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/
- California Department of Aging: http://www.aging.ca.gov
- California Association for Adult Day Services (CAADS): http://www.caads.org
- 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.agilnglifecare.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/
Elder Care Resources

- Aging Care: Sibling Issues when Caring for Aging Parents: [https://www.agingcare.com/siblings-aging-parents](https://www.agingcare.com/siblings-aging-parents)
- Institute on Aging: [https://www.ioaging.org/](https://www.ioaging.org/)
- Catholic Charities: [https://catholiccharitiessf.org/our-programs/#3](https://catholiccharitiessf.org/our-programs/#3)
- Born to Age: [https://borntoage.com/](https://borntoage.com/)

Elder Care Helpful Links

**Difficult Conversations**

- [https://www.caring.com/difficult-conversations](https://www.caring.com/difficult-conversations)
- [www.pbs.org/wgbh/caringforyourparents/caregiver/gettingstarted/](http://www.pbs.org/wgbh/caringforyourparents/caregiver/gettingstarted/)

**End of Life**

- [https://www.agingwithdignity.org/](https://www.agingwithdignity.org/)
- [http://theconversationproject.org/](http://theconversationproject.org/)
- [https://celebrationsoflife.net/ethicalwills/](https://celebrationsoflife.net/ethicalwills/)
- [http://coalitionccc.org/](http://coalitionccc.org/)