

**COMMUNITY SERVICES DEPARTMENT  
SENIOR & FAMILY SERVICES**

**TELEPHONE (310) 318-0650  
Fax (310) 798-8273**

# **CITY OF REDONDO BEACH CALIFORNIA**

**March 2016**

## **ALZHEIMER AND OTHER FORMS OF DEMENTIA**

### **REDONDO BEACH - SOUTH BAY**

This guide is published by The City of Redondo Beach, Community Services Department, Senior and Family Services. The guide is designed to provide interested citizens with information about the diagnosis, care and support for Alzheimer's disease in Redondo Beach and the surrounding communities.

This guide is a basic list and does not imply endorsement. The listings are not all-inclusive and are reported as accurately as possible. Failure to list a resource implies no criticism.

A periodic update will be available. To inform us of corrections and additional information, please contact 310-318-0650

City of Redondo Beach  
SENIOR AND FAMILY SERVICES  
Community Services Department  
1922 Artesia Blvd.  
Redondo Beach, CA 90278

310-318-0650  
310-798-8273 Fax

[www.redondo.org/senior](http://www.redondo.org/senior)

## **DEMENTIA DIAGNOSIS**

Dementia has several causes, including multiple small strokes, Parkinson's, Huntington's, Creutzfeldt - Jakob disease, chronic alcoholism, MS, and Alzheimer's. No single test can determine if a patient has Alzheimer's disease, but a physician with Alzheimer's diagnosis training generally diagnoses with 80-90% accuracy. (Only an autopsy will 100% confirm a diagnosis of the disease.)

To make a diagnosis, physician will factor in a patient's medical and psychological history as they perform a battery of exams. Physicals, neurological exams and lab tests will all be used to exclude other causes for symptoms. Depending on the patient, tests may involve anything from evaluation of an individual's ability to perform tasks such as the management of medications and finances, to mental exams, and interviewing the caregiver.

While there is currently no cure for Alzheimer's, physicians may prescribe medications that treat the cognitive symptoms and memory loss.

## **ALZHEIMER'S ASSOCIATION SAFE RETURN PROGRAM**

**The Alzheimer's Association's Safe Return** 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency. Provides nationwide assistance regardless of when or where the person is reported missing.

**24/7 HELPLine: 1-800-272-3900**

**To Register** call toll-free **1 800 432-5378** (weekdays 6am – 5pm) or visit the website at [www.medicalert.org/safereturn](http://www.medicalert.org/safereturn). Forms may also be downloaded from the website, and faxed to **1-800-863-3429**.

**Cost:** Annual \$35 fee, with initial fee of \$55.00 plus a \$7.00 shipping charge which includes a bracelet. Also has a caregiver program: Annual enrollment fee is \$35.00 and includes a metal bracelet.

## ***What is Adult Day Care?***

Adult Day Services programs offer a safe, positive, caring alternative to nursing home care for those who do not need 24-hour skilled nursing. These programs are designed to help people stay mentally and physically active, reduce isolation, improve their health, and prevent decline of their abilities.

People typically attend a center in their community two to five times a week, based on their individual need. All programs either provide or can assist with transportation arrangements. Program hours typically range from four to eight hours per day; however, some centers offer extended hours to accommodate working caregivers. Many centers also provide caregiver support groups and training.

Services vary from center to center but may include therapeutic activities such as art, singing, age-appropriate games, health monitoring, social work, meals, dietary counseling, physical, occupational and speech therapy. Some programs focus on a specific population - for example, those who share a similar cultural or ethnic background or younger adults with head injuries or developmental disabilities. Families also receive help with information and referral to other services, as needed.

California's licensed adult day services centers may operate as one or more of the following:

### **Adult Day Program (ADP)**

ADP centers offer a **non-medical model of care** through a day-time program for elderly and younger adults with a focus on protective supervision by trained aides, structured activities, health monitoring, meals, out of home respite and support for the caregiver.

