

TYPES of ELDER CARE

SENIOR LINK - 619 North Street, Woodland, (530) 207-4250 or (877) 883-4927. In-office services are also available Monday, Wednesday, and Friday from 10 am to Noon.

Senior Link, which is connected to Legal Services of Northern California, might well be the only call you need to make to understand what services are available to seniors in Yolo County (County) and beyond. They have direct information regarding healthcare choices and additional information on housing assistance, legal advocacy, legal assistance, social support, support groups, and transportation. They are aware of all the different service providers in the County and will refer if they cannot answer a question. They update information frequently and are in the process of updating a comprehensive resource guide.

YOLO 2-1-1 a multi-lingual service is a phone and web general referral service that will also direct seniors to Senior Link (211yolo@yolocounty.org)

Healthcare choices come under different headings, but the following list attempts to differentiate by facilities providing medically necessary care (in blue) and those providing “personal care” in black:

Acute Care Hospital - The first stop for illness or injury either for treatment by emergency services or in more serious circumstances by admission to the hospital. If services are likely to be required at a skilled nursing facility subsequent to treatment in the acute care hospital, it is important to know Medicaid (MediCal), Medicare and supplemental insurance requirements. In many cases a three day inpatient hospital stay is required for Medicare to approve payment at a skilled nursing facility.

Skilled Nursing Facility - Admission to a skilled nursing facility is either by transfer from an inpatient setting or by a doctor’s order. Skilled nursing facilities provide rehabilitation services, including physical therapy post stroke or injury, in addition to care for elders, and others with chronic conditions that require nursing care, but who do not require acute care hospitalization. A skilled nursing facility meets federal criteria for Medicaid (MediCal) and Medicare reimbursement for skilled nursing care. In most instances Medicare reimburses 100% for the first 20 days, and requires a co-pay for days 21-100 at which point reimbursement ends. Supplemental insurance may pay the co-pay. Fee for Service supplemental policies and Health Maintenance Organization (HMO) policies vary.

Home Health Care - Elders may access this care if they have a medically necessary procedure that can be provided in the home. This may be an available service post surgery for physical therapy, or suture removal. It is

usually part of a hospital discharge plan that is reimbursed in accordance with provisions in the medical insurance policy.

Hospice Care - A service that may be provided in home, at a hospice center, or in a facility. It is often referred to as end-of-life care. Usually the life expectancy is 6 months or less, as certified by a physician. Medicare and Medicaid (MediCal) cover hospice care. Services include meeting the physical needs of the client and the emotional and spiritual needs of the client and their loved ones. The decision to participate in hospice care is deeply personal to the person with limited life expectancy.

Assisted Living Facility with or without Memory Care - A facility that provides assistance with the activities of daily living (ADL), and may coordinate services provided by outside health care providers for individual clients. Services are available to elders when independent living has become burdensome or is not appropriate. Certain facilities may also house younger clients with disabilities. Facilities can be larger, corporate type facilities, or small residential facilities. The larger facilities may have separate units for those with significant dementia which are usually called memory care. Small residential facilities vary in regards to the level of memory care they provide. Since most of the services provided in assisted living do not come under the classification "medically necessary" they are not reimbursed by traditional health insurance. Long-term-care insurance will reimburse but there are criteria for reimbursement. Some veterans may be eligible to receive reimbursement if they are below a certain level of income. There may be other reimbursement for Medicaid (MediCal) clients or those who meet State and Federal criteria for disability. Assisted living costs tend to increase as the need for assisted living increases with an average monthly cost of \$5,500 in Yolo County.

Many corporate assisted living facilities also offer independent living facilities as part of a continuum of care package which may include assisted living, skilled nursing, and memory care. The independent living option may be fully independent or involve certain services such as cleaning, transportation, meal provision, and a daily check-in. The independent component may involve a buy-in amount, the actual purchase of a property, or a monthly rental agreement.

In Home Supportive Services - "Personal care" services or assistance with household chores, meals, and transportation to assist elders as they age in place. Services cost about \$22 an hour in Yolo County and usually require an initial assessment regarding level of care. Long-term-care policies pay only for "personal care" services subject to certain qualifying criteria at a rate established by the policy. For those on limited income who qualify for Medicaid (MediCal), services may be paid for subject to meeting eligibility criteria, for those who are blind, disabled, or 65 years-of-age or older who cannot live at home safely without help. This may include reimbursement to family members who are

caretakers. Some individuals provide in-home support that are not vetted or that are minimally vetted through an agency and this is usually less expensive, on average \$15 an hour, but may be more risky.

