

**Attendant Home Care
San Francisco
Private Pay (some long term care insurance)**

Non-medical or “attendant” home care services include housekeeping, cooking, medication reminders, supervision, escort to medical appointments, and many other household activities and chores. When working with an attendant care agency, the agency is the employer. Caregivers are screened, hired, and paid for by the agency. Shifts can be hourly or live-in.

These services are typically private pay, though benefits may be available through a long term care policy. Prices for services vary, so you may wish to contact different agencies for an estimate of cost.

Below is a list of agencies that offer “nonmedical” or “attendant care” services in your county. Please note that these agencies are not affiliated in any manner with UCSF Medical Center, and the hospital does not investigate the qualifications of each agency.

PROGRAM	PHONE – ADDRESS - WEBSITE
<p>Accent Care</p> <ul style="list-style-type: none"> • Attendant Home Care <ul style="list-style-type: none"> ○ Bathing ○ Dressing, Grooming ○ Transportation ○ Meal preparation ○ Light housekeeping ○ Medication reminders ○ Assistance with incontinence ○ In-home mobility (helping transferring from chair and bed to wheelchair, toilet, etc.) • Skilled Nursing Home Health (may be covered by insurance) • Care Management 	<p>800-834-3059</p> <p>http://www.accentcare.com/</p>
<p>Alegre Home Care</p> <ul style="list-style-type: none"> • Provides high quality home care by employing, training and supervising select Caregivers. Our Caregivers will attend to you with compassion, respect and understanding. • Companionship, light housekeeping, meal preparation, personal care, medication reminders, errands or respite are only few ways our Caregivers can help you stay independent in your own home. 	<p>415-974-3530 San Francisco</p> <p>www.alegrecare.com</p> <p>415-578-7471 Marin and Solano County</p> <p>650-757-2000 Serving San Mateo County</p>
<p>Arcadia Home Care</p> <ul style="list-style-type: none"> • Companionship, light housekeeping, meal preparation, personal care, medication reminders, errands or respite. • Caregivers are specially trained to assist with condition specific needs such as Traumatic Brain Injury, Alzheimer's, Spinal Cord Injury, ALS and Parkinson's. 	<p>415-474-1468</p> <p>1388 Sutter Street</p> <p>http://www.arcadiahomecare.com/sanfrancisco/</p>

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<p>Aunt Ann’s Home Care</p> <ul style="list-style-type: none"> Offers home health/hospice aides, elder care specialists, care management 	<p>866-362-2667 415-974-3530 – San Francisco 650-757-2000 - Peninsula</p> <p>http://auntanns.com/</p>
<p>Aviva In Home Care</p> <ul style="list-style-type: none"> A Senior Caregiving Model Based on Family-Centered Care Skilled Nursing Oversight of Our Senior Care Services Locally Owned and Operated Business in San Francisco 	<p>415-795-2203</p> <p>http://avivasf.com/</p>
<p>Compassionate Community Care</p> <ul style="list-style-type: none"> Offers hourly in-home care, exercise, full-time live-in care, medication reminder, etc. 	<p>415-921-5038</p> <p>http://www.compassionatehomecare.org/</p>
<p>Eldercare Services</p> <ul style="list-style-type: none"> Care Management Team Home Care Services Team 	<p>415-469-8300 866-760-1808</p> <p>http://eldercareanswers.com</p> <p>FAQ’s: http://eldercareanswers.com/faqs/questions/</p>
<p>Family Care SF</p> <p>Additional languages: Spanish, Tagalog, Russian</p> <ul style="list-style-type: none"> Live-in / 24 hour care Paralysis Care Diabetes Care Parkinson’s Care Heart Surgery Recovery Visually impaired/ blind 	<p>415-225-4948</p> <p>http://www.familycaresf.com/</p>
<p>Home Care Assistance</p> <ul style="list-style-type: none"> Providers specifically trained for Dementia, Parkinson’s, Cognitive Impairments Care Managers Hourly Care Daily Care Balanced Care Method Cognitive Therapeutics Method 	<p>415-268-1415</p> <p>http://homecareassistance.com/</p> <p>San Francisco 1649 Divisadero Street</p> <p>San Mateo County Marin County Alameda County</p>