*Licensed by California Department of Social Services Community Care Licensing Division*

### **Adult Day Health Care (ADHC)**

ADHC centers offer a **medical model of care** through an out-patient day program for older persons and adults with chronic medical, cognitive or mental health conditions and/or disabilities that are at risk of needing institutional care. A coordinated team of licensed professionals, including nurses, social workers and physical, speech and occupational therapists, focus on medical, preventative and personal care, hot meals, nutritional counseling, and transportation to and from the center. The state's eligibility criteria for Community Based Adult Services (CBAS) and must be in Medi-Cal managed care where available and required.

*Licensed by California Department of Public Health*

**EVALUATION AND DIAGNOSIS**

**Harbor – UCLA Medical Center**

310-222-3897

Neurology Department  
1000 W. Carson Street  
Torrance, CA 90509

Services: Neurology exam and consultation. Medicare and MediCal accepted.

**Rancho Los Amigos Medical Center**

562-401-8130

Geriatric Neuro-Behavior and Alzheimer's Center  
7601 E. Imperial Hwy.  
Downey, CA 90242

Services: Accepts Medicare and MediCal, Private insurances, No HMO's without prior approval.

**UCLA Neurological Disease Center**

310-794-1195

300 UCLA Medical Plaza  
Suite B 200  
Los Angeles, CA 90095

Services/Cost: Approximate cost is \$300.00 - \$700.00 for examination, diagnosis and other services. Open Monday through Friday, 8:00 a.m. – 5:00 p.m. Accepts Medicare.

**USC Geriatric Medicine**

1520 San Pablo Street Suite 1000  
HCC II Bldg. 1<sup>st</sup> Floor  
Los Angeles CA 90033

Information 800-872-2273  
Appointment 323-442-5100

Call for information. Cost depends on needs of patient

**EVALUATION AND DIAGNOSIS CONT.**

**VA Long Beach Healthcare (Veterans Only)**

562-826-8000

Geriatrics Evaluation Management  
Health Care Group (GECO)  
5901 E. 7<sup>th</sup> Street  
Long Beach, CA 90822  
[www.longbeach.va.gov](http://www.longbeach.va.gov)

Facility specializes in diagnosing diabetes, hypertension, pulmonary disease, cancer and heart-related conditions. For further information on programs and treatments available, contact: Mark Levinstein, M.D., G.E.M. at 562-826-5869

**Veterans Hospital – West L.A. (Veterans only)**

310-478-3711

11301 Wilshire Boulevard  
Los Angeles, CA 90073  
[www.losangeles.va.gov](http://www.losangeles.va.gov)

FAX: 310-268-4779

Wide range of diagnostic facilities and services available, including diagnosis of medical problems that require more specialized equipment - e.g. nuclear medicine.

CRISIS LINE: 800-273-8255

**DAY CARE**

**Carson Adult Day Care**  
23517 S. Main Street  
Suite 110  
Carson, CA 90745

310-522-3860  
FAX: 310-522-3866

Services/Cost: Provides day-long health therapy services to frail or disabled adults aged 18 and older. Social, recreation, and health-related activities are provided for attendees who require assistance with basic activities of daily living; individuals with dementia, mental health issues, and individuals who are ambulatory or use mobility aids. Accepts Medical.

**Family Adult Day Health Care Center**  
2280 Lomita Boulevard  
Lomita, CA 90717  
www.familyadhc.com

310-602-0123  
FAX: 310-602-0124

Services: Structured day health care program of therapeutic, social and health services in a center serving the frail elderly and other adults with physical and mental impairments. Program operates from 9 a.m. to 3 p.m. Business hours are 8 a.m. to 5 p.m. Fees: Costs are covered by Medi-Cal managed health care plans, Veterans medical coverage, private pay, and some long term insurance. Free transportation is provided for participants to and from the center. Program provides morning snacks, nutritionally balanced lunch and afternoon snack.

**Gardena Senior Day Center**  
14517 Crenshaw Boulevard  
Gardena, CA 90249  
Contact: Kathy Walker

310-217-9550  
FAX: 310-217-9551

Services: The Center is sponsored by the City of Gardena and has been at the same location since 1981. It is designed to serve the needs of frail and older adults, who require supervised care outside the home while their caregiver works or needs respite. The Center provides both socialization and therapeutic activities to encourage physical and mental exercise, i.e., creative games, crafts, music, word games, entertainment, and recreational activities. Serves all of South Bay.

