdavis.org.