

Caregiver Resources – San Francisco

Aging – Caregiver Support

(also see Dementia/Alzheimer's – Caregiver Support)
 (also see Caregiver Support – All Conditions)

PROGRAM	PHONE/ADDRESS/WEBSITE
<p>Institute on Aging</p> <p>Languages: Cantonese</p> <ul style="list-style-type: none"> • Sliding scale • Call to find out which insurances are accepted • Therapy at home or in office • Depression, Anxiety, Stress, Trauma, Grief, Sleep problems, Caregiving Support • Pain management 	<p>415-750-4111</p> <p>3575 Geary Boulevard</p> <p>http://www.ioaging.org/services-for-elders-and-caregivers/psychological-services</p>
<p>Institute on Aging Friendship Phone Line</p> <ul style="list-style-type: none"> • 24 hour crisis counseling and medication reminder service • For languages other than English call ahead and someone who speaks the 2nd language will call them back later in the week • No cost 	<p>415-752-3778 1-800-971-0016</p> <p>3575 Geary Boulevard</p> <p>http://www.ioaging.org/collaborations-elder-protection/center-for-elderly-suicide-prevention</p>
<p>Self Help for the Elderly</p> <p>Language: Cantonese and Mandarin</p> <ul style="list-style-type: none"> • Resources to community programs such as support groups for themselves, and day care and home care for their loved one • Some of the planning workshops include topics such as understanding dementia behaviors, stress management, care planning, and practical caregiving • Help with long-term planning, provides counseling services, and helps with applying for assistive devices • If elders suffer from Alzheimer's disease or dementia, there are specific resources offered to receive specialized care treatments • Our goals are to improve physical and mental health and reduce burden, stress, and depression for caregivers 	<p>415-677-7600</p> <p>731 Sansome Street #100 San Francisco</p> <p>Caregiver Support http://www.selfhelpelderly.org/our-services/social-services/caregiver-support-services</p>

<p>Seniors At Home Jewish Family and Children's Services of San Francisco</p> <ul style="list-style-type: none"> • Caregiver Support • Educational Seminars • Caregiver Respite Services • Senior Care Consultations • Counseling and Support Groups 	<p>415-449-3777</p> <p>Miriam Schultz Grunfeld Building - 2150 Post Street</p> <p>http://www.seniorsathome.org/</p>
<p>UC Berkeley Faculty and Staff The Elder Care Program</p> <ul style="list-style-type: none"> • The Elder Care Program is part of CARE Services, and offers confidential, free assistance for UC Berkeley faculty and staff and Lawrence Berkeley National Laboratory employees, who are caring for or concerned about an elder or dependent adult • The Elder Care counselor is available to answer your questions, help set priorities, refer you to resources and provide support • Free, confidential counseling, consultation, assessment, and referral to local and long-distance resources • Consultation for supervisors, managers and colleagues regarding faculty and staff who are experiencing stress and/or performance problems due to caregiving responsibilities 	<p>510-643-7754</p> <p>2222 Bancroft Way Berkeley</p> <p>http://uhs.berkeley.edu/facstaff/care/elder-care/</p>

Alcoholism and Addiction - Caregiver Support	
PROGRAM	PHONE/ADDRESS/WEBSITE
<p>Al-Anon - San Francisco</p> <ul style="list-style-type: none"> • The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems • We believe alcoholism is a family illness and that changed attitudes can aid recovery. Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause • There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions • Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic 	<p>415-834-9940 Information</p> <p>415-834-9941 Meeting List</p> <p>650-794-9654 En Español</p> <p>http://www.al-anonsf.org/</p> <p>SF Meetings: http://www.al-anonsf.org/sf-meetings/</p> <p>http://www.al-anon.alateen.org/</p> <p>http://www.al-anon.alateen.org/is-alanon-for-you</p> <p>http://www.al-anon.org/pdf/afamagazine.pdf</p>

Caregiver Support (all conditions)

