

公務出國或赴大陸地區報告（出國類別：考察）

## 2014 年美國聖地牙哥 長期照護政策交流專題研討

服務機關：臺中市政府衛生局

姓名職稱：黃美娜局長、蔡淑鳳副局長

派赴國家：美國聖地牙哥

出國期間：103 年 12 月 02 至 06 日

103 年 12 月 12 至 13 日

報告日期：103 年 12 月 24 日

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## 壹、摘要

本次透過公私與臺美夥伴模式，促進臺灣臺中市與美國聖地牙哥的長期照護政策與實務交流，參訪內容包括 St. Paul's Senior Homes and Services:PACE、Southern Caregiver Resource Center、Gray and Mary West Senior Wellness Center、Health and Human Services Agency：Aging and Independence Services、Wesley Palms Retirement Community。我們看見了不同的照護模式如 PACE 及創新的設計與規劃如機構設施的人性化與生活化。

## 貳、公務出國人員名單：

序號	單位	姓名	職稱
1	臺中市政府衛生局	黃美娜	局長
2		蔡淑鳳	副局長

## 參、目的：

本次美國聖地牙哥參訪的目的是拜訪美國 Fulbright Specialist Dr. Rosemary Goodyear 並交流美國積極推動中的長期照護服務模式，包括 PACE（Program of All-inclusive Care for the Elderly）及聖地牙哥衛生局（Health and Human Services Agency, HHSA）的老人政策方案，受邀請信函如附件 1、2。

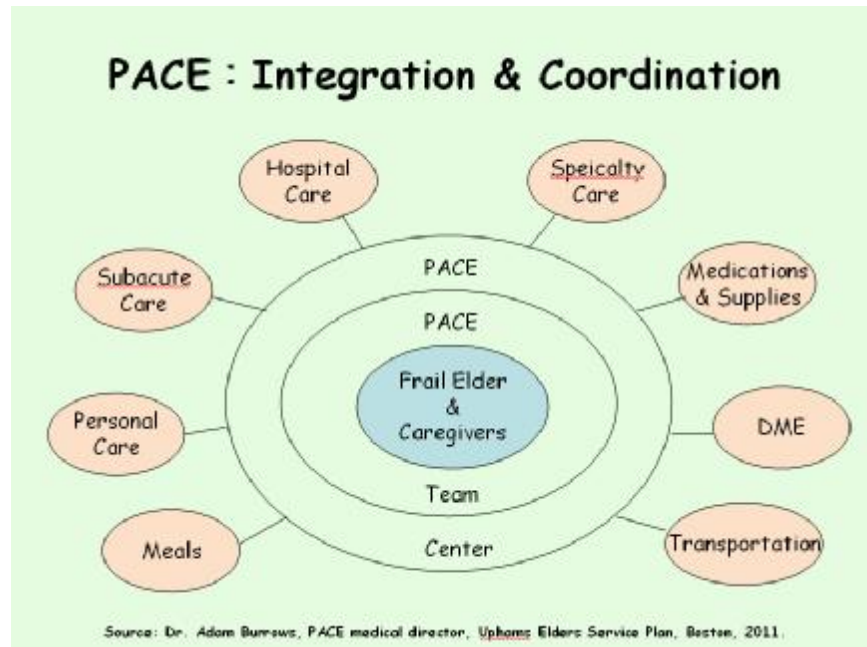
## 肆、過程：

本次參訪行程如附件 3，參訪重點分別如下：



## n St. Paul's Senior Homes and Services

PACE, Program of All-inclusive Care for the Elderly 開始於美國 1971 年舊金山的 On Lok 社區，其是以社區為基礎的長期照護支持與服務模式，一般而言，PACE 模式架構示意圖如下：



PACE 的核心價值是：

- 一、強調認可（Recognize）失能者的重要量能及功能
- 二、以需照顧者之喜好與目標為優先
- 三、提供有效的照護與服務
- 四、支持個人與家庭的參與
- 五、兼顧時效、協調、整合、效率，並彈性應用可能的資源

PACE 是強調以社區為基礎，有尊嚴的照顧模式，照顧內涵因應照顧者的需要，允許提供彈性的照顧項目，透過總額支付（Global Payment），促使服務提供者能發展具備彈性（Flexibility）及當責（Accountability）的服務模式。

根據 2012 年報告指出，PACE 計畫在 1997 the Balanced Budget Act 預算立法支持下，目前已有 80 多個 PACE 計畫及 29 州實施，約有 23,000 人參與。PACE 發展限制因素有：