Accepts older adults with Alzheimer's disease, other forms of dementia, Parkinson's, stroke, depression and/or loneliness. Currently open 9 a.m. - 3 p.m., Monday through Friday. Hot nutritious lunches and morning and afternoon snacks included in the sliding fee scale. Provides free transportation to and from Center for Gardena residents. Wheelchair/walker, incontinent participants accepted. Excellent staff-participant ratio. Secure environment.

**DAY CARE CONT.**

**OPICA Adult Day Services and Counseling Center**

11759 Missouri Avenue  
Los Angeles, CA 90025  
Contact: Mary Michlovich  
E-mail: opica@opica.org  
Website: www.opica.org

310-478-0226  
FAX: 310-478-2026

Services: OPICA is a private, non-profit, non-sectarian agency. The center is open Monday through Friday. The day care program offers meaningful and diverse programs for those suffering from Alzheimer's disease or other forms of dementia, Parkinson's disease, stroke or social isolation. OPICA also provides case management, emotional support educational programs and counseling services for any caretaker, spouse or adult child involved in the care of someone with dementia. Center offers services to any individual, family or couple with issues concerning the aging process. Special program: The Brain Train; for people with a mild cognitive condition: The program is available by calling 310-478-0226

**Palmcrest Adult Day Care Center**

3501 Cedar Avenue  
Long Beach, CA 90807

562-595-4551

Services: Program is for those with Alzheimer disease or other forms of Dementia. Program hours are 8:00 a.m. until 4:00 p.m. seven days a week. Fee includes three meals a day and one snack, activities and entertainment. Limit 24. Live-in care available. Accepts those with Alzheimer disease or other forms of Dementia.

**Salvation Army - Sage House**

138 S. Bandini St.  
San Pedro, CA 90731  
www.caringsa.org/sagegallery

310-832-6031

Sage House is a non-profit organization designed to serve the needs of frail, older adults who require supervised hours of care outside the home while their caregivers work or attend to personal errands. Sage House is also for older persons who will benefit from social interactions and peers, in a friendly, structured environment. Sage House provides therapeutic exercise, intergenerational activities, nutritious lunches and snacks, caregiver support groups and a variety of activities and social experiences (i.e., music, crafts, and games). Accept older adults with Alzheimer's disease, other forms of dementia, Parkinson's, stroke, depression and/or loneliness. Open Monday through Friday. Program hours are 8 a.m. until 5 p.m. Caregiver support group on 3<sup>rd</sup> Wednesday from 1:30 p.m. – 3:00 p.m. Scholarship program available. Accepts mild incontinence. Call for current prices.

**DAY CARE CONT.**

**Easter Seals Senior Day Service**

310-214-6963

Anderson Park Senior Center

3007 Vail Avenue

Redondo Beach, CA 90278

Contact: Kim Devine

Services: The Easter Seals Senior Day Services (ESSDS) is a day care center for people with Alzheimer's, Parkinson's, Stroke, and the Frail Older Adult who needs socialization. ESSDS is a respite center for care givers and a place for people to be active and involved in activities. Activities are: arts and crafts, playing games, exercising from a chair, singing old songs, walking to the park, playing BINGO, tossing a beach ball or balloon, outings. There is entertainment brought in and birthdays and holidays are celebrated. Clients bring their own lunch and ESSDS provides the drinks and snack. Hours are: Monday through Friday 7:30 am to 5:30 pm.  
Cost: Call for information

**OTHER AREAS:**

**LONG-TERM CARE**

**Arbor Hall**

Carson Retirement Center  
345 E. Carson Street  
Carson, CA 90745

310-830-4010  
FAX: 310-835-3998

Services/Cost: Starting prices: Semi-private rooms \$3,000/month. Private rooms \$3,500.00. Residential care for seniors with Alzheimer's who are between independent living and intensive care nursing. 24-hour activity.

