

## CAREGIVER RESOURCES

Hayward \* Union City \* Fremont

The sample resources listed below are recommended to help support you in your role as a Caregiver. They are available for viewing, lending or purchase through your Health Education Centers.

### Hayward

2<sup>nd</sup> Floor Main Clinic  
Bldg. above the pharmacy  
M-F, 9am-5pm  
Wed – open to 7pm  
510/784-4531

### Union City

1<sup>st</sup> Floor Medical Office Bldg.  
B, next to pharmacy  
M-F, 9am-5pm  
Mon – open to 7pm  
510/784-4531

### Fremont

1<sup>st</sup> Floor Niles Bldg. next  
to pharmacy  
M-F, 9am- 5pm  
510/248-3455

### SUPPORT GROUPS

- Alameda County Senior Information and Referral 1-800-510-2020
- Stroke Education & Support Group
- Alzheimer's/Dementia Support Group for Caregivers
- Family Caregiver Alliance  
1-800-445-8106

### BOOKS and PAMPHLETS

- Kaiser Permanente's Healthwise Handbook\*
- The Comfort of Home: A Step-by-Step Guide for Caregivers
- "Caregiver Secrets" Healthwise Reprint

### CLASSES AND OTHER RESOURCES

- Pathways to Stress Reduction\* – call Health Education
- Kaiser Healthphone\* – 1-800-332-7536
- Referral to a Social Worker, Behavioral Medicine Specialist or Clinical Health Educator\* – ask your Primary Care Provider

### WEBSITES

- [www.aarp.org](http://www.aarp.org)\*
- [www.alznorcal.org](http://www.alznorcal.org)\* \*
- [www.caregiver.org](http://www.caregiver.org)\*
- [www.kaiserpermanente.org](http://www.kaiserpermanente.org)

### VIDEOTAPES

- "Complaints of a Dutiful Daughter"
- "Living in Alzheimer's Disease"
- "Humor Your Stress"

Visit Health Education to learn about other resources including reference books, info-trac computer access, journals and community resources

\* **Materials/ services also available in Spanish**

\*\* **Materials/ services also available in Spanish/ Chinese/ Vietnamese**