一、中央與地方法規的差異

二、中央與地方預算的不確定

PACE 成效：

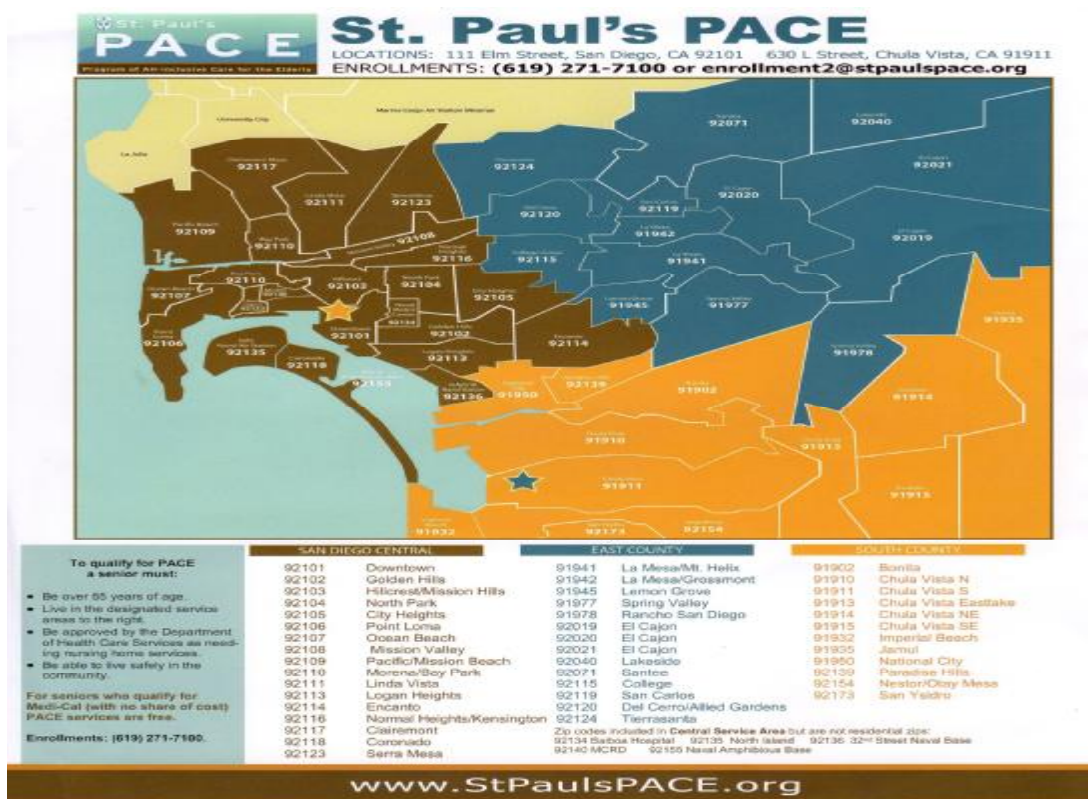
一、生命最後二年，Medicare 成本大於 PACE 成本 26%；

二、生命最後六週，Medicare 比 PACE 貴 65%；

三、Medicare 透過 PACE 計畫，其成本從每人每月 5,000 美元降至 2,000 美元。

PACE 並非解決所有高齡需求的仙丹，但卻是示範提供「被照顧者」可以選擇留在社區接受服務的有效率服務方式，並可以實證及生活品質為照顧的基礎，PACE 希望實踐的是看見生命最後一段的美好，生活品質是可負擔的，例如：有時候可能需要的是一付眼睛，或是為了有能力聽見，有牙齦可以咀嚼，或有所屬，而不是憂鬱、營養不良、跌倒或重覆住院。

St. Paul's PACE 的服務對象、服務區域如下：



St. Paul's PACE 服務項目包括：

COVERED SERVICES	
<ul style="list-style-type: none"><li>• Primary care (including doctor visits and nursing services)</li><li>• Medical specialty services</li><li>• Prescription drugs</li><li>• Durable medical equipment (DME)</li><li>• Hospital care, as required</li><li>• Nursing home care, as required</li><li>• Emergency services (24 hours per day, 7 days a week)</li><li>• Adult day care in our beautiful day centers</li><li>• Health education and nutritional counseling</li><li>• Rehabilitation therapy (physical /occupational / speech)</li></ul>	<ul style="list-style-type: none"><li>• Transportation</li><li>• Home care / Personal care assistance</li><li>• Mental and behavioral health services</li><li>• Recreational activities</li><li>• Vision, hearing and dental services</li><li>• Laboratory / X-ray services</li><li>• Social services</li><li>• Podiatry</li><li>• Meals</li></ul>
PLUS: Any other services determined medically necessary by the PACE team of health care professionals to improve and maintain our PACE participants' overall health.	

## n Southern Caregiver Resource Center (SCRC)

SCRC 是 1987 年成立，為非營利組織，其財源包括中央、地方政府補助款及募捐；組織結構包括心理衛生、人才培訓、諮詢服務及社會募款。其宗旨是以提供家庭照顧專業諮詢為主，目的在降低憂鬱、改善照顧壓力的調適技巧，增加家屬的支持系統，減少隔離感受。其服務對象包括：居住在聖地牙哥在家負責照顧腦部缺損及失能老人的家屬。

SCRC 的員工資格必須領有相關的專業證照，SCRC 主要是透過家庭諮商或個案管理提供服務，除了諮商外，SCRC 並提供必要轉介，也辦理家庭照顧者支持團體活動，舉例如附件 4-1、4-2。納入增進家庭者的知識知能，如財務、法律、喘息服務、失智照護技巧，SCRC 的特色之一包括發展「家庭照顧者的評估工具」及「家庭照顧服務計畫」以作為家庭諮商及個案管理的服務。SCRC 也定期主辦各種相關演講，其主題範例如附件 4-3。



**n Visit Fulbright Specialist : Dr. Rosemary Goodyear**



**n Visit University of San Diego with Dr. Mary Jo Clark**



## **n Gray and Mary West Senior Wellness Center**

Gray and Mary West Senior Wellness Center是高齡的社區中心，座落聖地牙哥市中心，其宗旨是透過創新方案終結老人饑餓與貧窮，它的特色是經由提供膳食、個案管理、健康照護、心理健康、運動及終身學習（包括電腦、市民參與），去維持高齡者的健康與獨立。

