



Dementia FRIENDLY

VENTURA COUNTY



Quarterly Newsletter

Spring 2022

Announcements

Welcome to the Dementia Friendly Ventura (DFVC) County Quarterly Newsletter. This issue is designed to provide critical information and resources for Ventura County residents living with a dementia-related condition and for their caregivers.

If you would like to submit information to be considered as part of this newsletter, please e-mail Jannette.Jauregui@ventura.org.



ALZHEIMER'S ASSOCIATION®

KNOW THE FACTS

about Alzheimer's disease and all other dementias

See the full Facts & Figures Report at alz.org/facts

1.6 million

Californians are unpaid caregivers for someone with dementia



The estimated value of unpaid care given to those with dementia is **\$24 billion per year**

More than **660,000** Californians are living with Alzheimer's disease

More than **80%**

of Americans are not familiar with Mild Cognitive Impairment (MCI), which can be an early sign of Alzheimer's disease and other dementias.

More than **6 million** Americans are living with Alzheimer's

California employers lost **\$8.3 billion** in productivity due to workers' care needs and responsibilities



3 in 5 unpaid caregivers are women



DFVC is Online!

Learn More About Ventura County Community Resources

DFVC – Know the Signs of Dementia

Dementia Friendly Ventura County Memory Card for Caregivers:

[Memory Card \(English\)](#)

[Memory Card \(Spanish\)](#)

[Dementia Friendly Ventura County Sector Guides](#)

Alzheimer's Association Central Coast Chapter

2580 E. Main Street, suite 201

www.alz.org/cacentralcoast

(805) 494-5200

24/7 Hotline: (800) 272-3900

Camarillo Health Care District

Caregiver Center

Care Consultations

Classes, including:

Powerful Tools for Caregivers

Dealing with Dementia

Dementia Live

Caregiver Support Group

(2nd and 4th Friday of each month from 9:30-11 am)

Digital Bridge

(Free, one-on-one in-person or telephonic assistance to help navigate technology and common applications)

Zoom Room

(Free use of a confidential setting equipped to facilitate Zoom meetings, medical provider appt/calls, family connections, and more)

For more information, call (805) 388-1952

Independent Living Resource Center (ILRC):

Focused Population Case Manager – (805) 650-5993 ext. 203

[ILRC Alzheimer's Disease and Related Dementia Program, \(ADRD\)](#)

[ILRC Respite \(English\)](#)

[ILRC Respite \(Spanish\)](#)

Oxnard Family Circle

2100 Outlet Center Drive in Oxnard

805-385-4180

[Click here to view the Brain Max flyer](#)

[Click here to view the Care Respite flyer](#)

[Click here to watch the Oxnard Family Circle Video](#)

[Click here to learn more](#)

Senior Concerns:

[Caregiver Support](#)

[Advocacy](#)

Ventura County Area Agency on Aging:

Specialized Case Management for Persons with Alzheimer's Disease or Related Dementia (ADRD)

(805) 477-7300 or www.vcaaa.org

[ADRD Information Sheet \(English\)](#)

[ADRD Information Sheet \(Spanish\)](#)



Dementia
Friendly
America®

New Report on Sustaining Brain Healthy Behaviors

The Global Council on Brain Health recently published a report, [How to Sustain Brain Healthy Behaviors: Applying Lessons of Public Health and Science to Drive Change](#), on critical elements of behavior change related to brain health. The report summarizes findings of 2021 research on optimizing conditions for public health, motivating people to engage in sustained health behaviors and changing local policies to support individuals' ability to make healthy choices. The report concludes by highlighting best practices in communication to facilitate positive brain health behaviors.



Highlights from the Second Latinos & Alzheimer's Symposium

The Milken Institute and Alzheimer's Society released [Roadmap for Investment in Dementia Care](#), a report that summarizes findings from a year-long partnership exploring the most promising opportunities to fill the needs and gaps in dementia care. The report identifies five opportunity areas where philanthropic investment and private capital can dramatically improve the quality of life for people with dementia and their care partners. Read the [report](#) to learn more about the roadmap for improving outcomes and lowering costs of dementia care.

