



## SERVICES FOR YOU AND YOUR FAMILY

- **TELEPHONE HELPLINE: 464-9981** Family members and friends can talk one-on-one to counselors experienced with Alzheimer's and issues of dementia.
- **CAREGIVER SUPPORT GROUPS.** Held throughout the county and in Hollister with experienced facilitators, caregivers share information, feelings and learn coping techniques. Care may be available for the person with Alzheimer's disease.
- **EARLY STAGE SUPPORT GROUPS.** These facilitated groups for Alzheimer's patients in the early stages and their caregivers meet simultaneously at separate but adjacent locations – a most helpful service for families.
- **NEWSLETTER.** Published quarterly, the chapter newsletter contains invaluable information about caregiving, research, coping skills and public policy.
- **RESPIRE PROGRAM.** This program offers financial help to enable caregivers to take a break.
- **A LIBRARY OF BOOKS, PAMPHLETS & VIDEOS.** Materials are available on a wide range of topics, from descriptions of the disease, ways to cope with difficult behaviors, to legal considerations.
- **INFORMATION AND REFERRAL.** We have information about resources within the County, such as residential care facilities and in-home assistance.
- **SPEAKER'S BUREAU.** Presentations are made to groups that want to learn more about Alzheimer's disease and caring for people with all forms of dementia, also Maximize Your Memory.
- **EDUCATIONAL WORKSHOPS AND CONFERENCES.** Professionals in related fields cover specific topics in depth.
- **WANDERERS IDENTIFICATION AND SAFE RETURN.** Register the patient with local and national law enforcement agencies. These programs help law enforcement agencies locate Alzheimer's patients should they wander.
- **TAMBIRN TENEMOS LITERATURA EN ESPANOLA**

### **SANTA CRUZ CHAPTER – SUPPORT GROUPS FOR CAREGIVERS**

**Santa Cruz – Every Monday, 3:15 to 4:45 p.m.**

Elderday, 1410 Ocean St., Santa Cruz. (For free patient supervision call 464-9982 in advance)

**Santa Cruz – Twice a Month: 1<sup>st</sup> & 3<sup>rd</sup> Wed., 7 to 8:30 p.m.** Groups for Adult Children of Dementia/Alzheimer's patients

Alzheimer's Office in Elena Baskin/Live Oak Senior Center, 1777-A Capitola Road, SC.

**Watsonville – Monthly: 2<sup>nd</sup> Saturday, 10 to 11:30 a.m.**

655 Main St., Watsonville (Meeting room accessed via Ford Street, the side street near St. Patrick's Church!)

**Hollister – 2<sup>nd</sup> Friday, 1:30 to 3 p.m. – 3<sup>rd</sup> Wednesday 6 to 7 p.m. –**

3<sup>rd</sup> Wednesday 6 to 7 p.m. Spanish Speaking

Hollister Community Center 300 West Street, Hollister

**FOR ALL INFORMATION CALL (831) 464-9982**