目前除了參訪的地點：1525 4<sup>th</sup> Avenue, SD. CA 92101外，還包括10個分支社區點。關於老人（60歲以上）膳食特色（1）提供熱食；（2）在Gray and Mary West Senior Wellness Center提供每週7天的早餐和午餐，並於其他的9個集合點提供每週5天的膳食服務；（3）每年約提供220,000份膳食，使用者可以自由樂捐，但未捐者亦可食用。參訪的社區中心目前服務約200個老人，提供一年365天新鮮與健康用膳。

參訪之社區中心的另一服務方案是提供中低收入住得起的老人住宅，預防老人成為遊民，稱Potiker Family Senior Residence，目前有2個點，分別在2003年及2007年建構，地點都在市中心，老人可以很可近公共運輸、藥局、教堂、超市、購物中心及餐廳等，收費低於聖地牙哥的平均房租。為了維持高齡者的獨立性，老人住所並提供：

- 營養早、午餐；
- 社交與活動；
- 心理健康與諮商；
- 護理照護；
- 社工個案管理。

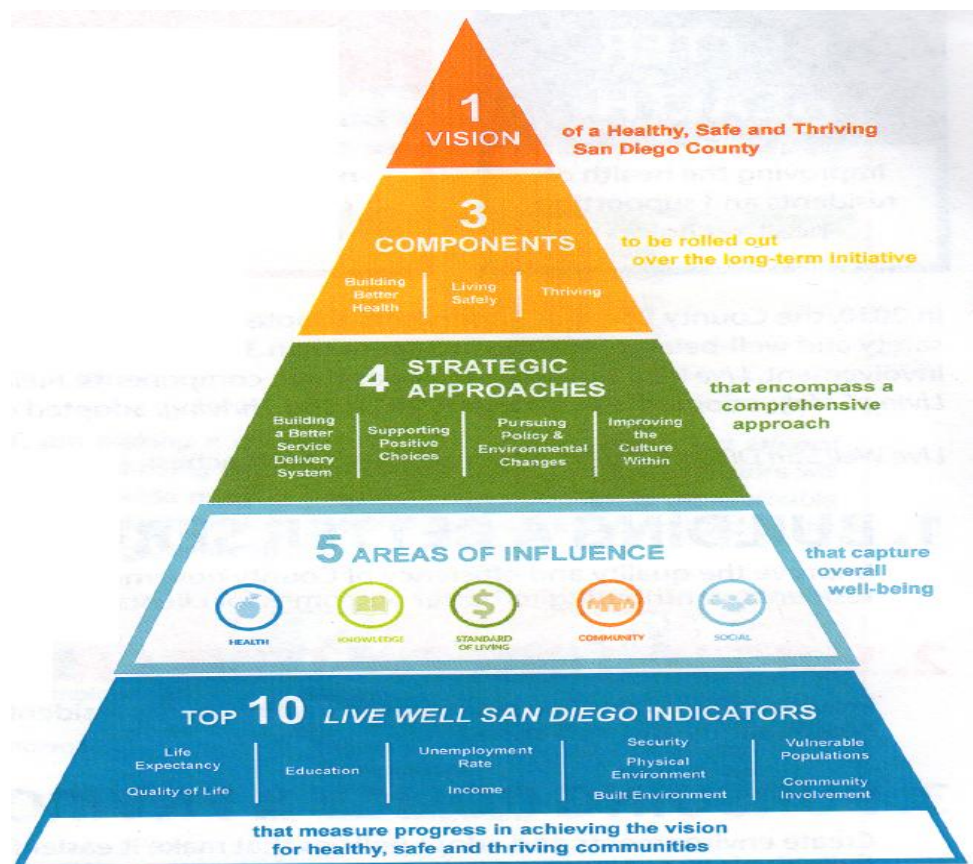
這方案住的特色是「遊民預防計畫，Homeless Prevention Program」，經由3個月的轉銜計畫，以“Housing First”模式，成功幫助超過1,000社區老人。



## n Health and Human Services Agency : Aging and Independence Services (HHSA)

聖地牙哥衛生局是以促進聖地牙哥人民生活更好為宗旨，營造健康、安全、有活力的社區，建構更好的健康。2010年聖地牙哥衛生局決定以「Live Well San Diego」十年計畫去建構更好的健康，願景是健康、安全、有活力社區。其策略包括：

