In Northern California there is an array of community resources available. Listed below is an overview of the types of community resources that may be of interest to HD patients and families.

- <u>Adult Day Health Care (ADHC)</u> is licensed day programs offering services such as medical services, physical, occupational and speech therapy, personal care services, social services, nutritional counseling, meals and transportation to/from center. Cost varies; some centers accept Medi-Cal insurance.
- <u>Caregiver Resource Centers</u> offer free or low cost services including, care planning, respite, short-term counseling, support groups, legal and financial assistance and training/education.
- <u>Counseling</u> may be available through most Employee Assistance Programs (EAP) and behavioral health services through your health insurance.
- <u>Financial/Insurance Benefits</u> include Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), State Disability, Genetically Handicapped Person Program (GHPP), Medicare, Medi-Cal.
- <u>HD Specific Resources</u> include support groups, education, research and advocacy.
- <u>Home Health</u> provides medical services (physical, occupational, speech therapy, nursing care, etc) in a home setting. Referrals for Home Health must be ordered by a Physician and is covered by most health insurance.
- <u>Hospice</u> is a concept of care to improve the quality of life, dignity and comfort of the patient and family at end of life. The team includes nurses, social workers, chaplains, and volunteers to address medical, nursing, psychological, social and spiritual needs. Costs are covered by most health insurances.
- Housing:
 - <u>Placement Agencies</u> assist in locating housing facilities in your area. The process includes an intake and assessment to determine care needs and financial considerations. Some placement agencies are free and others may charge an hourly rate.
 - <u>Assisted Living Facilities</u> are for individuals who are mostly independent but require some daily supervision and assistance with house chores and minor personal care. They offer rooms or apartment-style accommodations, social activities, and meals. Health insurance does not cover placement in this type of facility.
 - <u>Residential Care Facilities/Board and Care Homes</u> are small group homes (usually 3-8 residents) that provide constant supervision, meals, bathing, grooming, eating, toileting, etc. Health insurance does not cover placement in this type of facility.
 - <u>Skilled Nursing Facilities (SNF)</u> offer 24 hour personal and medical nursing care. Short term rehabilitation (100 days or less) is often covered by health insurance; long term placement (over 100 days) is NOT covered by health insurance. Medi-Cal and Long Term Care Insurance policies may cover long term SNF placement.
- <u>In-Home Care Assistance</u> consists of companionship, housekeeping, cooking, dressing, grooming, bathing, grocery shopping, etc. This service is provided on an hourly basis and is NOT covered by most health insurances. Medi-Cal patients can apply for In Home Support Services (IHSS) which provides the above services. Costs range between \$20--\$25 per hour and may have a 3-4 hour minimum.

- <u>Legal Assistance</u> can include, living wills, conservatorship, criminal, elder law, disability, housing, health and government benefits.
- <u>Medical/Safety Equipment</u> may be available through your health insurance and prescription from your doctor. Equipment can be purchased privately through medical equipment companies as well as local consignment stores, Wal-Mart, Target, local churches and HDSA Online Equipment Exchange Board.
- <u>Medication Assistance</u> may be available through pharmaceutical companies and some community health organizations assisting with medication payment assistance, discounted medication and/or free healthcare clinics.
- <u>Mental/Behavioral Health</u> is offered through county Mental Health Departments; resources available will vary.
- <u>Nutrition/Food</u> includes community center meals, home delivered meals, food closets etc.
- <u>Respite</u> programs are limited; Family Resource Centers and Caregiver Resource Centers may have programs available. Assisted Living or Memory Care Facilities will offer respite services for a daily fee. This is not covered by health insurance.
- <u>Senior/Disabled Adult Services</u> offer a range of services to seniors (60 or older) and disabled adults with services such as: linking you with local senior/disabled services, case management, respite, food services, information & assistance, senior centers & activities, legal services, friendly visitor/telephone reassurance, in-home assistance, etc.
- <u>Support Groups</u> can be a great way to connect with other individuals in your community that are in a similar situation. There is a variety of type of support groups available for an array of situations (HD, Bereavement, Caregiving, other health conditions, etc).
- <u>Transportation</u> resources vary widely; types include bus, train, paratransit, dial-a-ride, taxi, wheelchair van, gurney van, etc.
- <u>Utility Assistance</u> may help in reducing your monthly energy bill as well as weatherizing your home to be more energy efficient.

How to Locate Resources in your Community:

- Phone book
- Internet searches
- Local churches
- Community Centers or Senior Centers
- Ask your neighbors, support group members, social workers
- Contact Lisa Kjer, LCSW @ 916-734-6277 or lkjer@hdsa.org.