Adult Daycare - A facility that provides services for a period of time during the day. Facilities may vary by type of service available. There are generally three types, facilities that focus primarily on social interaction, facilities dedicated to dementia care, and facilities that provide medical care. Some facilities provide all three levels of care. Some facilities provide round trip transportation from the client's home. The hourly cost of daycare is approximately half of the hourly cost of in-home supportive services. Long-term-care insurance may pay some of the cost, particularly where there are medical service personnel at the daycare facility. Some of the expenses may also be paid by Medicaid (MediCal) for those who qualify by virtue of limited income.

Respite Care - A service that provides caretakers with a break. The service can be provided at the home or at an elder facility by an individual, or it may be provided at a senior center. Roundtrip transportation from the home to the senior center may also be available.

NOTE:

The biggest issue separating medically necessary care from personal care, even when personal care is a direct result of an underlying medical issue, is cost. Most elders have medical insurance that covers all or most of the medically necessary care but few elders have been able to afford long-term care policies for personal care, and they pay out of pocket for personal care, on average as high as \$4,000 to \$6,000 a month. When one talks about the silver tsunami, this refers not only to the increasing number of the aging population, but the increasing costs to both this population, and ultimately (when senior funds are exhausted) to social programs. The solutions are affordable long-term care policies, personal care insurance coverage as a part of healthcare policies, and more affordable long-term care options (such as an increase in day-care facilities). Currently it is more common for a family member to become the caregiver, which has a different set of financial and emotional concerns, when a family member, as primary caretaker, can no longer work, or tries to balance work and elder care.

ELDER CARE FACILITIES BY TYPE OF FACILITY in YOLO COUNTY

Area Hospitals and Clinics Serving Residents of Yolo County:

Dignity Health - 1325 Cottonwood St, Woodland, CA 95695 (530) 662-3961
Sutter Davis - 2000 Sutter Place, Davis, CA 95616 (530) 756-6440
Kaiser Vacaville - 1 Quality Drive, Vacaville, CA 95688 (707) 624-4000
UC Davis Medical Center - 2315 Stockton Blvd, Sacramento, CA 95817 (916) 734-2011
CommuniCare Health Center Clinics and Satellite Clinics in Davis, West Sacramento, Woodland, Esparto, Winters, Dixon and Knight's Landing. 1-866-392-8978
Yolo County Health and Human Services - 137 N Cottonwood St, Woodland, CA (530) 666-8645

Skilled Nursing Facilities:

Alderson's
124 Walnut Street, Woodland, CA 95695
(530) 662-9161

St. John's (Stollwood)
135 Woodland Avenue, Woodland, CA 95695
(530) 662-1290

University Retirement Skilled Nursing
1515 Shasta Drive, Davis, CA 95616
(530) 747-7000

Woodland Skilled Nursing and Rehabilitation
678 3rd St, Woodland, CA 95695
(530) 662-9643

Cottonwood Health Care and Rehabilitation
625 Cottonwood Street, Woodland, CA 95695
(530) 662-9193

Courtyard Healthcare
1850 E 8th St, Davis, CA 95616
(530) 756-1800

Davis Healthcare Center (Temporarily closed).
715 Pole Line Road, Davis, CA 95618
(530) 756-4900

River Bend (Somerset) Nursing Center
2215 Oakmont Way, West Sacramento, CA 95691
(916) 371-1890

NOTE: Kaiser Vacaville and UC Davis Medical Center may refer patients to skilled nursing facilities in the Vacaville or Sacramento area, respectively. It is a good idea to look at the Medicare reviews of any skilled nursing facilities whether listed above or not.

The web site:

<http://www.medicare.gov/nursinghomecompare>

County Hospice Care:

Yolo Hospice
1909 Galileo Court, Davis, CA 95618
(530) 758-5566

Sutter Home Care and Hospice
2000 Sutter Place, Davis, CA 95616
(530) 925-7010 or (866) 652-9178

Vitas Hospice
2710 Gateway Oaks, Suite 100, Sacramento, CA 95833
(916) 925-7010

NOTE: UC Davis, Dignity Health, Kaiser and home care provider agencies also provide or contract for medically necessary in-home services and hospice care.