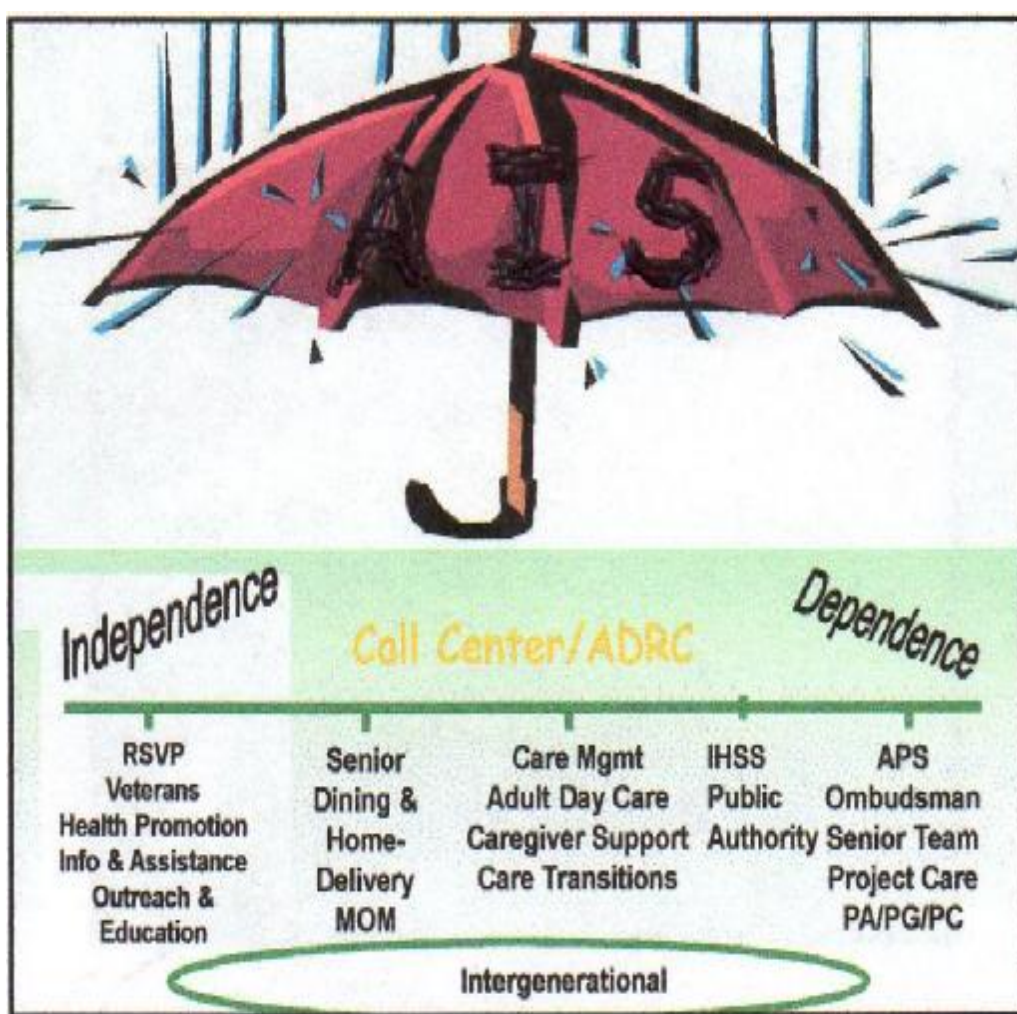
- 一、建構更好的服務遞送體系：改善政府及夥伴服務民眾的品質與效率，致力貢獻個案服務結果及社區結果。
- 二、支持正向選擇：提供資訊及資源去啟發市民採取行動，並有責任促進自己健康、安全及安好。
- 三、追求政策及環境改變：政策決定與環境營造，促進每位市民能更簡單過得更好，鼓勵個人參與改善他們的社區。
- 四、政府組織文化改善：市府團隊採取行動，協助市民過得好，其政策架構圖如下：



聖地牙哥縣衛生局高齡服務部門（Health and Human Services Agency – Aging and Independence Services）

聖地牙哥約有 300 萬人口，老人人口約 15%，推測 2020 達 20%，2035 年達 24%。其目前提供的服務內涵包括：

- 一、回應老人及失能者需求
- 二、近約 30 項不同的計畫
- 三、指導及合約服務
- 四、整合服務模式
- 五、帶領創意、夥伴及前瞻性思考
- 六、高齡服務內涵架構如下：



其服務計畫包括

## **Aging & Independence Services (AIS)**

leads the way in advocacy, information and safety to foster dignity and enhance quality of life for older adults and persons with disabilities in San Diego County.

AIS programs include:

- Adult Protective Services
- Caregiver Support
- Care Management Programs
- Care Transitions Program
- Cool Zones
- Grandparents Raising Grandchildren Assistance
- Health Insurance Counseling
- Health Promotion
- Information and Assistance
- In-Home Supportive Services
- Intergenerational Programs
- Legal Assistance
- Long-Term Care Ombudsman
- Mature Worker Program
- More on the Menu (MOM)
- Nutrition Services
- Outreach and Education
- Project CARE
- Public Administrator/Public Guardian/Public Conservator
- Retired and Senior Volunteer Program
- Veterans Services

and many more...



## **n Wesley Palms Retirement Community**

Wesley Palms是佔地35公頃（acre）老人住宅，住宅類型包括可獨立生活、需要協助老人及失智老人，老人住宅可分為小木屋及公寓型，而如老人健康情況惡化及末期狀態，亦可選擇在其原住宅接受相關醫療照護，如安寧照護，不需要搬出原住所，故Wesley Palms是以能維持老人最大獨立性及個別性的生活品質為核心經營理念。

Wesley Palms的服務項目包括：

- Assistance with showering（twice weekly）.
- Daily assistance with dressing.
- Nursing aides on duty 24 hours.
- Weekly visits by licensed nurse to your home.
- Wellness checks every 2-3 hours.
- Assistance with personal appointments.
- Transportation to main building for activities(Upon request).
- Up to four complimentary local trips per month in campus vehicle.
- Meal trays available during illness or inclement weather.
- Emergency call system.
- Scheduled activities.
- Daily bed making.
- Weekly housekeeping and linen change(more often if necessary).
- Daily trash removal.
- Medication management.
- Newspaper delivered daily to your garden home.
- Mail pick-up and delivery.
- Covered parking for resident-owned vehicle.
- Weekly personal laundry/dry cleaning pick-up and delivery.