PROGRAM	PHONE/ADDRESS/WEBSITE
<p>Caregiver Action Network</p> <ul style="list-style-type: none"> The Caregiver Action Network serves a broad spectrum of family caregivers ranging from the parents of children with special needs, to the families and friends of wounded soldiers; from a young couple dealing with a diagnosis of MS, to adult children caring for parents with Alzheimer's disease. Education Online Support 	<p>Homepage http://www.caregiveraction.org/</p> <p>Resources http://www.caregiveraction.org/resources/</p> <p>Forum http://www.caregiveraction.org/forum/</p>
<p>Family Caregiver Alliance - National Center on Caregiving</p> <p>Languages: English, Spanish, Chinese</p> <ul style="list-style-type: none"> Work with families caring for someone with an adult-onset brain impairment such as Alzheimer's disease, stroke, Parkinson's, MS, ALS, Huntington's disease, TBI, AIDS dementia and brain tumor, regardless of the care recipient's age Caregiver Education Counseling Legal Consultation Respite 	<p>National: https://www.caregiver.org/</p> <p>San Francisco: https://caregiver.org/sf-bay-area-services</p> <p>Planning for Incapacity: https://caregiver.org/legal-planning-incapacity</p> <p>Available in Chinese,</p>
<p>Family Caregiver Alliance FCA+ Fee for Service Custom Care Management</p> <ul style="list-style-type: none"> In-depth home assessment Care planning session Information about FCA's legal, education, counseling and respite services Assistance with long-term planning Personalized referral to local resources and community programs (support groups, adult daycare, home-care) 	<p>Ongoing telephone support and consultation</p> <p>800-445-8106 415-434-3388</p>
<p>Psychology Today – Find a Therapist Online</p> <p>Filter by:</p> <ul style="list-style-type: none"> Language, Age, Gender, Issues, Treatment Orientation, Insurance Private Insurance, Medicare or self-pay Call to find out which insurances are accepted 	<p>Online Search: https://therapists.psychologytoday.com/rms/cities/San+Francisco-Therapists.html</p>
<p>Today's Caregiver Caregiver.com</p> <ul style="list-style-type: none"> Magazine Education Resource 	<p>San Francisco Support Groups</p> <p>http://www.caregiver.com/regionalresources/states/CA/support/san_francisco.htm</p>

Dementia/Alzheimer's – Caregiver Support

(also see Caregiver Support – All Conditions)

PROGRAM	PHONE/ADDRESS/WEBSITE
<p>Alzheimer's Association Caregiver Center</p> <ul style="list-style-type: none"> • Education • Local Chapters • Online Message Boards • Support Groups 	<p>24/7 Helpline 1-800-272-3900</p> <p>https://www.alz.org/care/overview.asp</p> <p>https://www.alz.org/care/alzheimers-dementia-caregiver-stress-burnout.asp</p> <p>Northern California website http://www.alz.org/norcal/</p>
<p>Alzheimer's Disease Research and Diagnostic Centers of California (ARCC)</p> <ul style="list-style-type: none"> • There are 10 ARCCs located in university medical centers throughout California (including UCSF) • Comprehensive assessment of individuals with memory problems • Family conference and treatment planning • Information and referrals to community health and social services • Support groups for caregivers • Training and education 	<p>California Alzheimer's Disease Centers (CADC)</p> <p>UCSF http://cadc.cdph.ca.gov/centers/thecenters/ucsf.html</p>
<p>CANTONESE Dementia Care Partner Support Group Alzheimer's Association Northern California Chapter</p> <p>Language: Cantonese http://www.alznorcal.org/CalendarSearch.htm</p> <ul style="list-style-type: none"> • For updated Support Group schedule: http://www.alznorcal.org/CalendarSearch.htm • Weekly support group. Call for more information 	<p>Saturday's 1-2:30</p> <p>415-677-2473 Chinese Community Health Resource Center 728 Pacific Ave., Suite 115</p>
<p>Dementia Family Caregiver Support Group Alzheimer's Association Northern California Chapter</p> <p>For updated Support Group schedule: http://www.alznorcal.org/CalendarSearch.htm</p> <ul style="list-style-type: none"> • Weekly support group. Call for more information 	<p>Friday 10:30 AM - 11:30 AM</p> <p>415-775-2562 800-272-3900</p> <p>San Francisco Senior Center at Aquatic Park 800 Beach Street</p>

