

## RESOURCES FOR CAREGIVERS

Alzheimer's Association Caregiver Center – [www.alz.org/care](http://www.alz.org/care)

- ALZConnected (social networking community for dementia caregivers)
- Alzheimer's Navigator (online assessment program to evaluate needs and customize action plans)
- Community Resource Finder (huge database of local resources)
- Care Team Calendar (online tool to coordinate responsibilities with friends and family)
- Safety Center (resources for staying safe inside and outside the home)

24/7 Helpline 800-272-3900 (available all day every day in over 140 languages)

Southern Caregiver Resource Center (SCRC)  
[www.caregivercenter.org](http://www.caregivercenter.org) or 1-800-827-1008

Caregiver Coalition of San Diego  
[www.caregivercoalitionsd.org](http://www.caregivercoalitionsd.org)

Alzheimer's Disease Education and Referral (ADEAR) Center  
[www.nia.nih.gov/Alzheimers](http://www.nia.nih.gov/Alzheimers) or 1-800-438-4380

Alzheimer's Foundation of America  
[www.alzfdn.org](http://www.alzfdn.org) or 1-866-232-8484

**Corporate Office**  
3702 Fourth Ave., San Diego, CA 92103  
(619) 543-4700 / (800) 736-6674  
Anette Asher Chief Executive Officer  
Gloria de Aragon Baker, M.Ed., RCFE  
Director of Programs and Development

**Hillcrest Adult Day Care Center**  
3686 Fourth Ave., San Diego, CA 92103  
619-543-4704  
Margaret Galante, RN, BSN Director of Nursing  
Hillcrest Program Director

**South Bay Adult Day Care Center**  
280 Saylor Dr., Chula Vista, CA 91910  
619-420-1703  
Bernice Molina, MSW Southbay Program  
Director

**Encinitas Adult Day Care Center**  
335 Saxony Rd., Encinitas, CA 92024  
760-635-1895  
Sheila Argeanton, BS Encinitas Program Director