而特別值得一提的是針對家人已無法照顧的失智老人，Wesley Palm提供Summer House，共有22間，24小時有護士值班、4位護士助理，提供每日用餐服務、點心烹飪、電話服務、藥物管理、個人照顧、日常生活照顧及遠距科技安全照顧監測系統，娛樂及教育活動、家務處理、個人洗衣、e-mail處理。

這次參訪，參訪機構安排已進入Wesley Palms 10個月的住民Evy Anderson與我們共進午餐及會後1小時討論會議。Evy今年87歲，因為雙腳失去知覺，現需用助行器，除了助行器，她可獨立生活，她是大學護理老師退休，退休金加老年年金可負擔她現在住在Wesley Palms Independent Living的費用，一般來說收費是依房型及需要照顧的程度計費。房型有每月2,000-6,000美金不同型態，她住四樓面山看海，有房間、衛浴、桌上電腦、客廳，每月5,000美金，包括住宿及免費使用Wesley Palms的所有服務項目。與Evy的互動讓我們見證了她是「活躍老化」的代言，生動活潑、不時大笑、有問必答，她說她的兩個嗜好是「音樂」與「下橋棋」，之前也熱愛旅遊，現在也是Wesley Palms期刊發行（每兩個月出刊一次）的作者之一。

## 伍、心得：

- （一）這次參訪在出國經費與天數的限制下，考量資源共享，擴大在地私立服務單位的參與，對於「公私夥伴合作」，這是一次美好的學習與交流經驗。
- （二）因為 Fulbright 計畫，這次透過該計畫專家 Dr. Rosemary Goodyear 協助安排在地參訪機構，讓參訪行程的多元性與深度獲得最佳組合，也驗證實質夥伴建立與維持的重要性。
- （三）整合模式的設計也是臺灣醫療衛生與長期照護的核心議題之一，影響整合的因素很多，但透過這次交流，我們聽到更多的是因為

「看見人的價值」，所以多元專業團體之間的分工合作變得更有創新與可能，也讓「整合」可以更落實人類生活品質的改善。

## 陸、建議：

- 一、這是全球化時代，地方政府如何透過「國際化」機制建立，讓政策精進、人才培育與在地創新效率更佳，建議「國際化」可納入地方施政的「策略」之一。
- 二、因應人口老化，家庭照顧資源支持功能如何在臺中市社區建立機制，並提供民眾有感的服務，是未來可以納入施政參考。

## 柒、附件：

- 1、局長受邀信函
- 2、其他隨行人員受邀信函
- 3、本次參訪行程
- 4-1、SCRC 家庭照顧者支持團體活動
- 4-2、家庭照顧者支持之遠距課程
- 4-3、SCRC 演講主題



## 附件 1 局長受邀信函



Dr. Huang Mei-Na  
Director General  
Health Bureau  
Taichung City Government  
No. 136 Jhongsing Rd.,  
Fongyuan District,  
Taichung City 420, Taiwan (R.O.C.)

October 19, 2014

Dear Director Mei-Na,

It gives me great pleasure to extend an invitation to you and your colleague Dr. Shwu Feng Tsay to visit San Diego, California, USA and to spend time with several of my colleagues who operate and manage organizations and agencies that specialize in caring for the senior citizens residing in our community.

I am arranging tours and visits with the owners and managers of 3-4 organizations that provide a variety of services to the seniors who are mobile and active as well as settings where seniors with dementia are cared for either in their home or in day care centers.

If there is any specific type of caring service you wish to visit, in addition to the identified services, please let me know by return email and I will check to see if I am able to fulfill the request.

I look forward to welcoming you to San Diego when you arrive and spending time with you and your colleagues during your stay.

Cordially,

Rosemary T. Goodyear Ed. D., APRN, FAANP  
Nurse Consultant Associates  
2039 Sea Village Circle  
Cardiff by the Sea, CA 92007

Tel. +760 635 3415  
Email: [rtgoodyear@gmail.com](mailto:rtgoodyear@gmail.com)  
[www.nurseconsultantassociates.org](http://www.nurseconsultantassociates.org)

## 附件 2 其他隨行人員受邀信函



Dr. Shwu Feng Tsay  
Deputy Director General  
Health Bureau  
Taichung City Government  
No. 136 Jhongsing Rd.,  
Fongyuan District,  
Taichung City 420, Taiwan (R.O.C.)

October 20, 2014

Dear Deputy Director Tsay,

It gives me great pleasure to extend an invitation to you and your colleagues to visit San Diego, California, USA and to spend time with several of my colleagues who operate and manage organizations and agencies that specialize in caring for the senior citizens residing in our community of San Diego.

I am arranging tours and visits with the owners and managers of 3 -4 organizations that provide a variety of services to the seniors who are mobile and active as well as settings where seniors with health problems or dementia are cared for either in their home or in day care centers.

I have included the following visitors in the planning to meet and discuss care services for the seniors.

1. Sun Chin-Li
2. Lu Yu-Fang
3. Lin Yan-Ling
4. Hung Hsing-Hsueh
5. Ling Chia-Ju
6. Lee Chi-Hao
7. Tung Shiu-an-Syuan
8. Tung Wen-Jen

As per our discussions I am looking forward to your time here and sharing a visit to the services we provide here in the USA with you and your colleagues in December. When you arrive in San Diego we can visit these settings and discuss the potential of transitioning some of these ideas to your community in Taiwan.

