

Meals & Caregiver Support

THESE ORGANIZATIONS CAN ASSIST LOS GATOS RESIDENTS CONNECT WITH CENTERS PROVIDING SENIOR MEALS, DAY CARE AND CAREGIVER RESPITE.

LIVE OAK SENIOR NUTRITION CENTER

Provides not only a good lunchtime meal, but a chance to get together with friends, and to make some new ones! This program provides a lunch meal each Monday through Friday. Health education programs, health screening, and educational programs are provided on-site. Live Oak also provides outreach services for home bound clients, including safety checks, friendly visits, service referrals, and volunteer service projects.

(408) 354-0707 | <http://www.lgumc.org/live-oak-senior-nutrition-center/>

LIVE OAK ADULT DAY SERVICES - ADULT DAY CARE

As we age, getting together with friends becomes even more important. This program provides age-appropriate social and recreational activities, meals, and attention from professional staff. It also provides respite for participants' regular caregivers, usually family members. Information relating to elder care, counseling support, and referral to other relevant community resources are also provided for the family members of program participants.

(408) 354-4782 | <http://liveoakaduldaycare.org>

ALZHEIMER'S ACTIVITY CENTER

Daycare, activities and services.
2380 Enborg Lane, San Jose, CA 95128

408-279-7515 | <http://www.alzactivitycenter.org>

CAREGIVER SUPPORT GROUPS

Many groups offer programs and services designed for those caring for an older adult. They can also help you find other resources to meet your needs — whether you're seeking respite services, a friendly ear or help managing a specific condition or challenge.

EL CAMINO HOSPITAL

Caregiver Services: <https://www.elcaminohospital.org/services/older-adults-health/specialty-programs/caregiver-services>

ALZHEIMER'S CAREGIVER CENTER

Information and resources: <http://www.alz.org/care/>
24/7 Helpline: (800) 272-3900

CAREGIVER SUPPORT GROUPS IN LOS GATOS

1) 3rd Tuesday of the month, 1:30 – 3 pm United Methodist Church, Fireside Room 111
Church Street

Los Gatos, CA 95104

Contact: Alexandra Morris, 800.272.3900

2) 2nd Friday of the month, 10 – 11:30 am Congregation Shir Hadash, Classroom 3
20 Cherry Blossom Lane

Los Gatos, CA 95032

Facilitator: Tami Anastasia

Contact: Nadine Toby, 408.358.1751, ext.5 Email: office@shirhadash.org

SOURCEWISE FAMILY CAREGIVER SUPPORT INFORMATION

Information on community resources regarding caregiver assistance, counseling, support groups, respite, and supplemental services.

<http://www.mysourcewise.com/family-caregiver-support-program> |
(408) 350-3200, option 1.

INFORMATION ON HIRING A CAREGIVER:

<http://www.town.los-gatos.ca.us/DocumentCenter/Home/View/120>