What is the Family Caregiver Support Program?

Family Caregiver Support Program offers short-term assistance to help families caring for an older person, 60 years or older. We may be able to assist in your home, or provide you with information to help with your needs.

The Program Works with Families to:

- Identify needs and create goals
- Establish a plan to achieve goals
- Serve as a guide to community resources
- Nurture an accessible support system for caregivers

Who is eligible for Services?

ADULT PROGRAM

The caregiver must be providing care to a frail adult, aged 60 or older, or an individual of any age with Alzheimer’s disease or a related disorder with neurological and organic brain dysfunction.

GRANDPARENT PROGRAM

The caregiver must be a relative who is at least 55 years old.

The care receiver must be a minor child under 18, or an individual (of any age) with a disability.

The caregiving must be the result of circumstances in which the natural parent is no longer able to be the primary custodian.
SUPPORT GROUPS

Napa Valley Caregivers Support Group
Lisa Burquist
Redwood Caregiver Resource Center
(707) 258-9087
(800) 834-1636
www.napavalleyhospice-ads.org
Meets at Adult Day Services of Napa Valley
414 S. Jefferson St., Napa,
on the 1st & 3rd Thursday of each month
from 1:00 to 3:00 PM.

Napa Valley Caregiver Support Group
With Queen of the Valley Hospital
(707) 258-9087 or 1 (800) 834-1636
www.napavalleyhospice-ads.org
Meets at Adult Day Services of Napa Valley
414 S. Jefferson St., Napa,
Every Wednesday from 6-8PM

Vallejo Caregiver Support Group
Holly Rylance
Redwood Caregiver Resource Center
(800) 834-1636
www.redwoodcrc.org
Meets at Florence Douglas Senior Center
333 Amador St., Vallejo
on the 2nd & 4th Tuesday of each month
from 10:30 am to 12:30 PM

Fairfield Caregiver Support Group
Holly Rylance
Redwood Caregiver Resource Center
1(800) 834-1636
www.redwoodcrc.org
Meets at Fairfield Senior Center
1200 Civic Center Drive, Fairfield
on the 1st & 3rd Wednesday of each month
from 10:30 AM to 12:30 PM

Northbay Caregiver’s Support Group
Sandy Perez, Program Manager
(707) 624-7971
www.northbay.org
Meets at Northbay Adult Day Center
1020 Nut Tree Road, Vacaville, on the 2nd
Wednesday of each month from 7:00 to 9:00 PM

What Services Can Be Provided?

Access services: including Information and referral (assistance finding services for the care recipient or the caregiver), assessment and case management and transportation.

Caregiver support: including counseling, caregiver support groups and caregiver training.

Respite care: to provide a temporary break from caregiving responsibilities.

Supplemental services: including minor home modifications, assistive devices, help with chores, and more.

This guide has been developed to help caregivers in Solano and Napa Counties find needed services. We have tried to include basic resources, along with where to call for additional help. The purpose of this guide is to help you start your search. The listing of the services does not constitute an endorsement. You will find that some of the services are free, some have fees based on income, and others charge set fees.

At the time of printing, all entries were current. Please be aware that changes may occur.

RESOURCES FOR CAREGIVERS IN NAPA AND SOLANO COUNTIES

Area Agency on Aging
Serving Napa and Solano
P.O. Box 3069, Vallejo, CA 94590
(707) 644-6612
For Information & Assistance call 1-800-510-2020 or (707) 643-1797
DAY PROGRAMS

Adult Day Services of Napa Valley
Celine Regalia, Program Director
(707) 258-9087
www.napavalleyhospice-ads.org
Comprehensive program including Adult Day Health Care and Alzheimer’s Day Care Resource Center.
Monday -- Friday, hours vary by program, extended hours available for working caregivers.
414 S. Jefferson St, Napa.