Cordially,

Rosemary T. Goodyear Ed. D., APRN, FAANP  
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附件 3 本次參訪行程

12 月 03 日 (週三)	Visit Fulbright Specialist Dr. Rosemary Goodyear
12 月 04 日 (週四)	St. Paul's Senior Homes and Services : PACE
12 月 05 日 (週五)	Southern Caregiver Resource Center
12 月 06 日 (週六)	Visit Fulbright Specialist : Dr. Rosemary Goodyear
12 月 07 日 (週日)	University of San Diego
12 月 08 日 (週一)	n Gray and Mary West Senior Wellness Center n Health and Human Services Agency : Aging and Independence Services
12 月 09 日 (週二)	Wesley Palms Retirement Community

## 附件 4-1 SCRC 家庭照顧者支持團體活動



Southern Caregiver Resource Center  
*Caring for those who care for others*

### Support Groups for Family Caregivers

*Southern Caregiver Resource Center offers professionally facilitated support groups for family caregivers. These groups are open and ongoing, free of charge, and registration is not required.*

*If you are caring for a family member or a friend, feel free to attend the group of your choice. For more information please contact our office at (800) 827-1008.*

<p><b><u>Caregiver Support Group – SCRC Office</u></b></p> <p><b>When:</b> 2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month</p> <p><b>Time:</b> 5:30 p.m. to 7:00 p.m.</p> <p><b>Location:</b> Southern Caregiver Resource Center 3675 Ruffin Road, Suite 230 San Diego, 92123</p> <p><b>Facilitator:</b> Andrea Cangiano, LCSW Director of Clinical Services</p> <p>*This group has a focus on adult children who are caring for a parent, but is open to all caregivers</p>	<p><b><u>Caregiver Support Group – Camp Pendleton</u></b></p> <p><b>When:</b> 3<sup>rd</sup> Thursday of every month</p> <p><b>Time:</b> 5:00 p.m. to 6:30 p.m.</p> <p><b>Location:</b> Wounded Warrior Battalion West Camp Pendleton The Hope &amp; Care Center, Bldg. #27833</p> <p><b>Facilitator:</b> Michelle Schachtel, IMFT Family Consultant</p> <p>*For spouses or significant others caring for returning service members or veterans</p>
<p><b><u>Caregiver Support Group* - Clairemont</u></b></p> <p><b>When:</b> 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month</p> <p><b>Time:</b> 1:30 p.m. to 3:00 p.m.</p> <p><b>Location:</b> Live Well San Diego 4425 Bannock Ave. San Diego, 92117</p> <p><b>Facilitator:</b> Michelle Schachtel, IMFT Family Consultant</p> <p>*On-site supervision for care receiver is available at this group</p>	<p><b><u>Caregiver Support Group – Rancho Bernardo</u></b></p> <p><b>When:</b> 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month</p> <p><b>Time:</b> 5:30 p.m. to 7:00 p.m.</p> <p><b>Location:</b> The Remington Club I Multi-purpose Room 16925 Hierba Dr. San Diego, 92128</p> <p><b>Facilitator:</b> Seraphina Galante, MSW Family Consultant</p>
<p><b><u>Caregiver Support Group – National City</u></b></p> <p><b>When:</b> 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month</p> <p><b>Time:</b> 2:30 p.m. to 4:00 p.m.</p> <p><b>Location:</b> Paradise Village Board Room 2700 East 4<sup>th</sup> St. National City, 92128</p> <p><b>Facilitator:</b> Kassy Mason, MSW Family Consultant</p>	<p><b><u>Senior Men's Caregiver Support Group</u></b> Currently Sponsored by Vitas Hospice</p> <p><b>When:</b> 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month</p> <p><b>Time:</b> 10:00 a.m. to 12:00 p.m.</p> <p><b>Location:</b> Vitas Hospice 3<sup>rd</sup> Floor Conference Room 9655 Granite Ridge Dr. San Diego, 92123</p> <p><b>Facilitator:</b> Frank Zwirlein, MSW</p> <p>For further information contact Ken Fousel: (619) 980-8924, <a href="mailto:kenfousel@earthlink.net">kenfousel@earthlink.net</a> Cofounded by SCRC and Ken Fousel in 1998</p>

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## 附件 4-2 家庭照顧者支持之遠距課程

Caregiver Coalition Presents



# Caregiver Webinar Calendar

Free online webinars/Fridays **Noon**/Autumn 2014 Series

Nov 14	<b>Insurance and Health</b>  <b>Pablo Corona, Elder Law and Advocacy &amp; HICAP</b> <b>"Get Current with Medicare and Your Insurance Choices"</b> <i>Open Enrollment for Medicare is happening now. Even if you are happy with current Medicare coverage, there may be better Medicare to suit your (or your loved one's) individual needs. Get the information you need and have your questions answered. El presentador habla español.</i>
Nov 21	<b>Alzheimer's Disease and Other Dementias</b>  <b>Lt. Mike Knobbe, San Diego Sheriff's Search and Rescue</b> <b>"How 'Take Me Home' May Save Your Loved One"</b> <i>Whether due to Alzheimer's, Autism, or other condition, wandering can be a terrifying situation with tragic consequences. There are basic steps to minimize risk and improve the chances for a secure return if a loved one becomes lost. A few minutes of planning makes all the difference.</i>
Dec 5	<b>Self Care</b>  <b>Lydia Lombardi, MSW, LCSW, Vitas Healthcare San Diego</b> <b>"Healing Through the Holidays "</b> <i>How can you make the most of your family's time together? These can be some of life's cherished moments. Do not let the challenges of caregiving prevent you and your loved ones from enjoying the special times this season offers. How to make the warm feelings last.</i>
Dec 12	<b>Public Benefits</b>  <b>Bill Mathis, Always Best Care</b> <b>"How Does Medi-Cal Waiver Apply to You?"</b> <i>These waivers help provide medical coverage to individuals who may not otherwise be eligible under Medicaid rules. Can this help you and your family? What are the steps to take? How do you know if you are eligible? This seminar provides a guide to services and the process for applying.</i>
<b>Register at <a href="http://www.caregivercoalitionSD.org">www.caregivercoalitionSD.org</a></b>	

**Who should watch?** Adult children of aging parents; spouses caring for loved ones; professionals in the field of aging.