**Belmont Village Assisted Living Of Rancho Palos Verdes**

5701 Crestridge Road  
Rancho Palos Verdes, CA 90275  
www.belmontvillage.com

310-377-9977

Services/Cost: Belmont Village has three levels of living, which includes respite care. It is designed for seniors who need assistance with daily activities. Residents live in private and secure environments within our assisted living community, and are cared for by a 24-hour staff specially trained in Alzheimer's and dementia care. Residents have access to chef-prepared meals, housekeeping, and a program of activities uniquely tailored to their abilities. Please call for pricing information.

**Brittany House**

5401 East Centralia Street  
Long Beach, CA 90808

562-421-4717  
FAX: 562-425-4340

Services/Cost: Call for cost information. Residential Alzheimer care for seniors, respite care, active care program. Ambulatory and non-ambulatory residents and wheelchair clients. Facility secure. 24-hour assistance by caregivers. Medicine disbursement with storage, housekeeping and linen service.

**Clearview Alzheimer Care Facilities**

15823 S. Western Avenue  
Gardena, CA 90247

310-538-2323  
323-770-3131

Services/Cost: Call for price information Maximum Capacity: 172. Care for confused ambulatory Alzheimer and dementia residents.

**LONG-TERM CARE CONT.**

**Los Palos Convalescent Hospital**

310-832-6431

1430 West 6th Street  
San Pedro, CA 90732

Services/Cost: Semi Private: \$180.00 per day and Private \$200.00 per day. Accepts wheelchair-bound. Provides rehabilitation services. Large patios, plenty of natural lighting, and spacious grounds with plenty of flowers. Accepts Medicare, MediCal, HMO and private patients.

**Silverado Senior Living**

310-896-3100

514 N. Prospect Ave.  
Redondo Beach, CA 90277

Service/ Cost: Private pay is all inclusive. Specializes in memory impairment, including Alzheimer's and other forms of dementia. Low acuity or high acuity: one inclusive price, 24 hour nursing, 7-1 Direct Caregiver ratio, we encourage residents to bring pets, age appropriate activities throughout the day. We are located in the Beach Cities Health Center building, and are central to all medical needs. Day care and respite stays available.

**Sunrise Assisted Living**

310-937-0959

Reminiscence Neighborhood  
1837 Pacific Coast Highway  
Hermosa Beach, CA 90254

FAX: 310-937-3989

Services/Cost: Reminiscence Program is committed to providing quality expert care for seniors with Alzheimer's and other forms of memory impairment through a philosophy of creating pleasant days in a comfortable home-like environment. Call for price information.

**Windsor Gardens of Hawthorne**

310-675-3304

13922 Cerise Avenue  
Hawthorne, CA 90250  
www.windsorcare.com

Private	\$217/day
2 bed	\$202/day
3 bed	\$192/day

Services/Cost: Provides extended stay nursing care to seniors with varying levels of disabilities.

**RESPIRE CARE**

**Carson Retirement Center**

310-830-4010

345 E. Carson Street  
Carson, CA 90745

Services/Cost: \$120/day for a semi-private room in a secured unit. Minimum stay of three days. Personnel available 24-hours, daily.

**FirstLight HomeCare of South Bay**

424-704-5330

3655 Torrance Blvd. #300  
Torrance, CA 90503  
[LRoberts@FirstLightHomecare.com](mailto:LRoberts@FirstLightHomecare.com)  
[www.SouthBay.FirstLightHomeCare.com](http://www.SouthBay.FirstLightHomeCare.com)

Services/Cost: In home respite care, no minimum day requirements, cost vary depending on services. \$22- specialty quotes for live-in care. All caregivers Insured, Bonded, and Dementia trained.

Transportation available for those who need assistance getting ready for an outing, while on the outing, and when they return. Perfect for those going to doctor appointments, dialysis, outpatient surgeries and the grocery store. Insured, Licensed and Bonded for your protection. Call for a tailored quote.

**Las Flores Convalescent**

310-323-4570

14165 Purche Avenue  
Gardena, CA 90249

Services/Cost: 3 beds. Non-ambulatory patients are accepted, but note that this is not a locked facility. Accepts VA patients. Call for pricing information.

