



**Ventura County Area Agency on Aging (VCAAA)**

646 County Square Drive, Ventura, CA 93003-9086  
<http://www.ventura.org/vcaaa> ▪ (805) 477-7300 or toll free at  
 1-800-510-2020 (outside Ventura County only)

**RESOURCES FOR FAMILY (UNPAID INFORMAL) CAREGIVERS**

► This list is valid through June 30, 2015 ◀

SERVICE	LOCAL PROVIDERS
<p><b>Caregiver Information, Assistance and Referral for Family Caregivers (free)</b></p>	<p><b>East County: Senior Concerns Caregiver Support Center*/**, (855) 318-5921</b>  <b>West County**: Wellness &amp; Caregiver Center of Ventura County, 1-800-900-8582</b></p> <p><b>Ventura County Area Agency on Aging**, (805) 477-7300 or 1-800-510-2020 (toll free outside of Ventura County)</b></p>
<p><b>Caregiver Adaptations and Devices to help the family caregiver better serve the care receiver such as . grab bars, furniture platforms, transfer bench, shower assembly, etc.</b></p>	<p><b>East County: Senior Concerns Caregiver Support Center*/◆, (855) 318-5921</b>  <b>West County: Wellness &amp; Caregiver Center of Ventura County*/◆, 1-800-900-8582</b></p>
<p><b>Caregiver Assistive Devices to facilitate and fulfill caregiving responsibilities, the purchase, rental and/or service fee of equipment or product system (e.g., lift chair, bathtub transfer bench, electronic pill dispenser or emergency alert fall prevention device).</b></p>	<p><b>East County: Senior Concerns Caregiver Support Center*/◆, (855) 318-5921</b>  <b>West County: Wellness &amp; Caregiver Center of Ventura County*/◆, 1-800-900-8582</b></p> <p><b>Grab-Bar Installations By Leroy, (805) 687-1158</b>  <b>Home Remedies**, (805) 492-4689</b></p>
<p><b>Caregiver Case Management - Free comprehensive assessment, assistance and referrals for family caregivers who may be at or on the verge of caregiver burnout.</b></p>	<p><b>East County: Senior Concerns Caregiver Support Center*/◆, (855) 318-5921</b>  <b>West County: Wellness &amp; Caregiver Center of Ventura County, 1-800-900-8582</b></p>
<p><b>Caregiver Grandparents Raising Grandchildren or other family members raising a child aged 18 or younger when the parents are unable to do so.</b></p>	<p><b>East County: Senior Concerns Caregiver Support Center*/◆, (855) 318-5921</b>  <b>West County: Wellness &amp; Caregiver Center of Ventura County, 1-800-900-8582</b></p> <p><b>Kids and Families Together**, (805) 643-1446</b></p>
<p><b>Caregiver Pre-Placement Counseling - Free unbiased counseling for all caregivers considering placement of a loved one in a skilled nursing facility or residential care home for the elderly in Ventura County.</b></p>	<p><b>Long Term Care Services of Ventura County* (805) 656-1986</b></p>