Fairfield Adult Day Program
(707) 428-7654
Social Day Care, for frail older individuals,
Tuesday & Thursday
Fairfield Senior Center
1200 Civic Center Drive, Fairfield

North Bay Adult Day Care
Sandy Perez, Program Manager
(707) 624-7971
www.northbay.org
Social day care and Alzheimer’s Day Care Resource Center.
Monday -- Friday
1020 Nut Tree Road, Vacaville

The STARS Center
Vallejo Adult School
Perry Tanner, Coordinator
(707) 556-8680 Ext. 55300
Respite care for Alzheimer’s, dementia, and memory-impaired individuals,
Tuesdays & Thursdays
Holy Trinity Lutheran Church
201 Doyle Dr., Vallejo
(707) 643-5965 (Tuesday & Thursday only)

Solano Adult Day Health Center
Manju Asthana, President
(707) 642-6811
Comprehensive Adult Day Health Care
Monday, Tuesday, Wednesday & Saturday
100 Corporate Place, Suite D, Vallejo

CASE MANAGEMENT AND CARE COORDINATION

Redwood Caregiver Resource Center
141 Stoney Circle, Suite 200
Santa Rosa, CA  95401
Alexis Glidewell, Holly Rylance, Lisa Burquist,
Family Consultants
1(800) 834-1636 or (707) 542-0282
www.redwoodcrc.org
Information, referrals, legal advice, counseling, support groups, care options, assistance etc. for families and caregivers of brain-impaired adults: Alzheimer’s, other cognitive disorders.

Multipurpose Senior Services Program (MSSP)
400 Contra Costa St.
P.O. Box 3069, Vallejo, CA  94590
Richard Strange MSSP Site Director
(707) 643-5170 or (707) 644-6612
www.aaans.org
Comprehensive case management, in-home assessment, coordination of services and some purchase of services for eligible elderly and disabled clients.

Area Agency on Aging Serving Napa - Solano
575 Sacramento Street
P.O. Box 3069, Vallejo, CA 94590
Sue King, Direct Services Supervisor
(707) 643-1797 or 1 (800) 510-2020
www.aaans.org
Information, assistance, and referrals for seniors (age 60+). Assessment and coordination of supportive social services.

Napa County IHSS Public Authority
Nancy Schulz, Executive Director
(707) 259-8359 or (707) 253-3818
The IHSS Public Authority provides information and assistance to IHSS clients who need in-home care providers, and is the “Employer of Record” for all IHSS providers.

(Continued on Page 4)
Napa County Health and Social Services
Older & Disabled Adult Services Bureau
900 Coombs Street, Room 257
Napa, CA 94559
Adult Protective Services
In Home Supportive Services
Gero-Psychiatric Case Management
Alcohol/Drug Counseling
Public Health Nursing
Long-Term Care Medi-Cal
Veterans Services
Kristin Brown, Supervisor
(707) 253-4625 or (800) 498-9455
Assistance for seniors and dependent adults who are at risk of physical, emotional, financial abuse or neglect.
Assistance for aged and disabled individuals who are unable to remain safely at home without assistance.
In-home assessment, resource referral and coordination of resources.
Screening & eligibility determination for benefits.

Solano County IHSS Public Authority
Executive Director
(707) 784-8200
The IHSS Public Authority provides information and assistance to IHSS clients who need in-home care providers, and is the “Employer of Record” for all IHSS providers.

Solano County Health and Social Services
Older & Disabled Adult Services Bureau
Adult Protective Services
In Home Supportive Services
Public Health Nursing
Long-Term Care Medi-Cal
275 Beck Avenue
Fairfield, CA 94533
Donna Fields, Supervisor
(707) 784-8259 (Intake)
1-800-850-0012 (APS Hotline)
Assistance for seniors and dependent adults who are at risk of physical, emotional, financial abuse or neglect. Assistance for aged and disabled individuals who are unable to remain safely at home without assistance. In-home assessment, resource referral and coordination of resources. Screening & eligibility determination for benefits.

NAPA COUNTY HEALTH CLINICS

Community Health Clinic Ole – Napa
1141 Pear Tree Lane, Suite 100
Napa, CA 94558
(707) 254-1770
www.clinicole.org

Community Health Clinic Ole – St. Helena
661 Main Street
St. Helena, CA 94574
(707) 963-0931
www.clinicole.org

Community Health Clinic Ole – Calistoga
911 Washington St.
Calistoga, CA 94515
(707) 709-2308
www.clinicole.org

Calistoga Family Center
1500 Cedar Street
Calistoga, CA 94515
(707) 942-6206

SOLANO COUNTY HEALTH CLINICS

La Clinica – Vallejo
243 Georgia Street, Suite B
Vallejo, CA 94590
(707) 556-8100

Solano County Health Clinic – Vallejo
355 Tuolumne Street., Vallejo, CA 94590
(707) 553-5509

Solano County Health Clinic – Fairfield
2101 Courage Drive., Fairfield, CA 94534
(707) 784-2010
TRANSPORTATION

Paratransit is a door-to-door ADA (Americans with Disabilities Act) service, and is complementary to the fixed route bus system. In order to use ADA paratransit service, you must be certified. Eligibility is determined on a case-by-case basis. According to ADA regulations, eligibility is strictly limited to those who have specific limitations that prevent them from using accessible public transportation.

