

### Respite Grant Information (availability varies)

- Alzheimer's Association \$1,000 onetime grant: 800-272-3900. Contact local Alz Assoc chapter offices (contact list attached) for grant resources that may be available in the dyad's region.
- Local Caregiver Resource Centers – contact info listed [here](#). CRCs usually work with county AAAs to maximize grant funds
- [Hilarity for Charity / Home Instead](#)
- Seniors at Home – for Marin County only. Call 415-449-3777 or email [info@seniorsathome.org](mailto:info@seniorsathome.org) to apply. Includes up to 40 hours of free in home **respite** care and/or 6 free counseling sessions with social worker in San Rafael office.
- [Brain Support Network – Allan Marcus Fund for Families Dealing with PSP](#) (PSP dx only)
- [Parkinson's Wellness Fund](#) (PD dx only)
- [CareLinx / United Healthcare](#): get 4 hours free care by using gift code: unitedhealthcare. Go to [www.uhcforcaregivers.com](http://www.uhcforcaregivers.com) for other discounts and coupon codes on different products and services.
- Check with employer or union for caregiver benefits. For example, UC employees get free membership to sittercity.com through our benefits package: <http://www.careadvantage.com/universityofcalifornia>
- Some Medicare Advantage plans (United Healthcare SafeHorizons?) *may* provide limited coverage for short-term **respite** care (e.g., 40 hours/year). Health insurance plans sometimes provide basic care management services, too. Dyads should contact their insurers to verify benefits eligibility.