Adventures of a Support Group Facilitator for Alzheimer's Disease

By Phil Chandler

I had been facilitating a group of husbands, wives, sons and daughters for several years, and they shared a common affliction: each of them had someone they dearly love that had Dementia. Mostly Alzheimer's disease, some with other dementias.

They explored emotionally charged questions:

"I have to take the keys away from Dad next week. He will be angry and hurt. How do I handle this?"

"My wife didn't remember the name of our daughter-in-law. She's been part of our family for twelve years!"

Each question, each statement, saturated with frustration and hurt. Potential solutions bounced around the group. Some had been tried, others provided a glimpse of hope to try the following week. Sometimes there was no good answer.

They came to heal.

They shared intimate, sometimes funny, sometimes embarrassing, stories. "Dad wandered away from his facility to go to the bank to get money for a plane ticket to Portugal. Thank god they found him quickly. He will never be able to go, but he so badly wants to see his childhood home." They were surprised when others had similar experiences.

They came for validation.

It's funny how twelve total strangers form close bonds in an hour and a half when they each are faced with a similar loss. They talk about travel, seeing family, laugh at each other's stories.

They came for friendship.

So many questions – what is happening to Dad's brain? Why did it effect Mom/Dad/My wife of 62 years? What can we do to slow it? or stop it? What will the future hold? What do I have to do to prepare?

They came to learn.

They encouraged each other to care for themselves. Several group members had their own medical issues. It is not uncommon for a caregiver to have serious medical issues from the stress caused by extreme life changes.

They came for the love.

His wife succumbed to Alzheimer's Disease two years ago. He was early to each group, to share knowledge and wisdom chiseled from some of the worst experiences in his life. Alzheimer's stole her from him, their children, their church.

He came to honor her.

Come for the learning, the friendship, the healing, the love.

If you have a loved one with dementia, seek out one of the many support groups listed below that are available here in Ventura County. Whether in person or virtual, participating will help you in ways you can't imagine today.

You may need to try more than one group to see which one works for you. Each group is made up of unique personalities led by volunteers with different experiences. Each group has a different character.

There are different flavors of groups; some emphasis education, others foster peer to peer relationships. Some are for young onset dementia, some focus on adult children.

The hardest part of joining a group is the first time. Come with a daughter, son, a friend. Don't be shy.

I have been honored to earn the trust of the support group members. Many spouses that attend have been married 40, 50 years. They have built a home, a family, a community together. They watch the life they have known change day by day. They are going through the hardest time of their lives, and I am grateful to be invited into their lives.

Phil Chandler is the owner of Right at Home of Ventura County, a licensed Home Care Agency. He can be reached at 805-389-5320 or phil@rah-vc.com. To submit an article for consideration for publication in a future issue of the Dementia Friendly Ventura County Newsletter, please e-mail Jannette.Jauregui@ventura.org.

SUPPORT GROUPS

FOR THOSE AFFECTED BY DEMENTIA

Register at alz.org/CRF
or call **800.272.3900**

VIRTUAL SUPPORT GROUPS

These groups meet online via Zoom or Google Meet. Register in advance to receive login information.

Days each month	Time	Facilitator Information	Days each month	Time	Facilitator Information
Groups for Family Caregivers			Groups for Adult Child Caregivers		
2nd Monday	7 - 8pm	Tami P. / Agoura Hills	1st & 3rd Thursdays	9:30 - 11am	Radha S. / Thousand Oaks
2nd & 4th Mondays	3 - 4:30pm	Karen A. / Santa Barbara	2nd Wednesday	5:30 - 7pm	Wynette W. / SLO
2nd & 4th Thursdays	7 - 8:30pm	Amanda B. / Simi Valley	3rd Wednesday	7 - 8:30pm	Carrie S. / Thousand Oaks
2nd Friday	2:30 - 4pm	Dina O. / Oxnard	Groups for those with Memory Loss & their Care Partners		
3rd Wednesday	5:30 - 7pm	Jenny M. / Arroyo Grande	1st, 2nd, & 3rd Thursdays	1 - 2:30pm	Joan H. & Alene C. / Oxnard
3rd Thursday	1 - 2:30pm	Renee K. / SLO	1st & 3rd Wednesdays	1 - 2pm	Jacqueline M. & Joe W. / Santa Barbara
4th Wednesday	1 - 2:30pm	Joan H. / SLO	Grupo de Apoyo en Español		
Every Wednesday	2:30 - 4pm	Hannah H. / Thousand Oaks	3er sábado	11 - 12:30pm	Sergio C. / Oxnard
Every Friday	9:30 - 11am	Radha S. / Thousand Oaks	<i>Para más información y para registrarse, llame al 805.696.8713 o 1.800.272.3900</i>		
Groups for Younger Onset					
3rd Thursday	7 - 8:30pm	Deborah B. / Santa Barbara			

