

## Resources

### PD Active Virtual Ask The Experts Round Table

#### Caregiving for PD: Navigating Your Options and Planning for the Future

##### **Fiduciaries**

CSC Fiduciaries

<https://cscfiduciaries.com/>

925-465-5500

##### **Referral/Placement Services**

Care Quest

<https://carequest.us/>

Juliane Blgelow (925) 935-8811 [juliane@carequest.us](mailto:juliane@carequest.us)

Helen Lindberg (415) 999-7632 [helen@carequest.us](mailto:helen@carequest.us)

##### **Ride Services**

Silver Rides

[www.silverride.com](http://www.silverride.com)

(800) 618-1246

David Benet

Mobility Matters

<http://www.mobilitymatterscc.com/>

(925) 284-2215

Go Go Grandparent

[www.Gogograndparent.com](http://www.Gogograndparent.com)

(855) 464-6872

## **Other Resources**

Family Caregiver Alliance

[www.caregiver.org](http://www.caregiver.org)

(800) 445-8106

CANHR California Advocates for Nursing Home Reform

[www.canhr.org](http://www.canhr.org)

(800) 474-1116 or (415) 974-5171

Alameda County Area Agency on Aging

(510) 577-3530 or (510) 577-1900

Bay Area Community Services (may offer care management at reduced rate)

<http://www.bayareacs.org>

(510) 613-0330

Ashby Village

<https://ashbyvillage.org/>

(510) 204-9200

Jewish Family & Community Services

<https://jfcs-eastbay.org>

(925) 639.5490

J-sei

<https://j-sei.org/>

Emeryville

(510) 654-4000

Parkinson Foundation

<https://www.parkinson.org/caregivers-month>

Stanford Parkinson's Community Outreach

<https://med.stanford.edu/parkinsons/caregiver-corner/caregiver-resources.html>

Encourage you to join one of their mailing lists. They curate and summarize caregiving webinars and resources from all over the country.

<https://med.stanford.edu/parkinsons/join-mailing-lists.html>

## **Books, Videos, Podcasts etc**

Moving A Relative and Other Transitions in Dementia Care, by Laurie White and Beth Spencer (not specific to dementia, covers all kinds of transitions)

Loving Someone Who Has Dementia: How to Find Hope while Coping with Stress and Grief, by Pauline Boss

Waking Up from the Trance of Unworthiness with Tara Brach  
<https://www.findcenter.com/video/19389/identity-shifts>

Winter Stars: An Elderly Mother, An Aging Son and Life's Final Journey, by Dave Iverson; \$10/ea. Email [t.morrish@pdactive.org](mailto:t.morrish@pdactive.org)

## **Contact Info for 11/12/2022 Round Table Speakers:**

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