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<p>Home Instead</p> <ul style="list-style-type: none"> • Offers companionship and home care services • Specific services vary by location 	<p>800-640-3914</p> <p>http://www.homeinstead.com/pages/home.aspx</p>
<p>Honor Care</p> <ul style="list-style-type: none"> • Medication Reminders • Staying Active • Meal Prep & Groceries • Transportation • Light Housekeeping • Personal Care & Hygiene 	<p>877-777-5116</p> <p>https://www.joinhonor.com/</p>
<p>Irish Help at Home</p> <ul style="list-style-type: none"> • Hospice/respice care • Post-hospitalization • Transportation 	<p>415-759-0520</p> <p>http://www.irishhelppathome.com/</p>
<p>Kindred Care at Home</p> <ul style="list-style-type: none"> • Personal Home Care Assistance <ul style="list-style-type: none"> • Kindred's professionally trained caregivers provide personal care, housekeeping, meal preparation, companionship, escort services, and other personal services, creating a customized care plan to meet a patient's specific needs. • With our help, seniors and physically or developmentally disabled people can maintain superior levels of independence, health, and psychological wellness in the comfort of their own home • Skilled Nursing Home Health (may be covered by insurance) 	<p>800-654-5677</p> <p>http://www.kindredathome.com/locations/california</p>

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<p>Reliable Caregivers</p> <ul style="list-style-type: none"> • Care Managers • Bathing, hygiene, and dressing • Toileting / incontinence care • Critical reminders about medication • Meal preparation • Social activities / light exercise • Mental activities to stimulate brain activity • Range of motion exercises tailored to specific needs • Assistance with a wheelchair or walker • Support for transfer / turning • Help getting to and from medical and other appointments • Light housekeeping including laundry • Grocery shopping / running errands 	<p>415-436-0100</p> <p>1700 California Street, Suite 400</p> <p>Email: Info@ReliableCaregivers.com</p> <p>www.reliablecaregivers.net</p> <p>Care Managers: http://www.reliablecaregivers.net/our-staff/</p>
<p>Senior Helpers</p> <ul style="list-style-type: none"> • Professionally trained caregivers • Call for Free In Home Assessment 	<p>415-236-3213</p> <p>3712 Mission Street</p> <p>http://www.seniorhelpers.com</p>
<p>Self Help for the Elderly</p> <ul style="list-style-type: none"> • Offers hospice • Cleaning • Meal delivery • Adult day services 	<p>415-677-7628</p> <p>http://www.selfhelpelderly.org/index.php</p>
<p>Senior Alternatives</p> <ul style="list-style-type: none"> • Care management • Home care 	<p>510-482-3379</p> <p>http://www.senioralternativeshomecare.com/</p>
<p>Seniors at Home Jewish Family and Children Services</p> <ul style="list-style-type: none"> • Call for a free consultation • Offers hourly to live-in home care • Palliative and end of life care • Healthcare advocacy • Skilled Nursing (may be covered by insurance) • LGBT sensitive 	<p>415-449-3777</p> <p>http://www.seniorsathome.org/</p> <p>Marin County 415-507-0564</p> <p>San Mateo County 650-931-1860</p> <p>Sonoma County 707-303-1530</p>

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Sutter Care at Home <ul style="list-style-type: none"> • Hospice Care • Advance Illness Management (patient needs to have accessed a Sutter Provider in the past) • 	800-698-1273 http://www.suttercareathome.org/
Tender Rose Homecare <ul style="list-style-type: none"> • Specialize in caring for dementia patients 	415-340-3990 info@tenderrosehomecare.com

Homebridge
Matching Clients and Personal Care Assistants
San Francisco

PROGRAM	PHONE – ADDRESS - WEBSITE
<ul style="list-style-type: none"> • We provide a service to help customers easily and quickly find their personal care solution. • Homebridge Online is designed to help personal care assistants and customers find each other simply and quickly. • You as the client will be the employer of any provider contacted on the list and will be responsible for dealing with any issues that arise when working for you. • Personal care assistants listed on Homebridge Online set the pay rate range they are most comfortable working within. We recommend to providers that their rate should reflect their specialized skills, experience, and a rate that makes them passionate about doing their job. Think about the work that you need done and take all of that into considering when coming up with a rate you are willing to pay. 	415-659-5370 1035 Market Street, L-1 How it works: http://www.homebridgeonline.com/how-it-works FAQ's: http://www.homebridgeonline.com/faq

