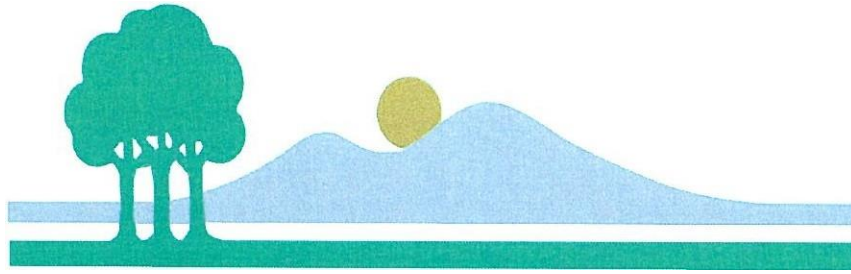


City of Mountain View



AGE FRIENDLY MOUNTAIN VIEW

SENIOR RESOURCE GUIDE



HEALTH & GRIEF SUPPORT CARE

- All information is subject to change
- Please call to confirm pricing
- Available in large print

Revised August 2019

HEALTH

Mountain View seniors have access to some of the best medical facilities in the country. The number of physicians and other medical/dental/vision specialists in Santa Clara County means that County residents have a higher density of these local providers than most areas of the country. Geriatricians, physicians specializing in treating older adults, are board-certified doctors who help people stay physically active and independent in the community for as long as possible. In collaboration with the interdisciplinary staff, they provide thorough medical, physical, nutritional and psychosocial evaluations. Neurologists may also help with health issues of older patients.

Health Insurance Services

In addition to Medicare and Medi-Cal, for low income adults, there are a multitude of supplemental insurance companies, called Medi-Gaps plans and Medicare Advantage plans, sometimes referred to as Part C plans. To purchase Medicare Supplement Insurance you must be enrolled in Medicare Part A and Part B. Medicare Supplement Insurance provides coverage for gaps in medical costs not covered by Medicare. Medicare Supplement plans are standardized and offer various benefits to help offset your healthcare cost. To find information on Medicare Supplement Insurance, the names of companies authorized to sell it and compare premiums, please visit [Guide to Medicare Supplement www.insurance.ca.gov](http://www.insurance.ca.gov). - If enrolled in a Medigap plan, it is also necessary to enroll in Part D, Prescription drug plan.

Medicare Advantage (MA) is an alternative to traditional Medicare Part A and Part B. Medicare Advantage Plans are approved by Medicare, but are run by private companies that include Health Maintenance Organizations (HMOs) or Preferred Provider Organizations (PPOs). If you have questions related to Medicare Advantage Plans, contact Medicare at 1-800-633-4227.

HICAP

(Health Insurance Counseling & Advocacy Program)

Offers free, one-on-one Medicare counseling. Trained volunteer counselors can answer your questions and help you understand your Medicare rights and benefits, including how to appeal denials of coverage; Medicare supplemental insurance (Medigap policies); Medicare Advantage plans; employee and retiree coverage; and long-term care insurance. Legal help and representation at Medicare appeals or administrative hearings are also available.

2115 The Alameda

San Jose, CA 95126

www.mysourcewise.com

(408) 350-3200, option 2



PRIMARY HEALTH CARE SYSTEMS

The following are the primary healthcare systems in Mountain View and the immediate surrounding area. Where patients go to receive care would depend upon their respective supplemental insurance or Medicare Advantage (MA) plan.

Medicare's official site for Medicare Advantage Plans

www.medicare.gov

Palo Alto Medical Foundation

701 E. El Camino Real
Mountain View, CA 94040

www.pamf.org

(650) 934-7000

Santa Clara Family Health Plan

210 E. Hacienda Avenue
Campbell, CA 95008-6617

www.scfhp.com

(408) 376-2000

El Camino Hospital

2500 Grant Rd,
Mountain View, CA 94040

www.elcaminohospital.org

(650) 940-7000

Kaiser Permanente Senior Advantage

555 Castro St
Mountain View, CA 94041

www.medicare.kaiserpermanente.org

(800) 777-1238

Stanford Health Care

Palo Alto, CA

<https://stanfordhealthcare.org>

(650) 498-3333



SPECIALIZED HEALTH SERVICES

**Better Hearing Center of
Palo Alto**

2483 Old Middlefield Way
Suite 110
Mountain View, CA 94043
www.betterhearing-paloalto.com
(650) 241-3000

**The Byers Eye Institute at
Stanford**

2452 Watson Court
Palo Alto, CA 94303
www.stanfordhealthcare.org
(650) 723-6995

**Mesothelioma + Asbestos Awareness
Center**

333 W. Washington St., Ste. 140
Syracuse, NY, 13202
<https://www.mesotheliomadiagnosis.com>
(866) 367-8341
Get a Free Information Mesothelioma Guide
mailed to you that includes the latest on
patient treatment options, top doctors, and
financial compensation assistance.

Mid-Peninsula Dental Society

220 Main St., Suite 208A
Los Altos, CA 94022
www.mpds.org
(650) 328-2242

Pacific Hearing Service

496 First St., Suite 120
Los Altos, CA 94022
www.pacifhearingsservice.com
(650) 941-0664

Parkinson's Institute and Clinical Center

675 Almanor Ave.
Sunnyvale, CA 94085
www.theipi.org
(408) 734-2800

**Stanford/VA Alzheimer's Research
Center**

Palo Alto VA Health Care Center
Bldg 4, Rm C151A
3801 Miranda Ave.
Palo Alto, CA 94304
www.med.stanford.edu/svalz.html
(650) 858-3915

**Vista Center for the
Blind & Visually Impaired**

2500 El Camino Real Suite 100
Palo Alto, CA 94306
www.vistacenter.org
(650) 858-0202



CARE MANAGEMENT

Home assessments, care plans and referrals by clinical social workers. Focus is helping older adult to live independently in their home when appropriate.