- **Fairfield DART** (707) 429-2400
- **Vacaville City Coach Special Services** (707) 449-6000
- **Vallejo-Runabout** (707) 649-1999
- **Van-Go Paratransit** (707) 252-2600
- **Van-Go Up-Valley** (707) 963-4222

Assisted Transportation provides door-to-door transportation with escort for older adults who have difficulties with regular transportation.

- **Area Agency on Aging Senior Escort** (707) 643-1797
- **Faith in Action** (707) 425-6164 (Fairfield) (707) 469-6668 (Vacaville)
- **Volunteer Center of Napa Valley** (707) 252-6222

HOUSING ASSISTANCE

Individual cities have housing authorities that administer public housing, and provide rental assistance for low-income families, seniors and persons with disabilities through section 8 subsidies.

- **Benicia Housing Authority**
  
  28 Riverhill Drive
  
  Benicia CA 94510-2725
  
  (707) 747-0348

- **Fairfield Housing Authority**
  
  823 Jefferson Street
  
  Fairfield CA 94533
  
  (707) 428-7392

- **Napa Valley Housing Authority**
  
  1115 Seminary Street
  
  Napa, CA 94559
  
  (707) 257-9543

- **Suisun City Housing Authority**
  
  701 Civic Center Blvd.
  
  Suisun City, CA 94585
  
  (707) 421-7330

- **Vacaville Housing Authority**
  
  40 Eldridge Avenue, Suite 2
  
  Vacaville, CA 95688
  
  (707) 449-5675

  Unincorporated areas calls are routed to Vacaville also handles Dixon & Rio Vista

- **Vallejo Housing Authority**
  
  200 Georgia St.
  
  Vallejo CA 94590
  
  (707) 648-4507

NUTRITION

Meals on Wheels of Solano County

Congregate dining at senior centers and home-delivered meals.

(707) 425-0638 - Solano County

(707) 426-3079 - Suisun

(707) 644-7444 - Vallejo

(Continued on Page 6)
NUTRITION

(Continued from Page 5)

Community Action of Napa Valley
Senior Nutrition Program
Congregate dining at senior centers and home-delivered meals.
(707) 253-6111

Napa Senior Brown Bag Program, Napa Valley Food Bank
(707) 253-6128

Solano Senior Brown Bag Program, Food Bank of Contra Costa and Solano
(707) 421-9777

SENIOR CENTERS

Senior Centers are generally operated by cities and offer a wide variety of programs and services for older adults.

Benicia Senior Center
1201 E. 2nd Street
(707) 745-1202

Dixon Senior Center
201 S. 5th Street
(707) 678-7022

Fairfield Senior Center
1200 Civic Center Drive
(707) 428-7421

Florence Douglas Senior Center
333 Amador Street, Vallejo
(707) 643-1044

Napa Senior Center
1500 Jefferson Street
(707) 255-1800

McBride Senior Center
91 Town Square Place, Vacaville
(707) 469-6661 or 469-6660

Rianda House
1475 Main St., St. Helena
(707) 963-8555

Rio Vista Senior Center
25 Main Street
(707) 374-3349

Suisun City Senior Center
318 Merganser
(707) 421-7203

ADDITIONAL RESOURCES

Napa Alzheimer’s Day Care Resource Center
(local Information & referral, family consultation, community education & resources)
Program Coordinator
414 S. Jefferson Street, Napa, CA 94559
(707) 258-9087
www.napavalleyhospice-ads.org

North Bay Alzheimer’s Resource Center
(local Information & referral, family consultation, community education & resources)
Sandy Perez, Program Manager
1000 Nut Tree Road, Vacaville, CA 95687
(707) 624-7971
www.northbay.org

Alzheimer’s Association of Northern California and Northern Nevada (Helpline)
1 (800) 272-3900
www.alznorcal.org

Alzheimer’s Association, North Bay Chapter
Joan Davis, Shelley Dombroski
4340 Redwood Highway, Suite D314
San Rafael, CA 94940
(415) 472-4340

Alzheimer’s Association, East Bay Office of Greater San Francisco Bay Area Chapter
Deanna Randall
251 Lafayette Circle, Suite 250
Lafayette, CA 94549
(925) 284-7942