**Where?** Anywhere you can access the internet. These live, interactive seminars are easy. All you need is internet access and e-mail.

**I'm interested. What next?** Once registered, you will receive an e-mail with instructions on how to join the viewing.

**Coming in 2015:** New Technologies; Legal Issues, Pets; Veterans

## 附件 4-3 SCRC 演講主題



# Southern Caregiver Resource Center

*Caring for those who care for others*

**Nothing but the Facts** . . . Southern Caregiver Resource Center (SCRC) offers numerous informational Fact Sheets on a variety of topics. Please check any you are interested in and send to SCRC at the mailing address, fax number or e-mail shown below. Our Fact Sheets can also be ordered on-line via our website.

- |   |   |
|---|---|
| <input type="checkbox"/> Advocacy   | <input type="checkbox"/> Helping Families Make Everyday Care Choices                              |
| <input type="checkbox"/> Alzheimer's Disease                                      | <input type="checkbox"/> Hiring In-Home Help  |
| <input type="checkbox"/> Amyotrophic Lateral Sclerosis (ALS)                      | <input type="checkbox"/> HIV Associated Dementia Complex  |
| <input type="checkbox"/> Assistive Technology                                     | <input type="checkbox"/> Holding a Family Meeting   |
| <input type="checkbox"/> Behavior Management Strategies                           | <input type="checkbox"/> Home Away From Home: Relocating Your Parents                             |
| <input type="checkbox"/> California Advance Health Care Directives                | <input type="checkbox"/> Home Safety Checklist  |
| <input type="checkbox"/> Caregiver Health   | <input type="checkbox"/> Hospital Discharge Planning: A Guide for Families and Caregivers         |
| <input type="checkbox"/> Caregiver's Guide to Medications and Aging               | <input type="checkbox"/> Huntington's Disease   |
| <input type="checkbox"/> Caregiver's Guide to Understanding Dementia Behaviors    | <input type="checkbox"/> Hypoxic-Anoxic Brain Injury  |
| <input type="checkbox"/> Caregiving   | <input type="checkbox"/> Incidence and Prevalence of Major Causes of Adult-Onset Brain Impairment |
| <input type="checkbox"/> Caregiving and Ambiguous Loss                            | <input type="checkbox"/> Is This Dementia, and What Does it Mean?                                 |
| <input type="checkbox"/> Caregiving and Depression                                | <input type="checkbox"/> Legal Issues and Consultation  |
| <input type="checkbox"/> Caregiving With Your Siblings                            | <input type="checkbox"/> Making Choices about Everyday Care                                       |
| <input type="checkbox"/> Caring for Adults with Cognitive and Memory Impairments  | <input type="checkbox"/> Making the Decision for Placement  |
| <input type="checkbox"/> Choosing a Financial Planner                             | <input type="checkbox"/> Medicare and Home Health Care  |
| <input type="checkbox"/> Community Care Options                                   | <input type="checkbox"/> Medicare and Hospice Care  |
| <input type="checkbox"/> Coping with Behavior Problems After Head Injury          | <input type="checkbox"/> Medicare and Skilled Nursing Facility Care                               |
| <input type="checkbox"/> Coping with Combative Behavior                           | <input type="checkbox"/> Mild Cognitive Impairment (MCI)  |
| <input type="checkbox"/> Dementia   | <input type="checkbox"/> Multiple Sclerosis   |
| <input type="checkbox"/> Dementia, Caregiving and Controlling Frustration         | <input type="checkbox"/> Out-of-Home Care Options   |
| <input type="checkbox"/> Dementia with Lewy Bodies                                | <input type="checkbox"/> Parkinson's Disease  |
| <input type="checkbox"/> Depression   | <input type="checkbox"/> Patients' Rights (Residential Care Facility)                             |
| <input type="checkbox"/> Digital Technology for the Family Caregiver              | <input type="checkbox"/> Personal Care Agreements   |
| <input type="checkbox"/> Downsizing a Home: A Checklist for Caregivers            | <input type="checkbox"/> Post-traumatic Stress Disorder (PTSD)                                    |
| <input type="checkbox"/> Driving and Dementia                                     | <input type="checkbox"/> Progressive Supranuclear Palsy (PSP)                                     |
| <input type="checkbox"/> End-of-Life Choices: CPR & DNR                           | <input type="checkbox"/> Protective Proceedings: Guardianships and Conservatorships               |
| <input type="checkbox"/> End-of-Life Choices: Feeding Tubes and Ventilators       | <input type="checkbox"/> Residential Care Facility Visitation Checklist                           |
| <input type="checkbox"/> End-of-Life Choices: Holding On and Letting Go           | <input type="checkbox"/> Respite Care   |
| <input type="checkbox"/> End-of-Life Decision Making                              | <input type="checkbox"/> Selected Caregiver Statistics  |
| <input type="checkbox"/> Evaluating Medical Research Findings and Clinical Trials | <input type="checkbox"/> Selected Long-Term Care Statistics                                       |
| <input type="checkbox"/> Finding an Attorney                                      | <input type="checkbox"/> Southern Caregiver Resource Center Services                              |
| <input type="checkbox"/> Frontotemporal Dementia                                  | <input type="checkbox"/> Stroke   |
| <input type="checkbox"/> Genetic Testing  | <input type="checkbox"/> Taking Care of You   |
| <input type="checkbox"/> Grief and Loss   | <input type="checkbox"/> Traumatic Brain Injury (TBI)   |