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<p><b>Caregiver Resource Library</b> with computer kiosk for family caregivers to research resources (free).</p>	<p><b>Wellness &amp; Caregiver Center of Ventura County</b> 1-800-900-8582</p>
<p><b>Caregiver Respite - Adult Day Care</b> - Supervised protective adult day care for persons 60 years and older with special needs such as <i>early stages</i> of Alzheimer’s disease, Parkinson’s disease or stroke. Scholarships may be available.</p>	<p><b>East County: Senior Concerns Caregiver Support Center*/◆</b>, (855) 318-5921</p> <p><b>West County: Wellness &amp; Caregiver Center of Ventura County*/◆</b>, 1-800-900-8582</p>
<p><b>Caregiver Respite - Alzheimer’s Adult Day Care Resource Center (ADCRC)</b> - Supervised, protective day care for persons in the <i>moderate to severe stages</i> of Alzheimer’s disease or with related disorders whose care needs and behavioral problems that make it difficult for them to participate in other care programs. Services available on a sliding scale fee.</p>	<p><b>East County: Senior Concerns Caregiver Support Center*/◆</b>, (855) 318-5921</p> <p><b>West County: Wellness &amp; Caregiver Center of Ventura County*/◆</b>, 1-800-900-8582</p>
<p><b>Caregiver Respite - In-Home Supervision</b> provides a temporary period of relief from caregiving responsibilities in a manner that responds to the <i>individual needs and preferences</i> of the caregivers and their care receivers.</p>	<p><b>East County: Senior Concerns Caregiver Support Center*/◆</b>, (855) 318-5921</p> <p><b>West County: Wellness &amp; Caregiver Center of Ventura County*/◆</b>, 1-800-900-8582</p>
<p><b>Caregiver Support Groups</b></p>	<p><b>Alzheimer’s Association</b>, (805) 484-6028**</p> <p><b>Coast Caregiver Resource Center</b>, (805) 962-3600**</p> <p><b>Senior Concerns Caregiver Support Center*/◆</b>, (855) 318-5921</p> <p><b>Wellness &amp; Caregiver Center of Ventura County</b>, 1-800-900-8582</p>
<p><b>Caregiver Training</b></p>	<p><b>Long Term Care Services of Ventura County**</b>, (805) 656-1986</p> <p><b>Senior Concerns Caregiver Support Center*/◆</b>, (855) 318-5921</p> <p><b>Wellness &amp; Caregiver Center of Ventura County**</b>, 1-800-900-8582</p>
<p><b>Case Management for persons aged 60 and older</b> includes free comprehensive assessment, care planning, case monitoring and arranging of services for persons with functional impairment or other difficulties.</p>	<p><b>Catholic Charities/OASIS*</b> (805) 987-2083 - <i>Services are not available in Ojai and Simi Valley. Services are not available for new clients and Thousand Oaks/Conejo Valley.</i></p>

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SERVICE	LOCAL PROVIDERS
<p><b>Case Management for persons aged 65 years and older who are eligible for Medi-Cal and are at risk of being placed in a nursing home.</b> The Multipurpose Senior Services Program (MSSP) provides services to help the senior to remain living in his/her home.</p>	<p><b>Ventura County Area Agency on Aging</b> (805) 477-7300 or 1-800-510-2020</p>
<p><b>Companionship Program</b> provides free friendly visiting to and telephone reassurance for persons aged 60 years and older.</p>	<p><b>Caregivers-Volunteers Assisting the Elderly</b> (805) 658-8530 – <i>Serves seniors in Camarillo, Fillmore, Oxnard, Port Hueneme, Piru, Santa Paula and Ventura.</i></p>
<p><b>Fall Prevention Education and Information</b></p>	<p><b>Ventura County Area Agency on Aging</b> (805) 477-7343 or (805) 477-7300</p> <p><b>Camarillo Health Care District, Camarillo</b> (805) 388-1952x100</p>
<p><b>FOOD: Congregate and Home Delivered Meals</b> are available at various sites throughout Ventura County. Call for information on availability of services in a specific area.</p>	<p><b>Senior Nutrition Program of the Ventura County Area Agency on Aging</b> (805) 477-7311 or (805) 477-7300</p>
<p><b>FOOD: Supplements</b> - Nutritional food supplements for persons aged 60 and older living at or below the federal poverty level. Proof of income is required.</p>	<p><b>FOOD Share</b> (805) 983-7100 <i>FOOD Share also has a list of local food pantries.</i></p>
<p><b>FOOD: Grocery Shopping Assistance</b> for functionally impaired seniors who are unable to shop for themselves.</p>	<p><b>Shop Ahoy**</b> (805) 236-1267 – <i>Serves seniors residing in Camarillo, Oxnard, Newbury Park, Port Hueneme, Saticoy, Simi Valley, Thousand Oaks, Ventura and Westlake Village.</i></p>
<p><b>Health Insurance Counseling and Advocacy Program (HICAP)</b> provides <u>free, unbiased consumer counseling</u> on Medicare, Medicare supplement policies, Medicare Prescription Part D Plan comparisons, appeals, and complaints. Health Maintenance Organizations (HMOs) and long-term care insurance, plus community education and confidential individual counseling.</p>	<p><b>Ventura County Area Agency on Aging</b> (805) 477-7310</p>

