



Information, Referral, and Support Services:

- UC Berkeley Elder Care Program: <https://uhs.berkeley.edu/bewellatwork/eldercare>
- Nationwide Eldercare Locator – 800-677-1116 or <http://www.eldercare.gov>
- Statewide Information and Referral number – 800-510-2020
- National Association of Area Agencies on Aging: <http://www.n4a.org/>
- American Association for Geriatric Psychiatry (AAGP): <http://www.aagponline.org/>
- Health Insurance Counseling and Advocacy Program (HICAP): 800-434-0222 <http://www.cahealthadvocates.org/>
- California Department of Aging: <http://www.aging.ca.gov>
- California Association for Adult Day Services (CAADS): <http://www.caads.org>
- California Medical Association Advanced Health Care Directive Kit: <http://www.cmanet.org/resource-library/detail?item=advance-health-care-directive-kit-english>
- Alzheimer’s Association – 800-660-1993
- Alzheimer’s Association (Northern California & Nevada): <http://www.alznorcal.org>
Alzheimer’s Association (National): <http://www.alz.org>
- Family Caregiver Alliance – 800-445-8106 or <http://www.caregiver.org>
- Aging Life Care Association (ALCA) (520) 325-7925 or <http://www.aginglifecare.org/>
- California Advocates for Nursing Home Reform (CANHR): <http://www.canhr.org>
- The National Consumer Voice for Quality Long-Term Care : <http://www.theconsumervoice.org/>
- Meals on Wheels Association of America: <http://www.mowaa.org>
- Telephone Reassurance Programs— Calling Care: <http://www.callingcare.com/>
- National Association of Professional Organizers – Bay Area: <https://naposfbac.memberclicks.net/>

- Aging Care: Sibling Issues when Caring for Aging Parents: <https://www.agingcare.com/siblings-aging-parents>
- Handbook for Long Distance Caregivers: https://www.caregiver.org/sites/caregiver.org/files/pdfs/LongDistanceCG_Handbook_2014.pdf
- Daily Caring Practical Tips and Resources: <http://dailycaring.com/>
- Institute on Aging: <https://www.ioaging.org/>
- Catholic Charities: <https://catholiccharitiessf.org/our-programs/#3>
- Jewish Family Children Services: <http://www.jfcs.org/>
- Born to Age: <https://borntoage.com/>
- Well Spouse Association: <http://www.wellspouse.org/spousal-caregiving/accentuating-the-positive-in-family-caregiving.html>

Elder Care Helpful Links

Difficult Conversations

- <https://www.caring.com/difficult-conversations>
- www.pbs.org/wgbh/caringforyourparents/caregiver/gettingstarted/

End of Life

- <http://med.stanford.edu/letter.html>
- <https://www.agingwithdignity.org/>
- <http://theconversationproject.org/>
- <https://celebrationsoflife.net/ethicalwills/>
- <http://coalitionccc.org/>
- Advance Health Care Directive: <http://www.cmanet.org/resource-library/detail?item=advance-health-care-directive-kit-english>
- POLST: <http://www.polst.org/>