<p>Frontotemporal Dementia (FTD) Adult Children Telephone Support Group UCSF Memory and Aging Center</p> <ul style="list-style-type: none"> • Adult Children Telephone Support Group is for the adult children of people diagnosed with frontotemporal dementia • Individuals from across the country are welcome to join the facilitated discussion by telephone. • Contact the group facilitator for the toll-free call-in number and any additional information • Support group is free 	<p>415-353-2057 or 415-476-8613</p> <p>http://memory.ucsf.edu/caregiving/support</p> <p>Call to for details about accessing the Telephone Group:</p> <p>Monthly, on each third Thursday 5–6:30 p.m. (Pacific Standard Time)</p>
<p>Frontotemporal Dementia (FTD) Caregiver Support Group - UCSF Memory and Aging Center</p> <ul style="list-style-type: none"> • Support Group is designed to provide support and education to the families of people with FTD and related neurodegenerative diseases • This support group specifically addresses the needs of FTD caregivers whose concerns are often different than those of Alzheimer's disease caregivers • Caregivers and family members of UCSF and non-UCSF FTD patients are invited to attend. • The support group is free, and no reservations are needed to attend 	<p>415-353-2057</p> <p>http://memory.ucsf.edu/caregiving/support</p> <p>For more information: Robin Ketelle, RN, MS 415-514-2058</p> <p>Call to confirm time and location</p> <p>Group meets twice monthly</p>
<p>Memory Café</p> <ul style="list-style-type: none"> • Engaging outings and activities for people with 'Forgetfulness' (Early-stage Alzheimer's/dementia) who attend with their care partners. • Helping to avoid isolation • Preserving quality of life • Social connection & support improve wellbeing for both care partners • Encourages and facilitates an active and social lifestyle • Alternative to services that focus on the disease • Both care partners feel appreciated in a fun and close-knit group • Attractive venues with built-in physical, creative and social engagement • Provides light respite: an informal break with mutual support 	<p>415-309-7963</p> <p>http://www.memorycarecafe.org/</p> <p>What is light respite? http://media.wix.com/ugd/7978c6_57a1c7da4d854ae1acc1814a98f6a72e.pdf</p> <p>Signs of Forgetfulness Tips for interacting http://media.wix.com/ugd/7978c6_f60141a715f248bfb1c8295cfe1ac550.pdf</p>
<p>Mild-Cognitive Impairment (MCI) Care Partner Support Group - UCSF Memory and Aging Center</p> <ul style="list-style-type: none"> • Support group provides a safe environment for families and friends of persons diagnosed with mild cognitive impairment to share their experiences and receive support from others coping with MCI • Walk-ins welcome • This group is co-sponsored by the Alzheimer's Association 	<p>415-353-2057</p> <p>Call to confirm time and location http://memory.ucsf.edu/caregiving/support</p> <p>For more information contact the Alzheimer's Association: 800-272-3900</p>

<ul style="list-style-type: none"> and UCSF Memory and Aging Center. Free of charge 	www.alz.org Group meets monthly
Ray Dolby Brain Health Center CMPC Neurosciences Institute <ul style="list-style-type: none"> Case Management Patient Advocacy Emotional Support Caregiver Support Groups Family Care Specialist 	415-600-5555 CPMC's Davies Campus 45 Castro Street, Suite 220 San Francisco
UCSF Memory and Aging Center <ul style="list-style-type: none"> Providing a diagnostic evaluation and treatment recommendations for neurodegenerative diseases Caregiver support and planning Includes diagnoses such as Alzheimer's disease, vascular dementia and dementia with Lewy bodies as well as less common disorders such as frontotemporal dementia, Huntington's disease and Creutzfeldt-Jakob disease Specialty clinic for patients with cognitive complaints that may be associated with movement disorders or genetic conditions 	415-353-2057 1500 Owens Street, Suite 320 San Francisco Caregiving http://www.memory.ucsf.edu/caregiving/self To become a patient: http://www.memory.ucsf.edu/patientcare/mac
When Dementia is in the House Languages: Chinese (Traditional and Simplified), French <ul style="list-style-type: none"> For Parents For Teens Online information about dementia for families 	http://lifeandminds.ca/whendementiaisinthefhouse/index.html

Developmental Disabilities - Caregiver Support (also see Caregiver Support – All Conditions)	
PROGRAM	PHONE/ADDRESS/WEBSITE
The Arc A non-profit service and advocacy organization for adults with: <ul style="list-style-type: none"> Autism, Down syndrome, Cerebral palsy, Intellectual and developmental disabilities and their families living in San Francisco and San Mateo counties There is a waiting list: Contact intake and assessment manager for timeframe 	415-255-7200 1500 Howard Street http://thearc.org/families-caregivers/

