**CE RESOURCE HUB :)**

**FINANCIAL MANAGEMENT:**

* True Link pre-paid card: <https://www.truelinkfinancial.com/prepaid-card>

**INTERNET MANAGEMENT:**

* Limit/restrict websites: <https://www.opendns.com/>

**PG&E MEDICAL DISCOUNTS:**

* <https://www.pge.com/en/account/billing-and-assistance/financial-assistance/medical-baseline-program.html#:~:text=This%20additional%20energy%20allotment%20is,MEDICAL)%20on%20their%20electric%20charges.>

**EXERCISE FOR PARKINSONISM**

* Boxing classes: <https://www.rocksteadyboxing.org/>
* Stanford Guide: <https://med.stanford.edu/parkinsons/support.html>

**PHYSICAL THERAPY**

* Vallejo/ Concord PT: Refer to sutter home health and say prefer **Hannah Clark** (physical therapy training for caregivers)

**TRANSPORTATION**

* SilverRide: uber for the elderly

**SUPPORT GROUPS/ CLASSES**

* UCSF Sustainable Caregiving Class
* Savvy Caregiver Course (sponsored by Alzheimer’s Association) Our AA contact Heather sends us fliers with dates and times to distribute!

**HELPFUL PHONE NUMBERS:**

* **Alzheimer’s Association 24/7 Helpline:** [**800.272.3900**](tel:800.272.3900)
* **IOA Frienship Line** (For Elderly Folks to call and chat with someone) <https://www.ioaging.org/services/friendship-line/> California: 888.670.1360

**ACCESSIBILITY IN-HOME:**

CHIPPS Website (FOR SF RESIDENTS ONLY): <https://www.sfdph.org/dph/comupg/oprograms/CHEP/Injury/CHIPPS.asp>

**TAX WRITE OFF FOR CAREGIVERS**

Tax write-offs for caregivers: <https://www.irs.gov/pub/irs-pdf/p502.pdf> You can deduct on Schedule A (Form 1040) only the part of your medical and dental expenses that is more than 7.5% of your adjusted gross income (AGI).

Medical Expenses include:

* home safety modifications (p 6)
* dental care
* hearing aids
* vision care
* personal care services (not household help) (p 10-11)
* transportation for medical care (p 13)

I recommend working with a professional <https://www.irs.gov/tax-professionals/choosing-a-tax-professional>

This is the bookkeeping service that can be used when hiring private caregivers <https://www.paychex.com/>

**Parkinson support Stanford:**

<https://med.stanford.edu/parkinsons/support.html>

**Home safety**:

<https://www.sfdph.org/dph/comupg/oprograms/CHEP/Injury/CHIPPS.asp>

**Family Caregiver Alliance**: <https://www.caregiver.org/connecting-caregivers/bay-area-caregiver-center/>

**Housekeeping (SF / Bay area)**

<https://www.selfhelpelderly.org/our-services/cleaning-services/house-cleaning-services>

<https://www.adrianacleaning.com/house-cleaning-services/>

<https://www.sunshinehousecleansf.com/>

**Incontinence**

Diapers that can be covered by VA benefits:

<https://www.northshorecare.com/adult-diapers/adult-pull-ups>

**VA benefits**

A walker, medications, and incontinence supplies could be covered by the VA if he qualifies for VA health benefits. They need to contact the VSO office if they are not sure if he does qualify: <https://www.sfhsa.org/services/disability-aging-services/county-veterans-service-office-cvso>

Ask if he is eligible for Housebound benefits: <https://www.va.gov/pension/aid-attendance-housebound/>

**FREE MEDICAL SUPPLIES**

Free medical supplies: <https://www.recares.org/>

**MEDICAL**

Here is information about income requirements for Medi-Cal <https://cahealthadvocates.org/low-income-help/medi-cal-for-people-with-medicare/>

Free help with Medi-Cal and social security applications for people who already qualify

* <https://www.healthadvocates.com/about-us>
* They partner with various health organizations including UCSF. Don has a UCSF email address and extension.
* They receive referrals for inpatient and outpatient cases. He said as long as the patient has an MRN with UCSF, they can work with them.
* There is no survey or intake, the first call is a screening call to see if the patient qualifies for Medi-Cal. They can then help them fill out the application and guide them through accessing benefits. They can also assist with Social Security benefits.

**IHSS**

**IHSS PROTECTIVE SUPERVISION:** <https://www.disabilityrightsca.org/publications/in-home-supportive-services-protective-supervision>

**RESPITE GRANTS**

* local [Caregiver Resource Center](https://www.caregiver.org/resource/californias-caregiver-resource-centers/), grants are usually around $500 and are available based on need and funds available (they usually run out of money in early summer at the end of the fiscal year and then have money again in August). Caregivers have to go through a caregiver consultation process with a staff member and they have to make a case for why they need a respite care grant so I usually coach caregivers to exaggerate (vs minimize) their burden and the level of care needed
* Alz Assoc grant which is about $1,000 and available on a one time basis, caregivers apply by calling the 24/7 helpline and again exaggerating their needs and inability to pay
* Hilarity for Charity grant has an online application <https://www.homeinstead.com/home-care-services/alzheimers-dementia-care/HFCgrant/?redirFrom=HFAF> In my experience, people who are already eligible for IHSS are not eligible for these grants. The application is lengthy and requires ability to write detailed responses to open-ended questions. The respite care is provided by the local Home Instead agency