

Resources for People Living with Alzheimer's Disease & Dementia and their Caregivers

Alzheimer's Association 24/7 Helpline *S **interpreters according to need

Provides support for people living with dementia, caregivers, families, and the public. Callers can connect with a live person who can provide information, local resources, crisis assistance, and emotional support.

- **Call** 800-272-3900
- **Visit** <https://www.alz.org/help-support/resources/helpline>

Family Caregiver Alliance *C, M, S **K, Tg, V

Provides information, referrals, assessment, and care planning. Eligible individuals include (1) family members caring for those with adult-onset brain impairment and (2) family caregivers of adults age 60 and over regardless of diagnosis or income level.

- **Call** 800-445-8106
- **For services, visit** www.caregiver.org/connecting-caregivers/bay-area-caregiver-center
- **For resource guides and free classes, visit** <https://tinyurl.com/mryejfch>
- **Email** info@caregiver.org

Caregiver OneCall *F, H, P, S, Tm

Provides a free, 24/7, multilingual and culturally responsive hotline for family caregivers. Includes support for emotional overwhelm as well as caregiver training, tools and solutions for system navigation and daily care challenges.

- **Call** 833-927-6599
- **Visit** <https://caregiveronecall.org>
- **Email** info@caregiveronecall.org

DayBreak Adult Care

Provides resources to support low-income elders and people with disabilities to continue to live independently at home. Depending upon eligibility, services include caregiver support, as well as case management, home modifications, and durable medical equipment (DME).

- **Email** info@daybreakac.org
- **Visit** www.daybreakac.org

National Council of Dementia Minds

Provides peer support groups for people with dementia or mild cognitive impairment.

- **For more information or to join a group, visit** <https://dementiaminds.org>

General Information, Referrals and Assistance

Senior Information & Assistance Program, Alameda County Social Services Agency (SSA), Area Agency on Aging (AAA) **interpreters according to need

Provides information and direct referrals to services for older adults.

- **Call** 510-777-3530
- **Visit** <https://tinyurl.com/yeywu36j>

Key

Languages:

C (Cantonese)
F (French)
H (Hindi)
J (Japanese)
K (Korean)
M (Mandarin)
P (Portuguese)
S (Spanish)
Tg (Tagalog)
Tm (Tamil)
V (Vietnamese)

Translation:

***Native Speaker**

****Interpreter**

2-1-1 **interpreters according to need

Provides 24/7 assistance to access a range of services including housing, healthcare, disaster relief, transportation, support for justice-involved individuals, and more.

- **Call** 2-1-1
- **Visit** <https://211alamedacounty.org>

Crisis Support Services of Alameda County **interpreters according to need

Provides support for anyone struggling with difficult life circumstances or uncomfortable thoughts and emotions including, but not limited to suicidal thoughts or feelings. Trained Crisis Line counselors are available 24/7 to help.

- **Call** 800-273-8255
- **Visit** www.crisissupport.org/get-help-now

Alameda County Care Partners * C, K, M, S, V **interpreters according to need

Provides light-touch care coordination including obtaining durable medical equipment and safety equipment such as walkers, grab bars, and more; connecting to local resources; and assisting with Life Care Planning to low-income older adults and people with disabilities including IHSS recipients and their care providers and other informal caregivers.

- **Call** 510-577-3517
- **Visit** <https://acphd.org/programs-and-services/carepartners/>
- **Email** care.partners@acgov.org

Comfort Homesake *C, M, S **interpreters according to need

Provides a wide range of accessible, culturally competent support for caregivers, patients, and healthcare providers; education and training; respite care; and other services. Services are available on a sliding scale.

- **Visit** <https://comforthomesake.com>

Food Resources **interpreters according to need

Information about groceries and food banks, home-delivered meals, congregate meals (group dining):

- **Call SSA Senior Information & Assistance at** 510-577-3530
- **Visit** SSA's Food and Nutrition for Older Adults website <https://tinyurl.com/aefjh52p>

California Advocates for Nursing Home Reform (CANHR) *S

Provides support, education, and advocacy for people living in long-term care facilities (LTCF) such as nursing homes. Works with LTCF residents and their family members and friends. Resources include counseling, legal resources, support for organizing Family Councils in nursing homes, and more. The CANHR website provides information specific to Continuing Care Retirement Communities.

- **Call** 800-474-1116
- **Visit** <https://canhr.org>

Legal Assistance for Seniors *C, H, J, K, M, S **interpreters according to need

Provides free legal services to seniors, as well as the Health Insurance Counseling and Advocacy Program (HICAP) that supports Medicare beneficiaries of any age with information and advocacy.

- **For legal services, call** (510) 832-3040
- **For HICAP, call** (510) 839-0393
- **Visit** www.lashicap.org

For more information, SSA AAA [Senior Information & Assistance](https://tinyurl.com/374p693x) resource guides are available at <https://tinyurl.com/374p693x> in English, Chinese (Simplified), Farsi, Hindi, Korean and Spanish.

This material is supported by the California Department of Public Health, Alzheimer's Disease Program. © 2025, funded under Contract # 23-10055.