<p>Support for Families of Children with Disabilities</p> <p>Language: Spanish, Cantonese, Mandarin</p> <ul style="list-style-type: none"> • Offers information, education, and parent-to-parent support free of charge to families and professionals of children with any kind of disability or special health care need in San Francisco • Workshops • Support Groups 	<p>415-282-7494</p> <p>Family Resource Specialist: 415-920-5040</p> <p>1663 Mission Street (7th Floor)</p> <p>www.supportforfamilies.org</p>
--	--

<p align="center">Family Medical Leave Act – FMLA (also see Caregiver Support – All Conditions)</p>	
PROGRAM	PHONE/ADDRESS/WEBSITE
<p>Family and Medical Leave Act (FMLA)</p> <ul style="list-style-type: none"> • Designed to help employees balance their work and family responsibilities by allowing them to take reasonable unpaid leave for certain family and medical reasons • FMLA gives certain employees the right to take up to 12 weeks of unpaid, job-protected leave per year. It also requires that the employee’s group health benefits be maintained during the leave • FMLA applies to all public and private employers with 50 or more employees • To care for an immediate family member (spouse, child, or parent, but not a parent-in-law) with a serious health condition 	<p>http://www.dol.gov/whd/workers.htm</p> <p>http://www.cancer.org/treatment/findingandpayingfortreatment/understandingfinancialandlegalmatters/family-and-medical-leave-act</p>
<p>Paid Family Leave (EDD)</p> <p>Workers who contribute to the California State Disability Insurance (SDI) fund are entitled to six weeks of partial pay each year while taking time off from work to:</p> <ul style="list-style-type: none"> • Bond with a newborn baby, adopted or foster child • Care for a seriously ill parent, child, spouse or registered domestic partner, siblings, grandparents, grandchildren and parents-in-law 	<p>Need help with a claim? Contact the Employment Development Department 877-238-4373</p> <p>http://paidfamilyleave.org/</p> <p>Form: http://www.edd.ca.gov/Disability/PFL_Forms_and_Publications.htm</p>

Mental Illness - Caregiver Support

(also see Caregiver Support – All Conditions)

PROGRAM	PHONE/ADDRESS/WEBSITE
<p>National Alliance for the Mentally Ill (NAMI)</p> <ul style="list-style-type: none"> National online information 	<p>800-950-6264</p> <p>Caregiver Support http://www2.nami.org/Content/ContentGroups/Hotline1/Autism_Caregiver_Support.htm</p>
<p>San Francisco NAMI National Alliance for the Mentally Ill</p> <p>Languages: Spanish, Cantonese</p> <ul style="list-style-type: none"> Family to Family education and support groups. Groups available in English, Spanish Call to confirm time and location 	<p>415-474-7310</p> <p>http://www.namif.org</p> <p>Support Groups (English, Cantonese and Spanish) http://www.namif.org/resources-131/support-groups.html</p> <p>Family to Family Group http://www.namif.org/programs-137/family-to-family.html</p>

Oncology - Caregiver Support

(also see Caregiver Support – All Conditions)

PROGRAM	PHONE/ADDRESS/WEBSITE
<p>American Cancer Society</p> <p>Language: Chinese, Hindi, Korean, Spanish, Urdu, Vietnamese</p> <ul style="list-style-type: none"> Education (online material in English and Spanish) Online Community Support Coping Checklist Distress Checklist 	<p>http://www.cancer.org/treatment/caregivers/</p> <p>Asian Languages: http://www.cancer.org/asianlanguagematerials/index</p>
<p>Caregiver Support Groups UCSF Helen Diller Family Comprehensive Cancer Center</p> <ul style="list-style-type: none"> Weekly support group Drop-In Please call the Resource Center to find out about Bay Area support groups held in Spanish, Cantonese, and Mandarin, as well as for African American women 	<p>415-885-7789 1600 Divisadero Street</p> <p>http://cancer.ucsf.edu/support/crc/support-groups</p> <p>http://www.ucsfhealth.org/education/caring_for_the_caregiver/</p>

<p>UCSF Caregiver and Patient Peer Support Program Ida and Joseph Friend Cancer Resource Center</p> <ul style="list-style-type: none"> • The Peer Support Program offers cancer patients and their caregivers the opportunity to speak with others who have "been there" and can share their experiences. • Program is a free Phone service 	<p>415-885-3693</p> <p>http://cancer.ucsf.edu/support/crc/support-groups</p> <p>http://www.ucsfhealth.org/education/caring_for_the_caregiver/</p>
<p>Neuro-oncology Peer Support for Caregivers (PHONE)</p> <ul style="list-style-type: none"> • Caregivers who are caring for patients with neurological cancers such as brain tumors, have the opportunity to talk by phone with other caregivers as a way to reduce the anxiety and stress that they may experience • Caregivers are matched with volunteers who have had similar experiences or who meet the needs of the caregiver seeking support • All caregivers are welcome, regardless of where care is received 	<p>415-514-5765</p> <p>http://www.ucsfhealth.org/services/peer_support_program_for_cancer_patients/</p>

