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.

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)
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

## VIRTUAL SUPPORT GROUPS

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

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

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

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## SUPPORT GROUPS FOR THOSE AFFECTED BY DEMENTIA

## 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.

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

Click here to register
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
- Self-care strategies
- Managing difficult emotions
- Stress reduction

Camarillo HEALTH CARE DISTRICT
3639 Las Posas Rd., Bldg. E, Suite 117 | Camarillo, 93010 | camhealth.com
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 (VCAA) 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](http://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 seniorconcern.org.

VCAAA’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 vcaaa.org.

For more information, visit www.vcaaa.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
ebridgets@ilrc-trico.org
phone: (805) 650-5993 Ext. 203
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
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 ongoing 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
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.
**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  
bridges@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.
Senior Concerns

In-Home Geriatric Assessment Program

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
- Power of Attorney
- Health care directive
- 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.