



**AREA AGENCY ON AGING  
SERVING NAPA AND SOLANO**  
*Assistance, Advocacy, Answers on Aging*

# Family Caregiver Support Program Resource Guide

## 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.



The care receiver must need assistance in at least two activities of daily living (eating, toileting, continence, transferring in/out of bed or chair, bathing, dressing) or require substantial supervision due to a cognitive or other mental impairment.

### 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.

**AREA AGENCY ON AGING SERVING NAPA AND SOLANO**

P.O. Box 3069, Vallejo, CA 94590

(707) 644-6612 Fax: (707) 644-7905 Website: [www.aaans.org](http://www.aaans.org)

For Information and Assistance call 1-800-510-2020 or (707) 643-1797

## 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

## SUPPORT GROUPS

### Napa Valley Caregivers Support Group

Lisa Burquist

Redwood Caregiver Resource Center

(707) 258-9087

(800) 834-1636

[www.napavalleyhospice-ads.org](http://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](http://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](http://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](http://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](http://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

## 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.

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## CASE MANAGEMENT AND CARE COORDINATION

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### **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](http://www.clinicole.org)

### **Community Health Clinic Ole – St. Helena**

661 Main Street

St. Helena, CA 94574

(707) 963-0931

[www.clinicole.org](http://www.clinicole.org)

### **Community Health Clinic Ole – Calistoga**

911 Washington St.

Calistoga, CA 94515

(707) 709-2308

[www.clinicole.org](http://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

## Department of Veterans Affairs

Outpatient Clinic, Mare Island

(707) 562-8200

## Solano County Veterans Services Offices

401 Amador Street

Vallejo, CA 94590

(707) 553-5261

675 Texas St., Suite 4700

Fairfield, CA 94533

(707) 784-6590

## 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

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## NUTRITION

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### **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. 2<sup>nd</sup> Street  
(707) 745-1202

### **Dixon Senior Center**

201 S. 5<sup>th</sup> 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](http://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](http://www.northbay.org)

### **Alzheimer's Association of Northern California and Northern Nevada (Helpline)**

1 (800) 272-3900  
[www.alzncal.org](http://www.alzncal.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](http://www.aging.ca.gov)

**Eldercare Locator**

(Nation-wide information about community services for seniors)  
 (800) 677-1116 [www.eldercare.gov](http://www.eldercare.gov)

**Medicare**

(800) 633-4227 [www.medicare.gov](http://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](http://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](http://www.bayrespitecare.org)

**Hospice of Napa Valley**

(707) 258-9080 [www.napavalleyhospice-ads.org](http://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).

## AREA AGENCY ON AGING SERVING NAPA AND SOLANO MISSION STATEMENT

The mission of 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.

## ABOUT THE AREA AGENCY ON AGING SERVING NAPA AND SOLANO

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.

### Area Agency on Aging Serving Napa and Solano

(707) 644-6612

For Information & Assistance call  
1-800-510-2020 or (707) 643-1797