<p align="center">Parkinson's – Caregiver Support (also see Caregiver Support – All Conditions)</p>	
PROGRAM	PHONE/ADDRESS/WEBSITE
<p>National Parkinson Foundation</p> <ul style="list-style-type: none"> • Provides essential information, practical tools and inspiration to people living with Parkinson's 	<p>http://www.parkinson.org/Caregivers/PD-Caregiving-101</p>
<p>Parkinson's Patient and Caregiver Support Group</p> <ul style="list-style-type: none"> • This group is open to patients (including non-VA patients) and their caregivers and family members • Meetings are held on the third Tuesday of each month from 4:00pm - 5:30pm 	<p>Please RSVP by calling 415-379-5530</p> <p>Location: San Francisco VA Medical Center 4150 Clement Street, Building #203, Room 1B-31</p> <p>Http://www.ppsg.org/Support_Groups.html</p>

Respite Care – 24 hours – Caregiver Support

(also see Caregiver Support – All Conditions)

(also see Respite Care – DAY PROGRAMS – Caregiver Support)

PROGRAM	PHONE/ADDRESS/WEBSITE
<p>AgeSong Laguna Grove (Dementia)</p> <ul style="list-style-type: none"> Serves over 200 residents through its four communities eldercare in areas including assisted living, ADL care (activities of daily living) Dementia & Alzheimers and high acuity 	<p>866-900-4969</p> <p>624 Laguna Street</p> <p>http://www.agesong.com/index.php</p>
<p>AlmaVia of San Francisco (Dementia)</p> <ul style="list-style-type: none"> Comprehensive care to Bay Area seniors With a church and school next door, residents can take part in intergenerational activities 	<p>866-900-4969</p> <p>1 Thomas More Way</p> <p>http://www.almavia.org/communities/almavia-san-francisco</p>
<p>Golden Gate Regional Center (Developmentally Disabled)</p> <ul style="list-style-type: none"> In-home respite Out-of-home respite 	<p>415-546-9222</p> <p>1355 Market Street Suite 220</p> <p>http://www.ggrc.org/services/case-management</p>
<p>Laguna Honda Hospital Department of Public Health (Dementia)</p> <ul style="list-style-type: none"> One area features a primarily Spanish-speaking community to meet the needs of monolingual seniors with cognitive challenges 	<p>415-759-2300</p> <p>375 Laguna Honda Boulevard</p> <p>http://lagunahonda.org/Dementia</p>
<p>Victorian Manor (Dementia)</p> <ul style="list-style-type: none"> family owned assisted living facility Respite Care or rehabilitation care is short-term care where seniors may come live with us and join our family for a day, a week or even a month Respite Care or short-term care can provide valuable "time off", or a break to family members or caregivers 	<p>866-900-4969</p> <p>1444 Mcallister Street</p> <p>http://www.victorianmanorsf.com/</p>

Respite Care – SF DAY PROGRAMS – Caregiver Support

(also see Caregiver Support – All Conditions)
 (also see Respite Care – 24 hours – Caregiver Support)