Avenidas Care Partners

Clinical social workers with Avenidas are available to make home assessments with older adults and create a geriatric care plan to discuss with the family. Low income and homebound services are also available.

4000 Middlefield Rd 1-2

Palo Alto, CA

www.avenidas.org

(650) 289-5400

Community Services Agency- Mountain View, Los Altos and Los Altos Hills

As part of the Senior Case Management program, geriatric social workers and case manager are available to give in-home assessments, counseling and referrals to community resources to assist older adults in living independently.

204 Stierlin Road

Mountain View, CA

www.csacares.org

(650) 968-0836

Institute on Aging

Community Living Connection (CLC) connects clients with home and community-based services, or a combination of goods and services, that help individuals who are currently or at risk of being institutionalized.

The Community Living Connection program (CLC) assists Santa Clara County individuals with limited incomes to transition out of nursing facilities and back to living independently in the community. CLC also provides services to individuals living in the community, or those who are in acute care settings, that are at imminent risk of institutionalization. CLC staff work to ensure that individuals are connected to all available community resources, stable housing, and appropriate healthcare services to support their ability to live at home safely.

The Community Living Connection Program operates in partnership with the Santa Clara Valley Health and Hospital System, Santa Clara Family Health Plan and the Health Trust through the California Department of Health Care Services Whole Person Care Pilot.

Peninsula Location

888 Fremont Ave.

Suite A2

Los Altos, CA 94024

www.ioaging.org

(650) 424-1411

CARE MANAGEMENT-continued

Nurse Registry

Works closely with each patient's healthcare team to provide the most appropriate level of care.

125 University Ave.

Palo Alto, CA

www.nurseregistry.com

(650) 462-1001

Seniors At Home

Part of Jewish Family and Children Services, the program offers, among other service, care management to assist seniors in leading safe, healthy and independent lives in their homes.

Koret Family Resources Center

200 Channing Ave.

Palo Alto, CA

www.jfcs.org

(650) 688-3000

Sourcewise

Focus is on helping individuals to remain in their home or to return home after a hospitalization, or a stay in a skilled nursing or intermediate care facility.

3100 De La Cruz Blvd

Suite 310

Santa Clara, CA 95054

www.mysourcewise.com

(408) 350-3200



CAREGIVER SUPPORT

Avenidas Caregiver Support Programs

4000 Middlefield Rd. #I-2
Palo Alto, CA
www.avenidas.org
(650) 289-5400

El Camino Hospital Alzheimer Support Group

2400 Grant Road,
Mountain View, CA 94040
www.elcaminohospital.org
(800) 216-5556

1 Plus 1 Senior Care

990 Linden Dr. Suite 201
Santa Clara, CA 95050
www.1plus1seniorcare.com
(888) 321-4711

Avenidas Rose Kleiner Center

Adult Day Care to relieve the caregiver of his or her duties while ensuring that the care recipient will still receive the proper care.
270 Escuela Ave.
Mountain View, CA 94040
www.avenidas.org
(650) 289-5499

Care.com

Matched Caregivers
1800 El Camino Real, Suite B,
Menlo Park, CA 94025
www.matchedcaregivers.com
(650) 839-2273

LONELINESS SUPPORT

El Camino Hospital Auxiliary

Tele-Care Service provides daily calls to those needing personal contact and support.
2500 Grant Road
Mountain View, CA 94040
www.elcaminohospital.org
(650)988-7558

Institute on Aging

Friendship Line
(800)971-0016

Mon Ami

Activity Companions for hire. The person they are visiting will do fun, leisurely activities, like games, walks, memoir writing, etc. Companions are like your friends or neighbors, spending quality time with you or your loved one.
\$25/hr
<https://www.monami.io>
(650) 691-5796

GRIEF SUPPORT

Center for Grief & Loss

4850 Union Ave.

San Jose, CA

www.hospicevalley.org

(408) 559-5600

Saint Joseph Catholic Church

Grief Support

HOSPICE

Hospice of the Valley

4850 Union Ave.

San Jose, CA 95124

www.hospicevalley.org

(408) 559-5600

Kaiser Hospice Program

900 Veterans Blvd., Suite 400,

Redwood City, CA 94063

www.thrive.kaiserpermanente.org

(650) 299-3970

Pathways Home Health & Hospice

585 N. Mary Ave.

Sunnyvale, CA 94085

www.pathwayshealth.org

(888) 755-7855

Kara

457 Kingsley Ave.

Palo Alto, CA

www.kara-grief.org

(650) 321-5272

582 Hope St, Mountain View, CA

www.sjpmv.org

(650) 967-3831

Sutter Care at Home Hospice

1700 S. Amphlett Blvd.

Suite 300

San Mateo, CA 94402

www.suttercareathome.org/hospice/

(650) 685-2800

VA Hospice Care Program

3801 Miranda Ave.

Palo Alto, CA 94304

www.va.gov/hospice

(650) 849-0176

Saint Joseph Catholic Church

Grief Support

582 Hope Street

Mountain View CA 94041

www.sjpmv.org

(650) 967-3831