IHSS – In Home Support Service Medi-Cal San Francisco

PROGRAM	PHONE – ADDRESS - WEBSITE
<p>IHSS is a public service available through the County of San Francisco. IHSS may be free to Medi-Cal eligible individuals who have physical need for assistance at home, particularly those with a chronic condition and/or people who may be unable to reside in their own home without extra assistance.</p> <ul style="list-style-type: none"> • You can choose anyone you want to be your IHSS worker (and can have more than one provider) as long as they can pass a background check and attend an orientation. If you do not know who to choose, you will be referred by IHSS to the Consortium for provider options • A patient/family can request an increase in services prior to annual reassessment if the care recipient has increased need, recent hospitalization, new diagnoses, physical decline, etc. • Once granted, IHSS reassesses need and allocation of hours annually • To request an increase in hours, a patient/family calls the assigned IHSS Social Worker to discuss IHSS pays for a wide variety of home-based services performed by home help workers, including: <ul style="list-style-type: none"> ○ Bathing and Grooming ○ Feeding ○ Dressing ○ Toilet assistance ○ Cleaning ○ Laundry ○ Shopping ○ Cooking ○ Washing dishes 	<p>Phone: 415.355.6700</p> <p>Website for forms http://www.sfhhsa.org/137.htm</p> <p>Release of information: http://www.cdss.ca.gov/cdssweb/entres/forms/English/SOC873.pdf</p> <ul style="list-style-type: none"> • To apply, call the number above to request to apply by phone or mail • You can also apply by requesting an application from your physician’s office if you live in San Francisco • Applications will require your physician’s medical certification of need <p>Homebridge can help IHSS clients find a homecare attendant. http://www.homebridgeca.org/san-francisco-consumer-services/</p>
<p>In-Home Supportive Services (IHSS) Private Pay Registry Services</p> <ul style="list-style-type: none"> • If you would like home care assistance similar to IHSS services but have been denied Medi-Cal and/or are not eligible for free services, you may consider contacting Private Pay Registry Services. • You may also be referred to this program if you applied for the free IHSS program described above but are ineligible. The private pay registry is available to individuals who would like to directly pay and negotiate costs with a home care worker qualified to provide IHSS services. • You may hire a home care worker directly through this registry. Home care workers are often fluent in English, Cantonese, Mandarin, Russian, and Spanish. 	<p>415-243-4477</p>

IHSS – In Home Support Service Medi-Cal Alameda County

PROGRAM	PHONE – ADDRESS - WEBSITE
<ul style="list-style-type: none"> • IHSS program is a federal, state, and locally funded program designed to provide assistance to those eligible aged, blind, and disabled individuals who, without this care, would be unable to remain safely in their own homes. • IHSS provides services according to the client’s ability to perform daily activities, and can include feeding, bathing, dressing, housekeeping, laundry, shopping, meal preparation and clean up, respiration, bowel & bladder care, moving in and out of bed, rubbing the skin (to prevent skin breakdown), accompaniment to medical appointments, paramedical services, and protective supervision. • IHSS clients are responsible for locating their own chore providers, for hiring and supervising their providers, and for firing the provider if the services are not performed according to the client’s specifications. • The Alameda County Public Authority for IHSS maintains a Registry of individuals available to work as chore providers. • The In-Home Supportive Services Handbook for IHSS consumers and homecare workers gives detailed information about how IHSS works including services offered, finding and hiring homecare workers, payroll and benefits, responsibilities of IHSS consumers and homecare workers, and important phone numbers. <p>Who qualifies for IHSS?</p> <ul style="list-style-type: none"> • To be eligible for IHSS, you must be on Medi-Cal, be blind, disabled, or 65 years of age or older, AND be unable to live at home safely without help. • If you are not on Medi-Cal, but think you might be eligible for IHSS, you can still apply. An Eligibility Technician will be assigned to your case and will let you know what documentation is needed so that a Medi-Cal determination can be made. If the determination finds that you are eligible for Medi-Cal, the next step in the application process is a home visit from an IHSS Social Worker. • IHSS Social Workers determine if you qualify for IHSS by assessing your functional need for specific services, and by identifying the amount of time to be allotted for the performance of services. Depending on the amount of your monthly income, you may be required to pay a share of cost for these services. 	<p>510-577-1900 to apply</p> <p>Eastmont Self Sufficiency Center 6955 Foothill Boulevard Oakland</p> <p>http://www.alamedasocialservices.org/public/services/elders_and_disabled_adults/in_home_Supportive_services.cfm</p> <p>http://www.alamedasocialservices.org/public/services/elders_and_disabled_adults/vruweb/aastart.htm</p> <p>There are several ways to apply for IHSS.</p> <ul style="list-style-type: none"> • Call 510-577-1900, and follow the menu selections to be connected with the IHSS Screening Unit. Social Work Screeners can either help you complete the application over the phone. • Mail an application to you. • You can also download an application from the Web site, • Come into the office Monday through Friday between 8:30 a.m. and 5:00 p.m.