We're always here for you. Call our 24/7 Helpline at **800.272.3900** to speak with a dementia care specialist now.



Follow us to stay up to date with all our events



SUPPORT GROUPS

FOR THOSE AFFECTED BY DEMENTIA

Register at alz.org/CRF
or call **800.272.3900**

IN-PERSON SUPPORT GROUPS

These groups meet in-person at locations throughout San Luis Obispo, Santa Barbara, and Ventura counties. COVID-19 safety guidelines may be in effect. Contact the facility directly to inquire.

Days each month	Time	Facilitator	Location
1st & 3rd Mondays	3:30 - 5pm	Dennis P.	Cambria Connection / 1075 Main Street, Cambria
1st Tuesday	5:30 - 7pm	Jody B.	Aegis of Ventura / 4964 Telephone Road, Ventura
1st & 3rd Tuesdays	2 - 3pm	Maureen M.	Covenant of Grace Church / 1801 Joliet Place, Oxnard
1st & 3rd Thursdays	10:30 - 12pm	Lisa K.	Simi Valley Senior Center / 3900 Avenida Simi, Simi Valley
1st & 3rd Fridays	9:30 - 11am	Petra O.	Goebel Senior Center / 1385 E Janss Road, Thousand Oaks
2nd & 4th Mondays	10 - 11am	Deidre D.	Gables of Ojai / 701 N Montgomery Street, Ojai
2nd Wednesday	1 - 2:30pm	Jenny M.	Grace Bible Church / 100 Rodeo Drive, Arroyo Grande <i>Hybrid - also accessible via Zoom</i>
2nd & 4th Wednesdays	9:30 - 11am	Jordana L.	Cypress Place Senior Living / 1200 Cypress Point Lane, Ventura
2nd Saturday	10 - 11:30am	Mark S.	Meadowbrook Senior Living / 5217 Chesebro Road, Agoura Hills
2nd Saturday	11 - 12:30pm	Petra O.	Sunrise of Westlake / 3101 Townsgate Road, Thousand Oaks
3rd Tuesday	3 - 4:30pm	Deborah B.	Oak Cottage Memory Care / 1820 De La Vina Street, Santa Barbara
3rd Friday	1 - 2:30pm	Elana P.	America Riviera Bank / 1601 Spring Street, Paso Robles
4th Tuesday (for spouses)	10 - 11:30am	Charlene K.	Coastal Peaks Coffee Shop / 3566 S. Higuera, Suite 100, San Luis Obispo



Follow us to stay up to date with all our events



NOW AVAILABLE!

SHARE for dementia (Support-Health-Activities-Resources-Education)

A product of Benjamin Rose Institute on Aging.

The **SHARE** program is designed for persons in early stage to early-mid stage dementia and is designed to allow the person with dementia to voice opinions and make decisions about their care preferences. One of the unique and useful features of **SHARE** is it helps families to recognize the potential burden of care that a caregiver will face as the disease progresses. Using a specially designed app, it assists them to put together a manageable plan of care. The program is five sessions long, with an optional sixth session involving additional members of the family. The appointments are between the trained **SHARE** counselor and the person diagnosed with dementia and the person who will serve as their primary caregiver, which is typically a spouse but sometimes a son, daughter, or friend. The sessions are designed to be in-person and weekly, but due to the COVID-19 pandemic, flexibility is built into the program. Those interested in participating may call the Camarillo Health Care District at (805) 388-1952.