Large Assisted Living Facilities with Memory Care Units or Accommodations:

Carlton Plaza Senior Living
2726 5th St, Davis, CA 95618
(530) 564-7002

Atria Covell Gardens
1111 Alvarado Ave, Davis, CA 95616
(530) 419-1884

The Californian
1224 Cottonwood St, Woodland, CA 95695
(530) 666-2433

Palm Gardens
240 Palm Avenue, Woodland, CA 95695
(530) 661-0574

Grand River Villa Residential Care Center
509 Michigan Blvd, West Sacramento, CA 95691
(916) 373-1591

University Retirement
1515 Shasta Drive, Davis, CA 95616
(530) 747-7000

St. John's Retirement Village
135 Woodland Avenue, Woodland, CA 95695
(530) 662-1290

NOTE: University Retirement and St. John's Retirement Village, are full service facilities that provide independent and assisted living, memory care and skilled nursing facilities. University Retirement does not accept Medicaid (MediCal). There is a buy in fee at University Retirement to live in the independent living or assisted living units, which varies with the size of the unit. Both University Retirement and St. John's Retirement attempt to place residents into higher levels of care that are on site; however, there is no guarantee. This is contingent on bed availability.

Small Residential Assisted Living Facilities:

Astoria Vista Senior Care 1 and 11
1106 Cottonwood Court, Davis, CA 95618
(530) 759-1234

The Resort at Spanish Bay
39374 Spanish Bay Place, Davis, CA 95616
(530) 757-2027 or (866) 827-3953

Gloria's Country Care
34606 CA-16, Woodland, CA 95695
(530) 668-8444

Sacred Heart Care Home
605 Conner Lane, Woodland, CA 95695
(530) 662-6055

Clover Home
412 Clover St, Woodland, CA 95695
(530) 661-1167 or 1-800-741-0926

Alexis Guest Homes
1031 Fountain Drive and 3376 Bridgeway Lakes Drive, West Sacramento, CA
(916) 372-5084 and (916) 716-1264

Grand River Villa
509 Michigan Blvd, West Sacramento, CA 95691
(916) 373-1591

NOTE: Bed capacity ranges from 6 to 16 beds. Many small facilities are at capacity. The smaller homes tend to go in and out of business more frequently so this list may not be complete; however, small facilities tend to refer to alternate facilities when they are at capacity. It is good to do on-line reviews and visit any facility that is under consideration. Only Clover Home and Grand River Villa accept MediCal/Medicaid.

Agencies that Provide In Home Supportive Services to Yolo County:

Yolo County In-Home Supportive Services visits by agency staff for (Low Income, Blind, Disabled) often in response to an emergency for Medicaid (MediCal) clients.

25 N. Cottonwood, Woodland, CA 95695

(530) 661-2955 and (916) 375-6200 x2955 (West Sacramento).

NOTE: There is a new Yolo County program that includes in-home visits for seniors to promote a healthy living plan. This grant supported program is not tied to income. The contact person is Lisa Musser (530)-666-8524

Home Instead Senior Care

405 Court Street, Woodland, CA 95695

(530) 666-0613

Comfort Keepers

109 Court Street, Woodland, CA 95695

(530) 666-4300

Visiting Angels

3808 Auburn Blvd. Suite 52, Sacramento, CA 95821

(916) 971-9333

Care.com

<http://www.care.com>

NOTE: Home Instead provides a free evaluation and includes dementia care as part of their service delivery. Home Instead, Comfort Keepers, and Visiting Angels do extensive background checks on their service providers.

NOTE: Care.com is an on-line service that provides a photo list of caretakers available in a specific area. There is a limited review of each individual by the agency that does not include fingerprinting or more extensive background checks. There is a small fee to use this service.

Adult Day Care Facilities in Yolo County:

Yolo Adult Day Health Center

20 N Cottonwood St, Woodland, CA 95695

(530) 666-8828

Golden Days Day Care
1215 Merkley Avenue, West Sacramento, CA 95691
(916) 371-6011

NOTE: Yolo Adult Day Care provides medical care, social interaction, and dementia care; however, it is currently at capacity with a waiting list. There are currently negotiations to consider expansion of the Yolo Adult Day Health Center and to open a day care in Davis to provide social interactive day care services.

County Respite Services:

Citizens Who Care
409 Lincoln Avenue, Woodland, CA 95695
(530) 758-3704

NOTE: Citizens Who Care is a volunteer organization who may provide weekly in-home respite to family caregivers. They also provide bi-monthly or monthly services at Davis Senior Center.