**IHSS – In Home Support Service
Medi-Cal
San Mateo County**

PROGRAM	PHONE – ADDRESS - WEBSITE
<ul style="list-style-type: none"> • The In-Home Supportive Services (IHSS) program provides homecare services to Medi-Cal eligible aged, blind or individuals with disabilities, including children, to assist them to remain safely in their own homes as an alternative to out-of-home care. • Some special needs individuals who may qualify for IHSS services are: children with disabilities, hospice patients, and hospital discharge patients. • Types of services may include help with preparing meals, bathing, dressing, laundry, shopping or transportation. Some types of paramedical services may also be provided, such as wound care. IHSS can also provide protective supervision for people who need their provider to watch them for unsafe behavior such as wandering outside and getting lost. • If you think you need IHSS services call the TIES Line (1-800-675-8437). A social worker will call you back to schedule a home visit to determine your eligibility and need for IHSS. Based on your ability to safely perform certain tasks for yourself, the social worker will assess the IHSS tasks that you need and authorize an amount of time for each one. The assessment of need includes information given by you and, if appropriate, by your family, friends, physician or other health care practitioner. You will be qualified of your eligibility for IHSS by mail. The mailed notice will include the total number of hours you were qualified for and the number of hours for each individual IHSS task. • Once your needs for IHSS services are determined, you must hire someone, known as an independent provider, to provide those services. That person can be a family member or friend. The IHSS Public Authority maintains a registry list to help people find workers for their needs. • The Help at Home Directory lists information on the whole range of home and community-based services available in San Mateo County. The Network of Care website also provides other resources for older adults and people with disabilities in San Mateo County. 	<p>800-675-8437 TIES LINE</p> <p>Information, advice and 24-hour emergency response</p> <p>http://smchealth.org/ihss</p>

**IHSS – In Home Support Service
Medi-Cal
Marin County**

PROGRAM	PHONE – ADDRESS - WEBSITE
<ul style="list-style-type: none"> • IHSS requires a determination of financial eligibility. • Clients must either have full-scope Medi-Cal or be Medi-Cal eligible. • IHSS social workers will assess the client in his/her own home to determine the hours per month of care needed. • IHSS applicants who have income in excess of the SSI benefit levels may have a share-of-cost each month. • IHSS may include housework, shopping, laundry, medical transportation, meal preparation, and assisting with personal needs such as bathing, dressing and transfers. 	<p>415-457-4636</p> <p>10 North San Pedro Rd. San Rafael, CA 94903</p> <p>IHSS program overview: https://www.marinhhs.org/sites/default/files/servicepages/2013_07/ihss_program_overview_color.pdf</p> <p>IHSS Finding and Hiring a provider: https://www.marinhhs.org/sites/default/files/servicepages/2013_07/ihss_finding_and_hiring_provider_color.pdf</p> <p>https://www.marinhhs.org/home-supportive-services-ihss</p>