PROGRAM	PHONE/ADDRESS/WEBSITE
<p>Adult Day Services</p> <ul style="list-style-type: none"> • <u>Note: On Lok requires the patient to receive Primary Care services in their program</u> • Adult Day Services programs offer a safe, positive, caring alternative to nursing home care for those who do not need 24-hour skilled nursing • All programs either provide or assist with transportation • Program hours typically range from four to eight hours per day; however, some centers offer extended hours to accommodate working caregivers • Many centers also provide caregiver support groups and training • Services vary from center to center but may include therapeutic activities such as art, singing, age-appropriate games, health monitoring, social work, meals, dietary counseling, physical, occupational and speech therapy • Some programs focus on a specific population -- for example those who share a similar cultural or ethnic background or younger adults with head injuries or developmental disabilities • Families also receive help with information and referral to other services, as needed 	<p>CCCYO SAN FRANCISCO 50 Broad Street (415) 452-3500</p> <p>IOA IRENE SWINDELLS 3698 California Street, 2nd Floor (415) 600-2690</p> <p>IOA RUTH ANN ROSENBERG 3575 Geary Boulevard (415) 750-5330 www.IOAging.org</p> <p>LIFEWAYS PACE AT THE CORONET 3575 Geary Boulevard (415) 447-1000 www.IOAging.org</p> <p>ON LOK SENIOR HEALTH Four SF Programs 888-886-6565 www.onlok.org</p> <p>San Francisco Programs: http://www.caads.org/find_program/mbrs_san_francisco_co_2015_02_26.pdf</p>
<p>Memory Café</p> <ul style="list-style-type: none"> • Engaging outings and activities for people with 'Forgetfulness' (Early-stage Alzheimer's/dementia) who attend with their care partners. • Helping to avoid isolation and preserving quality of life • Social connection & support improve wellbeing for both care partners • Encourages and facilitates an active and social lifestyle • Attractive venues with built-in physical, creative and social engagement 	<p>415-309-7963</p> <p>http://www.memorycarecafe.org/</p> <p>What is light respite? http://media.wix.com/ugd/7978c6_57a1c7da4d854ae1acc1814a98f6a72e.pdf</p> <p>Signs of Forgetfulness Tips for interacting http://media.wix.com/ugd/7978c6_f60141a715f248bfb1c8295cfe1ac550.pdf</p>
<p>Providence Place Respite Day Care (Dementia)</p> <ul style="list-style-type: none"> • Providence Care, located in the Bay Area, is an Assisted Living facility, specializing in memory care and Alzheimer's 	<p>866-900-4969 415-359-9700</p> <p>2456 Geary Boulevard</p> <p>http://www.providencecare.com/</p>

VA Veterans Affairs – Caregiver Support

PROGRAM	PHONE/ADDRESS/WEBSITE
<p>VA – Veterans Affairs Caregiver Support</p> <ul style="list-style-type: none"> • Web-based Support Group: "Building Better Caregivers." This workshop provides you with practical ways to manage your own fatigue and stress; how to manage difficult behaviors and feelings when caring for a Veteran; how to make good decisions and future plans for your loved ones; and what you can do to improve your sleep, diet and how to stay active. Log on whenever you want to from any computer, and join a group of 25 caregivers in each workshop. New sessions are posted each week for six weeks. To sign up, call Scott Maynard, LCSW, at (415) 221-4810, ext. 2801 • Parkinson's Disease and Caregiver Support Group: Provides education and emotional support to deal with the stress and strain of care giving. Contact: Elaine Lanier, RN, MS, (415) 379-5530 • Community Living Center Support Group: Provides caregiver support for family members of CLC residents. Contact: Michelle Tapia, LCSW, (415) 221-4810, ext. 4238 • Voluntary Respite Program: Volunteers provide home respite for caregivers of homebound Veterans. Contact: Tony Le Roy (415) 221-4810, ext. 6331 • Family 2 Family Program: Co-facilitated by Psychosocial Rehabilitation and Recovery Center (PRRC) staff and local chapter of the National Alliance for the Mentally Ill. Contact: Maisie L. Ketron, LCSW, (415) 221-4810, ext. 3139 • Caregiver Program for Post-9/11 Veterans: VA provides additional support to eligible post-9/11 Veterans who elect to receive their care in a home setting from a primary Family Caregiver. Eligible primary Family Caregivers can receive a stipend, training, mental health services, and access to health insurance if they are not already under a health care plan • Resources: National Caregiver Support Line: VA's National Caregiver Support Line serves as a resource/referral center for caregivers, Veterans and others seeking caregiver information. (855) 260-3274 	<p>San Francisco VA Health Care System 4150 Clement Street San Francisco 415-221-4810</p> <p>Scott Maynard, LCSW: 415-221-4810 X 5117 Erin Butler, LCSW: 415-221-4810 X 4936 Karen McCarthy Xavier, LCSW: 415-221-4810 X 4341</p> <p>San Francisco VA http://www.sanfrancisco.va.gov/services/caregiver/</p> <p>National: http://www.caregiver.va.gov/index.asp</p> <p>For more information about any of these groups, please contact SFVAMC Caregiver Support Coordinator, Scott Maynard, LCSW, at (415) 221-4810, ext. 2801 or scott.maynard@va.gov</p>