Over →

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Web Site: [www.caregivercenter.org](http://www.caregivercenter.org)



- ☐ Traumatic Brain Injury (TBI) Selected Statistics
- ☐ Twelve Steps for Caregivers
- ☐ Visiting the Residential Care Facility
- ☐ Wernicke-Korsakoff Syndrome
- ☐ When a Caregiver Feels Guilty
- ☐ Women and Caregiving
- ☐ Work and Eldercare

**Hojas informativas disponibles en español  
(Fact Sheets Available in Spanish)**

- |   |   |
|---|---|
| <input type="checkbox"/> Enfermedad de Alzheimer ( <i>Alzheimer's Disease</i> )   | <input type="checkbox"/> Demencia ( <i>Dementia</i> )   |
| <input type="checkbox"/> La etapa inicial de la enfermedad de Alzheimer ( <i>Alzheimer's Disease, Early Stage</i> )   | <input type="checkbox"/> Demencia con cuerpos de Lewy ( <i>Dementia with Lewy Bodies</i> )  |
| <input type="checkbox"/> Vida asistida y residencias de apoyo ( <i>Assisted Living</i> )  | <input type="checkbox"/> Tecnología Digital Para los Cuidadores Familiares ( <i>Digital Technology for the Family Caregiver</i> )                 |
| <input type="checkbox"/> Estrategias para la atención a la conducta (demencia) ( <i>Behavior Strategies for Dementia</i> )  | <input type="checkbox"/> Poderes de duración indeterminada fideicomisos en vida revocables ( <i>Durable Powers of Attorney</i> )                  |
| <input type="checkbox"/> Guía del cuidador para entender la conducta de los pacientes con demencia ( <i>Caregiver's Guide to Understanding Dementia Behaviors</i> ) | <input type="checkbox"/> Opciones para el final de la vida: los tubos de alimentación y los respiradores ( <i>Feeding Tubes and Ventilators</i> ) |
| <input type="checkbox"/> El cuidado del paciente ( <i>Caregiving</i> )  | <input type="checkbox"/> Aflicción y Pérdida ( <i>Grief and Loss</i> )  |
| <input type="checkbox"/> Los cuidadores y la depresión ( <i>Caregiving and Depression</i> )   | <input type="checkbox"/> Contratación de empleados para el hogar ( <i>Hiring In-Home Help</i> )   |
| <input type="checkbox"/> El Cuidado de Sus Padres Junto con Sus Hermanos ( <i>Caregiving With Your Siblings</i> )   | <input type="checkbox"/> Planificación legal en casos de incapacidad ( <i>Legal Planning for Incapacity</i> )                                     |
| <input type="checkbox"/> El cuidado de los adultos con trastornos cognitivos y de la memoria ( <i>Caring for Adults with Cognitive and Memory Impairments</i> )     | <input type="checkbox"/> Enfermedad de Parkinson ( <i>Parkinson's Disease</i> )   |
| <input type="checkbox"/> Opciones de la comunidad para el cuidado del paciente ( <i>Community Care Options</i> )  | <input type="checkbox"/> Servicios ( <i>Services</i> )  |
| <input type="checkbox"/> Problemas conductuales posteriores a traumatismo craneal ( <i>Coping with Behavior Problems After Head Injury</i> )                        | <input type="checkbox"/> La apoplejía o derrame cerebral ( <i>Stroke</i> )  |
| <input type="checkbox"/> Opciones para el final de la vida: RCP y ONR ( <i>CPR and DNR</i> )  | <input type="checkbox"/> Lesión cerebral traumática ( <i>Traumatic Brain Injury</i> )   |
|   | <input type="checkbox"/> Wernicke-Korsakoff (SWK)   |

After checking the boxes on the preceding pages for the Fact Sheets that you are interested in, please fill out below and mail, fax or e-mail to (fact sheets can also be ordered on-line at [www.caregivercenter.org](http://www.caregivercenter.org)):

**Southern Caregiver Resource Center**  
**3675 Ruffin Road, Suite 230, San Diego, CA 92123**  
**(858) 268-7816 Fax; E-mail: [scrc@caregivercenter.org](mailto:scrc@caregivercenter.org)**

*We are happy to provide this information and hope that you appreciate this free service. Donations are kindly accepted and greatly appreciated so that we can continue to provide assistance to all caregivers. Thank you!*

Name (*Nombre*) \_\_\_\_\_

Address (*Dirección*) \_\_\_\_\_

City/State/Zip (*Ciudad/Estado/Zip*) \_\_\_\_\_

Telephone (*Teléfono*) \_\_\_\_\_ E-mail \_\_\_\_\_

**Please check one:** ☐ Please add my name to the SCRC mailing list ☐ I am already on the SCRC mailing list

☐ Do not add me to the SCRC mailing list

Rev. 2014