**Playa del Rey Care and Rehab**

310-823-4694

Playa del Rey  
7716 W. Manchester  
Playa del Rey, CA 90293

Services/Cost: 7-day minimum stay. Alzheimer patients accepted for a Medicare and Medical certified room with a working Guard system. Please contact the facility for further information on rates.

**RESPIRE CARE CONT.**

**Sunnyside Nursing Center**  
22617 S. Vermont Avenue  
Torrance, CA 90502  
www.sunnysidenursing.com

310-320-4130

Services/Cost: Custodial \$250/day short term skilled. Minimum one week stay. Medicare certified. Transitional care unit. Rehabilitation center.

**Torrance Care Center East**  
Building B  
4315 Torrance Boulevard  
Torrance, CA 90503

310-370-5611

Services/Cost: Private 416.77/day, 2 beds \$ 282.67/day - 3 beds; \$274.02/day. No minimum stay. Alzheimer patients accepted if non-wandering (not a locked facility). Licensed Nurse (LVN) on duty 24 hours.

**Torrance Care Center West**  
Building A  
4333 Torrance Boulevard  
Torrance, CA 90503

310-370-4561

Services/Cost: Private 416.77/day, 2 beds \$ 282.67/day - 3 beds; \$274.02/day. No minimum stay. Alzheimer patients accepted if non-wandering (not a locked facility). Licensed Nurse (LVN) on duty 24 hours.

**Ambulatory Care Center & Nursing Home**  
Veterans Administration Sepulveda Office  
Community Living Center  
Bldg. 99  
16111 Plummer St.  
North Hills, CA 91343

818-891-7711 ext. 4203

Viara Stoiloba,  
LCSW Eligibility

Individuals can live at the community living center a minimum of seven days and a maximum of thirty days.

An appointment with the screening clinic is required. Admission is based upon the results of this screening clinic and bed availability. VA fees may apply. Contact VA eligibility office for the complete admission procedures and restrictions.

**SUPPORT GROUPS FOR CAREGIVERS**

**Advantage Program Caregiver Support Group**

310-517-4666

West Tower Building, 1<sup>st</sup> floor  
Torrance Memorial Medical Center  
3330 Lomita Boulevard  
Torrance, CA 90505

Services: On-going support group provides information, nurturing and companionship to those caring for another individual. Group meets at Torrance Memorial Health Center West Tower 5<sup>th</sup> floor room H every Tuesday from 6:30 PM to 8:00 PM. The first session is free, and following sessions are \$2.00 per class.

**Alzheimer Greater Los Angeles**

323-938-3370

4221 Wilshire Boulevard  
4<sup>th</sup> Floor, Suite 400  
Los Angeles, CA 90010  
[www.alzcla.org](http://www.alzcla.org)

Helpline 844-435-7259  
24-Hour Continuous Response

Services: Local chapters provide information on many aspects of Alzheimer's disease and other dementing illnesses. Provides referrals to all services. Call the helpline 24 hours a day, 7 days a week.

**Brittany House**

562-421-4717

5401 East Centrales St.  
Long Beach, CA 90808

FAX: 562-421-3746

Services: Group meets the 3<sup>rd</sup> Tuesday of each month at 4:00p.m. Call for information. Everyone is welcome, and participation is free.

**Caregiver's Support Group**

310-374-3426

Beach Cities Health District  
Community Care Services  
514 N. Prospect  
Lobby – First Floor  
Redondo Beach, CA 90277

Ext. 256

Caregiver Support group: Share the challenges, experiences, and solutions related to caring for loved ones who are ill. This is a friendly, welcoming forum. Both men and women are encouraged to participate.

**SUPPORT GROUPS FOR CAREGIVERS CONT.**

**Alzheimer Support Group for Caregivers**

310-377-3003

Peninsula Seniors  
30928 Hawthorne Blvd.  
Rancho Palos Verdes, CA 90275

Services: Support Group meets the first and third Friday of every month, from 10:00 a.m. to 11:00 a.m. There is no fee. Call before beginning the group.

**Opica Adult Day Services & Counseling Center**

310-478-0226

11759 Missouri Avenue  
Los Angeles, CA 90025

FAX: 310-478-2026

Services: Weekly support groups offered for those involved in the care of loved ones with any form of memory loss.