

Community Resources

Senior Housing and Care Options

- **Senior Care Solutions**

Providing caregiver education, community resources and placement referrals for seniors.

Our dedicated team is here to support and guide individuals and families on the spectrum of care options when making transitions in or out of the home. A free service since 1997.

- (916) 965-5565 | seniorcs.com

Caregiver Support

- **Alzheimer's Association**

- (916) 930-9080 or 24/7 Helpline: (800) 272-3900 | alz.org

- **Del Oro Caregiver Resource Center**

- (916) 728-9333 | deloro.org

- **Parkinson Association of Northern California (PANC)**

- (916) 357-6641 | panctoday.org

Healthcare

- **Kaiser Neurology Memory Care Clinic**

- (916) 474-6386 | kaiserpermanente.org

- **Mercy Medical Group Geriatrics, Memory Clinic and Palliative Care**

- (916) 733-3460 | dignityhealth.org

- **Sutter Medical Foundation Neuroscience Division**

- (916) 454-6850 | checksutterfirst.org/neuro

- **UC Davis Alzheimer's Disease Center**

- (916) 734-5496 | ucdmc.ucdavis.edu/alzheimers

Behavioral Health

- **Geriatric Psychiatry Direct – Beverly Chang, MD, Geriatric Psychiatrist**

- (916) 303-4353 | gerospsychdirect.com

- **Sacramento County Department of Health Services, Behavioral Health Division**

- (916) 875-1055 (Access Team) | dhs.saccounty.net

- **Sierra Vista Hospital**

- (916) 288-0300 | sierravistahospital.com



Hospice

- **Bristol Hospice**
 - (916) 782-5511 | bristolhospice.com
- **Dignity Health Mercy Hospice**
 - (916) 281-3900 | dignityhealth.org/sacramento
- **Snowline Hospice**
 - (916) 817-2338 | snowlinehospice.org

Legal Assistance

- **Legal Services of Northern California/Senior Legal Hotline**
 - (916) 551-2150 | lsnc.net
- **McGeorge School of Law Community Legal Services**
 - (916) 340-6080 | mcgeorge.edu

Advocacy

- **Adult Protective Services (APS)**
 - (916) 874-9377 | dhhs.saccounty.net
- **Health Insurance Counseling & Advocacy Program (HICAP)**
 - (916) 376-8915 | hicanservices.net

Additional Resources

- **Agency on Aging\Area 4**
 - (916) 486-1876 | agencyonaging4.org
- **California Telephone Access Program (CTAP)**
 - (800) 806-1191 | californiaphones.org
- **Craig Cares – In-Home Care Provider**
 - (916) 782-7121 | craigcares.com
- **East Lawn Memorial Parks and Mortuaries**
 - (916) 732-2000 | eastlawn.com
- **Elder Care Management of Northern California – Geriatric Care Management**
 - (916) 206-4420 | ecmnca.com
- **Mercy Faith & Health Partnership**
 - (916) 851-2094 | dignityhealth.org/sacramento

This list references individual companies that graciously gave of their time and support of the event. There are many other options that serve our community, and Senior Care Solutions has additional referrals for resources such as hospice, in-home care, and elder law attorneys.