Becoming a DFVC Certified Business is Simple! Learn More About the Dementia Friendly @Work Training

Dementia Friendly Ventura County (DFVC) @Work Training is an educational program designed for staff of business and service organizations, and all other community-based businesses. This training helps organizations heighten their awareness of dementia, and equips them to respond warmly and effectively when serving people living with dementia and their families.

Training Objectives

1. Learn what dementia is and facts about Alzheimer's.
2. Recognize the signs of Alzheimer's.
3. Learn tips for communicating and interacting with a person who has dementia.
4. Learn tips for creating a dementia-friendly physical space.
5. Get familiar with resources in your community.

To become a Dementia Friendly Ventura County Business complete these five easy steps:

1. Complete the pre-training survey by [clicking here](#).
2. Watch the DFVC @Work Training Video ([found on the application page](#)). A minimum of 33% of staff must complete the training to receive certification.
3. If applicable, watch the short DFVC sector video for your particular line of work ([found on the application page](#))
4. Complete the [DFVC Online Application Form](#).
5. Complete the post-training survey by [clicking here](#).

[Click here to find a DFVC business near you.](#)

For more information, visit www.vcaaa.org/dfvc or call the Ventura County Area Agency on Aging at (805) 477-7300.



[Click here to register](#)

VCAAA SEMINARS ON BRAIN HEALTH & WELLNESS



The Ventura County Area Agency on Aging's Seminars on Brain Health & Wellness are a series of informational presentations designed to provide critical resources for Ventura County residents living with a dementia-related diagnosis and their caregivers, and for any individual with concerns related to cognitive health. We are excited to welcome all Ventura County residents who are interested in learning more about navigating local services targeted at optimizing quality of life.

The seminars were inspired by the VCAAA's Advisory Council's commitment to making critical resources more accessible to older adults, people with disabilities, and caregivers.

All seminars are held virtually from 12 p.m. – 1p.m.

[Click here to register for one or more of the events.](#)

June 16, 2022 - Adult Day Health Care

July 21, 2022 - In-Home Care

August 18, 2022 - Caregiver Resources

September 15, 2022 - Alzheimer's Association

October 20, 2022 - Financial Services, Resources, and Workshops

November 17, 2022 - Criticality of Neurological Services

December 15, 2022 - Ventura County Memory Cafes



COUNTY of VENTURA
Area Agency on Aging



Does someone you care about
have memory loss?

This FREE program for LGBTQ adults can help!

CALL 1-888-655-6646

- Nine coaching sessions for you and the person with memory loss.
- Complete the virtual program from the comfort of your home.
- Compensation for completing five phone interviews.

Contact us today

Call 1-888-655-6646, email ageIDEA@uw.edu or visit ageIDEA.org.

Aging with Pride: IDEA
IDEA - Innovations in Dementia Empowerment and Action

W SCHOOL OF SOCIAL WORK
UNIVERSITY of WASHINGTON



Aging with Pride: IDEA is the first federally-funded project testing a program designed to improve quality of life for LGBTQ people who experience memory loss or who help those experiencing memory loss. Participants are compensated for their time and can live anywhere in the U.S.

Older adults with memory loss can participate with an informal care partner, who may be a spouse or partner, friend, family member, or anyone who assists them. Either the person with memory loss or the person who helps them (or both) must be LGBTQ. Participants meet with a coach to learn exercises and strategies related to memory loss. The program includes 9 in-person sessions with the coach over 6 weeks, with follow-up phone calls.

IDEA is led by University of Washington School of Social Work professor Karen Fredriksen Goldsen and UW Nursing professor Linda Teri. Dr. Fredriksen Goldsen is the primary investigator for Aging with Pride: National Health, Aging, and Sexuality/Gender Study (NHAS), the first national longitudinal study of health and well-being in LGBTQ older adults, and Dr. Teri pioneered the RDAD (Reducing Disabilities in Alzheimer's Disease) program, which has been shown to improve quality of life for people with memory loss and reduce rates of institutionalization.