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SERVICE	LOCAL PROVIDERS
<p><b>Legal Assistance</b> for persons age 60 and older regarding advance directives, powers of attorney, long term care issues (resident rights, etc.), credit collection issues, Medi-Cal, SSI/SSP, Social Security and home repair fraud, warranties, mobile home issues, elder abuse, wills, probate, elder abuse and consumer fraud.</p>	<p><b>Grey Law of Ventura County, Inc.</b> (805) 658-2266</p> <p><i>Services provided at senior centers throughout the county. Call the above number for an appointment near you.</i></p>
<p><b>Long Term Care Ombudsman</b> advocates for and ensures the rights and entitlements of seniors living in skilled nursing homes, residential care facilities for the elderly and assisted living facilities in Ventura County. Residents or their family members can file a complaint about a facility directly with the local Long-Term Care Ombudsman. Lists of facilities available for free.</p>	<p><b>Long Term Care Services of Ventura County**</b> (805) 656-1986</p>
<p><b>Senior Support Line</b> provides friendly telephone reassurance and peer counseling to older adults, Monday through Friday, 8 AM to 6 PM.</p>	<p><b>Camarillo Health Care District</b> (805) 388-1952, Ext. 111</p>

**KEY:**

*	These specific services are made possible in part by a grant from the Ventura County Area Agency on Aging using federal Older Americans Act funds overseen by the California Department of Aging.
**	Refer to the Additional Information on Local Providers on the next page. Visit the provider websites.
◆	To qualify for FREE grant funded services in this service category, the <u>care receiver</u> <b>MUST</b> live in Ventura County and have a cognitive impairment AND/OR two or more activities of daily living impairments. The <u>caregiver</u> <b>MUST</b> be an <i>unpaid</i> , informal caregiver or family member who: (1) is aged 18 or older and caring for a Ventura County resident who is aged 60 years or older –or- is caring for a person of any age with Alzheimer’s disease or dementia; or (2) aged 60 years or older caring for a disabled spouse or adult child aged 18 years or older residing in Ventura County.

**NOTE:** The information contained in this document is provided as a courtesy to assist family caregivers of older adults. VCAAA does not necessarily recommend any non-VCAAA vendor or service provider. The information is subject to change.

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**Ventura County Area Agency on Aging (VCAAA)**