Alzheimer’s Aid Society of Northern California
John & B. Gorman
P.O. Box 1824, Sacramento, CA 95812-1824
(800) 540-3340
California Department of Aging  
(State-wide information about community services for seniors)  
(800) 510-2020  www.aging.ca.gov

Eldercare Locator  
(Nation-wide information about community services for seniors)  
(800) 677-1116  www.eldercare.gov

Medicare  
(800) 633-4227  www.medicare.gov

Social Security  
(800) 772-1213  
Napa: 1850 Soscol Ave., Suite 102  (707) 252-0839  
Vallejo: 106 Plaza Drive #A or 823 Marin St.  
Fairfield: 2500 Hillborn

Caregiver Referral Registry - Solano & Napa  
(For in-home care & chore workers in Solano and Napa Counties)  
Area Agency on Aging  
(707) 643-1797  
www.aaans.org

Bay Area Respite Care  
(Training & placement of in-home respite workers)  
(707) 644-4491  
3272 Sonoma Blvd., Suite 4, Vallejo  
www.bayrespitecare.org

Hospice of Napa Valley  
(707) 258-9080  www.napavalleyhospice-ads.org

Faith in Action  
(Friendly visitors and telephone reassurance calls)  
(707) 425-6164  Fairfield  
(707) 469-6668  Vacaville

Volunteer Center of Napa Valley  
(Friendly visitors and telephone reassurance calls)  
(707) 252-6222

Lifeline  
(Emergency Response System)  
(800) 949-2434

Legal Aid of Napa  
1001 2nd Street Suite 335, Napa  94559  
(707) 259-0579

Legal Services of Northern California, Solano  
1810 Capitol Street, Vallejo  94590  
(707) 643-0054

Senior Legal Hotline  
(800) 222-1753

HICAP  
(Medicare & LTC Insurance Counseling & Advocacy Services)  
(800) 434-0222

Napa Long Term Care Ombudsman  
1443 Main Street, Napa  94559  
(707) 255-4236  
Long Term Care Ombudsman investigate and resolve complaints and advocate for the rights of residents in licensed long-term care facilities (Skilled Nursing Facilities & Residential Care Facilities for the Elderly).

Ombudsman Services of Northern California – Solano County Office  
1810 Capitol Street, Vallejo  94590  
(707) 644-4194  
Long Term Care Ombudsman investigate and resolve complaints and advocate for the rights of residents in licensed long-term care facilities (Skilled Nursing Facilities & Residential Care Facilities for the Elderly).

The Area Agency on Aging Serving Napa and Solano is to provide leadership in addressing issues that relate to older persons, persons with disabilities and their caregivers; to develop community-based systems of care that provide services which support independence within our interdependent society, and which protect the quality of life of older persons and persons with functional impairments; and to promote citizen involvement in the planning and delivery of services.

The Area Agency on Aging Serving Napa and Solano works to provide or procure services to maintain and or enhance the independence, health, safety, and dignity of seniors, persons with disabilities and their caregivers living in Napa and Solano Counties by funding a wide array of essential services provided by a close-knit network of public and private community-based organizations and the Area Agency. The Area Agency also works to promote the central role of it’s Advisory Council as a primary Advocate for the needs of all seniors, with particular attention to the needs of low income and/or minority seniors.
Established in 1980, the Area Agency on Aging Serving Napa and Solano (AAA) is a private, non-profit organization. With input from service providers, guidance from its Advisory Council and governance from its Board of Directors, the Area Agency on Aging assesses local needs, promotes cooperative relationships, and provides or procures services to maintain the health, dignity and independence of the seniors living in Solano and Napa Counties.

The Area Agency on Aging is committed to providing services that support seniors in their own homes and communities for as long as possible. There are many ways we can work together to make a difference in our community. There are volunteer opportunities with the AAA and our service providers. Please contact us to find out how you can get involved. Our main telephone number is 707-644-6612.

Funding for the Family Caregiver Support Program comes from Title III E of the Older Americans Act, in a grant from the California Department of Aging to the Area Agency on Aging. Like other Title III programs, services are provided at no charge to the caregiver, but they have the opportunity to contribute towards the cost of services provided. Donations are accepted.

National studies indicate that nearly 25% of households are involved in providing care for an older person. Most caregivers (75%) are female. Almost half of all caregivers are employed full-time, and if you include those who work part-time, the ratio raises to 2/3.