Powerful Tools for Caregivers



July 20 - August 24
Wednesdays
11am - 12:30pm
6-week series

No Charge
Call to register
(805) 388-1952 ext.100

Developed by Stanford University

A six -week class series designed to provide family caregivers with strategies to better handle the unique challenges of caregiving.

- **Assertive communication**
- **Managing difficult emotions**
- **Self-care strategies**
- **Stress reduction**



Ventura County's Aging and Disability Resource Center (ADRC)

The Ventura County ADRC provides a coordinated point of entry to ensure older adults and people with disabilities have access to the services and support needed to remain independent in the community. The ADRC is comprised of a partnership between the Ventura County Area Agency on Aging (VCAAA) and the Independent Living Resource Center (ILRC). Core services provided include:

Enhanced Information & Referral Options Counseling Short-Term Service Coordination Transition Services

The ADRC uses a *No Wrong Door* (NWD) approach to streamline long term services and supports (LTSS).

ADRC Transition Advocates will facilitate transitions for individuals from hospital, nursing facility, intermediate care facility, or any other institutional settings back into the home.

Living in the community is significantly more cost effective compared to institutional living, but more importantly it increases quality of life and improves overall health outcomes.

For more information on Ventura County's ADRC, visit www.vcaaa.org or call (805) 477-7300.





Ventura County Area Agency on Aging

CAREGIVER RESOURCES

Are you helping to support a loved one who is 60 or older?

Are you a grandparent caring for a grandchild?

Ventura County's Family Caregiver Resource Centers (FCRC) provide assessment and case management for family caregivers in Ventura County. Programs offer caregivers training, support groups, home adaptations and safety devices, caregiver resource libraries and computer centers, information and assistance, public information, and community education. FCRCs can also help caregivers with in-home respite and out-of-home respite (day care) for caregivers at risk of caregiver burnout.

LOCAL FAMILY CAREGIVER RESOURCE CENTERS INCLUDE:

FCRC Camarillo Health Care District is headquartered in Camarillo and serves the Camarillo community. For more information call 805-388-1952 or visit camhealth.com.

FCRC Senior Concerns is headquartered in Thousand Oaks and serves east Ventura County (Thousand Oaks, Simi Valley, Moorpark, the portion of Westlake Village) in addition to unincorporated areas of east Ventura County including Newbury Park. For more information call 805-497-0189 or visit seniorconcerns.org.

VCAA's La Buena Vida is headquartered in the Santa Clara Valley serving all caregivers in West Ventura County including Santa Paula, Fillmore, Piru, Ojai, Ventura and Oxnard. This program also serves monolingual Spanish-speaking caregivers Countywide. For more information call 805-477-7300 or visit vcaa.org.

For more information, visit www.vcaa.org or call (805) 477-7300.



ALZHEIMER'S DISEASE & RELATED DEMENTIAS (**ADRD**) PROGRAM

WHO?

People with **Intellectual or Developmental Disability (I/ DD)**
and **Traumatic Brain Injuries**

WHAT?

Caregiver **Respite**,
Community **Resources**,
Connections, and more!

WHY?

People with I/ DD are at a higher risk for early-onset ADRD.

This program **supports community-based living** for
people **living with I/ DD living with or at risk of ADRD.**



Contact our Focused Population Case Manager for more
information!

Emily Bridges

ebridges@ilrc-trico.org

phone: (805) 650-5993 Ext. 203



A PRODUCT OF
BENJAMIN ROSE INSTITUTE ON AGING



FOR DEMENTIA
SUPPORT • HEALTH • ACTIVITIES • RESOURCES • EDUCATION

The **six-session SHARE program** is designed to engage both the person with early- or mid-stage dementia and their care partner in discussions about symptoms, communication, care values and preferences, healthy activities and planning for the future.

SHARE involves the person living with early-stage dementia visually as well as verbally, enabling them to participate in making decisions about how to best handle their daily activities should the time come that they need assistance with things such as managing finances, food shopping and preparation, personal hygiene or other tasks.

