

## RESOURCES FOR CAREGIVERS

Updated April 2022

Unless noted, these groups are not affiliated with UC Davis Health; however, they are area and national experts in the field. They may provide additional information that supports you in your role as a caregiver.

Is there a service you access that is not on this list? We are always interested in learning about resources or organizations that support caregivers in the community. Please email suggestions to [hs-FCI@ucdavis.edu](mailto:hs-FCI@ucdavis.edu)

### SACRAMENTO-AREA RESOURCES

#### Agency on Aging Area 4

916-486-1876

[agencyonaging4.org](http://agencyonaging4.org)

Creating and supporting opportunities that enhance the lives of older adults and their families to be safe, healthy and independent. Serving Nevada, Placer, Sacramento, Sierra, Sutter, Yolo and Yuba Counties.

#### California Caregiver Resource Center

[caregivercalifornia.org](http://caregivercalifornia.org)

The 11 nonprofit California Caregiver Resource Centers (CRCs) serve family caregivers of adults affected by chronic and debilitating health conditions including dementia, Alzheimer's disease, cerebrovascular diseases (such as stroke or aneurysms), degenerative diseases such as Parkinson's, Huntington's and multiple sclerosis, or traumatic brain injury, among others.

#### City of Sacramento Older Adult Services and Social Groups

916-808-5462

[www.cityofsacramento.org/ParksandRec/Recreation/older-adult-services](http://www.cityofsacramento.org/ParksandRec/Recreation/older-adult-services)

#### City of Davis Older Adult Services California Department on Aging

800-510-2020

[www.cityofdavis.org/city-hall/parks-and-community-services/senior-services](http://www.cityofdavis.org/city-hall/parks-and-community-services/senior-services)

#### California Aging and Adult Information Line

800-510-2020

Toll-free, statewide phone number links Californians and their caregivers to information and assistance in their own area. Calls are automatically routed to the appropriate Agency on Aging.

#### Del Oro Caregiver Resource Center

[deloro.org](http://deloro.org)

Private, non-profit agency dedicated to serving families and individuals who provide care for brain impaired individuals and frail older adults. Serving Northern California's Gold Country

counties — Alpine, Amador, Calaveras, Colusa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo and Yuba.

### **Meals on Wheels by ACC**

877-434-8075

[mowsac.org](http://mowsac.org)

Serving Sacramento County Seniors. Home-delivered meals for older adults who have difficulty leaving their homes or preparing food for themselves.

### **Rebuilding Together Sacramento**

916-455-1880

[rebuildingtogethersacramento.org](http://rebuildingtogethersacramento.org)

Nonprofit, volunteer home rehabilitation organization provides services to improve the safety and efficiency of homes in the Sacramento area for low-income homeowners, including older adults.

### **Sacramento County Aging Resources Directory**

[sacagingresources.org/resources-directory](http://sacagingresources.org/resources-directory)

Local, state and national resources and services available to older adults and caregivers living in Sacramento County. All organizations are government or non-profit agencies.

### **UC Davis Health Alzheimer's Resource Center**

[health.ucdavis.edu/alzheimers/education.html](http://health.ucdavis.edu/alzheimers/education.html)

Community education page for the UC Davis Alzheimer's Disease Center — advancing the understanding of Alzheimer's disease and related dementias through comprehensive patient evaluations and leading-edge research.

### **UC Davis Health Comprehensive Cancer Center**

[health.ucdavis.edu/cancer/support/caregivers-special-populations/caregivers-support.html](http://health.ucdavis.edu/cancer/support/caregivers-special-populations/caregivers-support.html)

Caregiver support page for the UC Davis Health Comprehensive Cancer Center – providing leading-edge cancer care research, education and outreach.

## **ADDITIONAL RESOURCES**

### **Administration for Community Living**

[acl.gov](http://acl.gov)

Help finding online tools, specific programs, services and service providers to enable older adults to live where they choose and participate in their communities.

### **Alzheimer's Association**

Helpline: 800-272-3900

[alz.org](http://alz.org)

Education, support and research

### **The American Cancer Society**

[cancer.org](http://cancer.org)

Education, support and research

### **American Heart Association**

[heart.org](http://heart.org)

Education, support and research

**Benjamin Rose Institute on Aging**

[benrose.org](http://benrose.org)

Financial, health, help at home, housing and resource library for older people and caregivers

**Choosing a Home Health Aide**

[aplaceformom.com/planning-and-advice/articles/tips-for-choosing-home-care](http://aplaceformom.com/planning-and-advice/articles/tips-for-choosing-home-care)

A Place for Mom article

**Choosing a Nursing Home**

[www.nia.nih.gov/health/how-choose-nursing-home](http://www.nia.nih.gov/health/how-choose-nursing-home)

National Institutes of Health article

**Daughterhood.org**

[daughterhood.org](http://daughterhood.org)

Online community sharing information, support and resources

**Diverse Elders Coalition**

[diverseelders.org](http://diverseelders.org)

Advocates for policies and highlights programs that improve aging in communities.

**Emergency Preparedness for Older Adults**

[cdc.gov/aging/emergency-preparedness](http://cdc.gov/aging/emergency-preparedness)

Center for Disease Control article

**Fall Prevention**

[nia.nih.gov/health/infographics/aging-place-tips-making-home-safe-and-accessible](http://nia.nih.gov/health/infographics/aging-place-tips-making-home-safe-and-accessible)

National Institutes of Health article

**Family Caregiver Alliance**

[caregiver.org](http://caregiver.org)

Improving quality of life for family caregivers and people who receive their care; many resources in Spanish, Chinese, Vietnamese and other languages, as well as English.

**Home Alone Alliance Family Caregiving How-to Series**

[aarp.org/ppi/initiatives/home-alone-alliance](http://aarp.org/ppi/initiatives/home-alone-alliance)

AARP and partners

**How to be a Caregiver**

[nytimes.com/guides/well/how-to-be-a-caregiver](http://nytimes.com/guides/well/how-to-be-a-caregiver)

New York Times guide

**Older Adult Nest Egg**

[olderadultnestegg.com](http://olderadultnestegg.com)

Non-profit website that seeks to protect elders vulnerable to financial scams and fraud through education, research and risk assessments.

**Parkinson's Foundation**

[parkinson.org/Living-with-Parkinsons/For-Caregivers](http://parkinson.org/Living-with-Parkinsons/For-Caregivers)

Education, support and research

**Zen Caregiving Project**

[zencaregiving.org/](http://zencaregiving.org/)

Mindfulness-based tools and approaches for caregivers.