<b>ADDITIONAL INFORMATION ON LOCAL PROVIDERS LISTED ABOVE</b>	
<b>1</b>	<b>Alzheimer's Association</b> (805) 484-6028, 24/7 Helpline: 1.800.272.3900 <a href="http://www.alz.org/cacentral/">http://www.alz.org/cacentral/</a>
<b>2</b>	<b>Camarillo Health Care District</b> , Camarillo (805) 388-1952, 3639 E. Las Posas Rd., Suite 117, Camarillo <a href="http://www.camhealth.com/">http://www.camhealth.com/</a> <ul style="list-style-type: none"> <li>• Adult Day Care Center (805) 388-1952, x111</li> <li>• Senior Support Line 1-800-235-9980</li> <li>• Fall Prevention Classes (805) 388-1952, x100</li> <li>• Wellness and Caregiver Center 1-800-900-8582</li> </ul>
<b>3</b>	<b>Caregivers: Volunteers Assisting the Elderly</b> (805) 658-8530 <a href="http://vccaregivers.org/">http://vccaregivers.org/</a>
<b>4</b>	<b>Catholic Charities/OASIS (Older Adults Services and Intervention System)</b> (805) 987-2083 <a href="http://www.angelfire.com/ca/CatholicCharities/">http://www.angelfire.com/ca/CatholicCharities/</a>
<b>5</b>	<b>Coast Caregiver Resource Center</b> Santa Barbara (805) 962-3600 or (805) 492-0601 - Support groups in Ventura and Thousand Oaks <a href="http://www.sbch.org/tabid/799/Default.aspx">http://www.sbch.org/tabid/799/Default.aspx</a>
<b>6</b>	<b>FOOD Share, Inc.</b> 805-983-7100, 4156 Southbank Road, Oxnard <a href="http://www.foodshare.com">http://www.foodshare.com</a>
<b>7</b>	<b>Grey Law of Ventura County, Inc.</b> (805) 658-2266 <a href="http://www.greylaw.us/">http://www.greylaw.us/</a>
<b>8</b>	<b>Grab-Bar Installations By Leroy</b> (805) 687-1158 (LeRoy Villa, Owner)
<b>9</b>	<b>Home Remedies</b> (805) 492-4689 (Paul Furtaw, Owner) <a href="http://www.hmrem.com">www.hmrem.com</a>
<b>10</b>	<b>Kids and Families Together</b> (805) 643-1446 <a href="http://www.kidsandfamilies.org/">http://www.kidsandfamilies.org/</a>
<b>11</b>	<b>Long Term Care Services of Ventura County</b> (805) 656-1986 <a href="http://ombudsmanventura.org/">http://ombudsmanventura.org/</a>
<b>12</b>	<b>Senior Concerns</b> (805) 497-0189, 401 Hodencamp Rd., Thousand Oaks <ul style="list-style-type: none"> <li>• Caregiver Support Center (855) 318-5921</li> </ul> <a href="http://www.seniorconcerns.org/">http://www.seniorconcerns.org/</a>
<b>13</b>	<b>Shop Ahoy</b> (805) 236-1267 <a href="http://shopahoy.org/">http://shopahoy.org/</a> Volunteers shop and deliver groceries in Camarillo/Somis, Newbury Park, Oxnard, Port Hueneme, Santa Paula, Simi Valley, Somis, Thousand Oaks, Ventura and Westlake.
<b>14</b>	<b>Ventura County Area Agency on Aging</b> <a href="http://www.ventura.org/vcaaa">http://www.ventura.org/vcaaa</a> The VCAAA is a unit of County government that provides <u>FREE</u> unbiased information, assistance and referrals about programs, services and resources for seniors and their caregivers. <ul style="list-style-type: none"> <li>• Information and Assistance (805) 477-7300 or 1-800-510-2020 (toll free outside of Ventura County)</li> <li>• Fall Prevention (805) 477-7343</li> <li>• MSSP Case Management (805) 477-7300</li> <li>• Senior Nutrition Program - Congregate and Home Delivered Meals (805) 477-7311</li> </ul>
<b>15</b>	<b>Wellness &amp; Caregiver Center of Ventura County</b> 1-800-900-8582, 3687 E. Las Posas Rd., Bldg. H, #188 <a href="http://www.camhealth.com/wellness-caregiver-center-of-ventura-county/">http://www.camhealth.com/wellness-caregiver-center-of-ventura-county/</a>

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**FAMILY CAREGIVING RESOURCES AVAILABLE ON THE INTERNET**

(Updated 10/20/14)

Alzheimer's Association: [www.alz.org](http://www.alz.org)

Alzheimer's Foundation of America: <http://www.alzfdn.org/>

Caregiver Action Network: <http://www.caregiveraction.org/>

Caregiver Health Assessment in English and Spanish:

<http://www.caregiving.org/resources/general-caregiving>

Eldercare Search Locator - INFORMATION LINE: 1-800-677-1116

<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

Family Caregiver Alliance: <https://www.caregiver.org/>

Family Caregiving 101: [http://www.caregiver.com/articles/caregiver/caregiving\\_101.htm](http://www.caregiver.com/articles/caregiver/caregiving_101.htm)

Medicare-Your Discharge Planning Checklist

<http://www.medicare.gov/publications/pubs/pdf/11376.pdf>

National Adult Day Services Association, Inc.

<http://nadsa.org/>

National Alliance for Caregiving: <http://www.caregiving.org>

*The First Step Care: Becoming a Family Caregiver* - available in English, Spanish, Chinese and Russian.

This 8-9 page document is at:

[http://www.nextstepincare.org/left\\_top\\_menu/Caregiver Home/Becoming a Family Caregiver](http://www.nextstepincare.org/left_top_menu/Caregiver_Home/Becoming_a_Family_Caregiver)

VA Caregiver Support

<http://www.caregiver.va.gov/>