For many, it's a welcome "step one" after diagnosis that offers guidance, support and comfort to both the person with dementia and their family.

SHARE for Dementia is an evidence-based care-planning program that empowers adults with early-stage dementia and their families to get the most out of today while planning for tomorrow.

For more information,
call **Lynette Harvey, RN**
805.388.1952 x107

Support you and your SHARE partner as you talk about and plan for the future.

Promote **health**, reduce stress, and learn to communicate more effectively.

Take better care of yourself and each other by engaging in fulfilling **activities**.

Learn about community **resources** that support your value and preferences.

Provide **education** about dementia and how to manage the changes that lie ahead.

S H A R E





You call it “assisting your loved one”

We call it CARE GIVING

The Caregiver Support Center serves as an essential resource for emotional, social and physical support, information and respite from the stress of caregiving.

Our Support Groups help caregivers discuss and resolve problems and determine needs in caring for older adults. Support groups are open to anyone who is caring for an aging loved one.

Support groups are a safe space where tears are permitted, humor is encouraged, and support is overflowing.

Caregiver Support Center services can provide:

- Resources
- Individualized consultations
- Respite & home modification grants
- Community training & education
- Assessment of current caregiving challenges
- Review of medical, legal, physical, social & financial concerns

Current **Support Groups** are held via Zoom. Contact: Radha Shah
805.497.0189 or email rshah@seniorconcerns.org

For information on the **Caregiver Support Center** visit www.seniorconcerns.org

Senior Concerns is a 501(c)(3) charitable organization Tax ID #95-2992927

Caregiver Support Group

We understand giving care to a loved one can be challenging and overwhelming at times. If you need support, consider joining us for the Caregiver Support Group, held at the Wellness and Caregiver Center of Ventura County. This is an open and on-going group, designed to offer comfort, encouragement, and education to family members who are primary caregivers.

SECOND & FOURTH FRIDAYS

9:30 - 11:00AM

Wellness & Caregiver Center of Ventura County
3687 E. Las Posas Rd., Building H, Suite 188
Camarillo, CA 93010



MONDAYS

9:30-11:00AM

Leisure Village (residents only)
In the Lanai room at the Recreation Center

Call 800.900.8582





Right at Home of Ventura County
805.389.5320
www.rah-vc.com
License#: 564700014

Free Dementia Support Groups facilitated by Right at Home of Ventura County

We facilitate two free support groups over Zoom for the Alzheimer's Association:

Mid to Late-Stage Support Group

This support group is for caregivers and family members of those impacted by Alzheimer's disease or other dementias who are in the later stages of their disease. Our typical meeting has 8 to 12 men and women whose loved one (generally a spouse, parent, or sibling) has advanced dementia and is living at home with caregiver support or in a facility. The participants support each other with stories and advice in a friendly and welcoming atmosphere. If you have a loved one with dementia, please join us.

When: First & Third Friday of the month 10:00 a.m.– 11:30 a.m.

Early Stage Support Group

This support group is for persons with Mild Cognitive Impairment & Care Partners. It has a similar format to the Mid to Late Stage group, but for persons in the early stages.

When: Second Friday of the month 1:00 p.m.– 3:00 p.m.

About Right at Home of Ventura County

Right at Home of Ventura County is a licensed agency that has been providing care in Ventura County for over 8 years. We provide care for dressing, bathing, transferring, ambulating, and other Activities of Daily Living. We also help with household chores such as cooking, cleaning, running errands, laundry, transportation to the doctor and grocery store, and other Independent Activities of Daily Living. We provide supervision for those who are cognitively impaired to keep them safe, and are insured to drive either the client's car or the caregiver's car.

For more information or an invite to either of the support groups, please call Phil at 805-389-5320 or send an email to phil@rah-vc.com.



WE ARE THE RIGHT PEOPLE, DOING THE RIGHT THINGS, THE RIGHT WAY, FOR THE RIGHT REASON.

ILRC Respite



Mission Statement & History

Channel Islands Social Services (CISS) is dedicated to providing collaborative services & supports that are reflective of individual needs and strengthen families. We do this by providing quality in-home respite care and independent living services to Ventura County families.