Other Resources and Support Groups:

Alzheimer's Cafe
St John's Village
135 Woodland Avenue, Woodland, CA 95695
(530) 662-1290

A third Thursday get-together from 2:00 - 3:30 p.m. for those with dementia and their caregivers.

Dementia Caregivers Support Group at Davis Senior Center
646 A Street, Davis, CA
(530) 757-5696

Third Wednesday, at 10:00 am.

Meals on Wheels/Elderly Nutrition
40 N East St, Suite C, Woodland, CA 95695
(530) 662-7035

Area 4 Agency on Aging
1401 El Camino Avenue, Suite 400, Sacramento, CA 95815
(916) - 486-1876

Referral source for health advocacy issues.

National Alliance on Mental Illness (NAMI)
Yolo County - (530) 756-8181

Mental health self-help, support, and advocacy.

Yolo County Elder Protection Unit
(530) 666-8180 (District Attorney)
Adult Protective Services (Social Services)
(888) 675-1115

Mini Medical School - UCD
<http://www.ucdmc.ucdavis.edu/minimed/class/class15.html>

Health education classes.

Durable Medical Equipment:

Durable medical equipment are those items that provide a therapeutic benefit. They include sensory assists such as hearing aids and glasses, mobility assists, such as crutches, walkers, and wheelchairs, breathing assists such as CPAP machines and oxygen, and post surgical assists such as medical beds. Generally, durable medical equipment is ordered by a healthcare provider, and secured from a retailer who sells or rents a particular type of equipment. If you have an insurance plan that covers durable medical equipment, the retailer may or may not bill insurance for you, so it is a good idea to check. On rare occasions, durable medical equipment is not available from a retailer, or not available on time, and some equipment needs may be available on a temporary basis from a local church or senior center. In Yolo County the following retailers provide durable medical equipment:

Apria Healthcare - 1450 Expo Parkway, Sacramento. (916) 921-1162
Medicare contracted provider of respiratory equipment.

Jackson Medical Supply - 604 Main Street, Woodland. (530) 661-7409
Provider of lifts, beds, wheelchairs, and ambulatory aids, in addition to other items.
Respiratory equipment is not available.

Healthcare Supply Pros - 1739 Farnham Avenue, Woodland. (530) 405-3015
Carries a limited supply of mobility equipment, but carries safety devices, diabetic supplies, colostomy supplies, and wound care supplies.

ADM Medical Supply - 1260 Lake Street, Davis. (530) 231-5862
Mobility supplies and hospital beds.

Harbor Medical Supply - 2917 W Capitol Avenue, West Sacramento. (916) 372-8766
Not much online information regarding type of durable medical equipment.

Affordable Mobility/Medical - 2204 W Capitol Avenue, West Sacramento. (916) 572-0811

Primarily chairs, lifts, and hospital beds.

The following churches or service organizations may also loan mobility and medical equipment:

The American Lutheran Church - 1114 College Street Woodland. (530) 662-6338
The Medical Equipment Closet is open Monday - Friday from 9am - 1pm. No charge.

Davis Senior Center - 646 A Street, Davis. (530) 757-5696.
Has wheelchairs, walkers, crutches, canes. A small donation for the equipment rental is appreciated but not required.

Transportation:

Davis Community Transit for those with disabilities. 23 Russell Blvd, Davis.
(530) 747-8240 or (916) 371-2877 (West Sacramento)

Yolo Bus Special Services

Rides scheduled to Woodland Senior Center and to other destinations for those with disabilities.

(530) 666-2877

Senior Centers:

Woodland Community and Senior Center
201 East Street, Woodland, CA 95776
(530) 661-2001

Davis Senior Center
646 A St, Davis, CA 95616
(530) 757-5696

Winters Community Center
201 Railroad Avenue, Winters, CA 95694
(530) 795-4233

West Sacramento Community Center
1075 W Capitol Avenue, West Sacramento, CA 95691
(916) 617-4620

NOTE: Senior centers are also the provider of low cost senior lunches, and fall prevention programs including exercise and yoga classes for strengthening and balance.

NOTE: This is not an exhaustive list. There are support groups specific to dementia or chronic diseases. Additional transportation options may be found at <http://community-services.cityofdavis.org/senior-services/transporttion> Yolo County Health and Human Services on Cottonwood Street, Woodland, between Beamer Street and Woodland Avenue also provide many services to seniors with a limited income.

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