- Founded in 2004 as a local provider for Ventura County families needing respite services
- Award winning family operated organization
- Highly involved in the community through participation in local events and groups
- Dedicated to working collaboratively with families, Regional Center, and Ventura County Human Services



What is Important to Us

- Individualized Care
- Facilitating long-term, supportive relationships between families and caregivers
- Open and timely communication
- Hiring people who are experienced and respected
- Being an essential partner of the planning team

ILRC Respite Care Program

Our respite care program is aimed at providing individualized support to caregivers and their loved one in order to take a short break and time for themselves.

For caregivers this can include:

- Self-care activities
- Running errands
- Spending time with friends and/or other family members
- Attending personal appointments

With a referral from the Independent Living Resource Center (ILRC) CISS provides respite within an approved **90-day period**. The number of hours authorized for respite depends on the result of the ILRC caregiver survey and may be renewed at the end of each period based on need. Families who qualify for services must also meet the ILRC program eligibility requirements

- Individual with an Intellectual or Developmental Disability (I/DD) and Traumatic Brain Injury
- Individual lives with a caregiver

1. For an assessment or referral, contact

Emily Bridges, MPH, CHES
 Focused Population Case Manager
 Independent Living Resource Center
 (805) 650-5993 ext. 203
ebridges@ilrc-trico.org

2. For more information about CISS respite program please contact

Jocelyn Lugo
 Family Support Assistant
 (805) 384-0983 ext. 873
jlugo@islandsocialservices.org

Edith Wysinger, MS
 Program Director
 (805) 384-0983 ext. 852
edith@islandsocialservices.org

How do we sign up?

1. Speak with Emily at the ILRC and complete the required survey/assessment during the initial intake appointment. ILRC then informs CISS of the new referral.
2. CISS then connects with you so you can get to know us. We will send you our Welcome Family Packet, to give you more details on how to get services started.
3. Return our simple family packet to give us information about your loved one, and how we can best support your family! We will then find a Respite Caregiver who is available and fits your needs.
4. When we refer the Respite Caregiver to you, you can then set up dates and times to receive support directly with them.





A comprehensive assessment performed in the home and individualized to your specific needs and concerns

Are you caring for parents long distance and want to have a qualified social worker visit them and assess their needs?

Are you caring for a spouse at home and need a professional to evaluate your situation and give recommendations for safety and care needs?

Do you live alone and want to know your options for care and assistance as you age in place?

A geriatric assessment can provide:

- A new set of eyes on your situation**
- Someone to help you understand your options**
- A caring social worker to support you and your family**
- Peace of mind**

For information on the fee for this program and to learn more visit www.seniorconcerns.org
Contact: Hannah Hoffman, MSW hhoffman@seniorconcerns.org or 805.497.0189

Senior Concerns is a 501(c)(3) charitable organization Tax ID #95-2992927

Legal Services



Monday's 1:00 to 4:00pm
1 hour confidential appointments
No Charge

Talk privately with a legal expert and discover what legal tools might help you provide for a loved one.

- Conservatorship
- Health care directive
- Power of Attorney
- Trusts, wills and estate planning

**Call for a private appointment with an elder
law and estate planning expert**

800.900.8582



Ventura County Area Agency on Aging presents LEGAL INFORMATION FOR ELDERS (L.I.F.E.)

Are you 60 or older and looking for legal assistance?

Legal Information for Elders or L.I.F.E. is a workshop presented by the VCAAA in partnership with Grey Law. This workshop is designed for people 60 and older who are in need of legal assistance. The workshop is facilitated by attorney, Michael Williams.

Grey Law is a non-profit legal services organization established to provide the highest quality legal information and advice for older adults in Ventura County. Grey Law assists individuals and non-profit groups that otherwise have limited access to legal assistance.

Workshops are currently being offered via Zoom or in person.

Groups of 10 or more are encouraged to reach out to the VCAAA to schedule a L.I.F.E. Workshop. For more information, or to schedule a workshop, please e-mail jannette.jauregui@ventura.org or call (805) 477-7306.

