

# {Useful Links}



Caring.com is a leading online destination for caregivers seeking information and support as they care for aging parents, spouses, and other loved ones. We offer thousands of original articles, helpful tools, advice from more than 50 leading experts, a community of caregivers, and a comprehensive directory of caregiving services.

For your quick reference, below is our free resource with our top guides:

- <https://www.caring.com/senior-living/assisted-living/california>
- <https://www.caring.com/senior-living/assisted-living>



The Mesothelioma Prognosis Network was founded in 2015 on hope. Our team of Patient Advocates helps patients find top doctors, cutting-edge clinical trials and financial help — all in an effort to improve their prognosis.

## *What We Do*

A mesothelioma prognosis can be improved by certain factors. We're here to provide patients and their loved ones with [free information and resources](#) to improve their outlook and fight this rare cancer.

# Who We Help

We help mesothelioma patients find the resources they need to outlive their prognosis. We provide patients and their loved ones with information to better understand this cancer and how to live with and overcome challenges.

# Why We Do It

No one should have to fight mesothelioma alone. Through our team of Patient Advocates and the free resources we offer, we're here to guide you along a path to improving your mesothelioma prognosis.



**OUR MISSION:** [The California Budget Project](#) engages in independent fiscal and policy analysis and public education with the goal of improving public policies affecting the economic and social well-being of low- and middle-income Californians.

The CBP believes that information can help give voice to those who often go unheard in budget and policy debates. “Knowledge,” as the saying goes, “is power.” Since 1995, the CBP has worked to make the budget more understandable and to shed light on how budget and related policy decisions can affect the lives of low- and middle-income Californians.

Through its published analyses, educational activities, and technical assistance, the CBP is a resource for advocates, community leaders, policymakers, and members of the media. The CBP’s work is widely regarded as timely, reliable, and accessible. CBP staff are frequent speakers at meetings and conferences throughout the state. The CBP also offers an active training program on the state budget, budget process, and fiscal policy issues.

The CBP is a nonprofit organization. Support for the CBP comes from donations from individuals and organizations, subscriptions to our publications, and grants from private foundations.

## Core Principles

Four core principles guide the work of the CBP:

**INDEPENDENCE:** The CBP provides fact-based, nonpartisan analyses of state fiscal and tax policies and their implications for all Californians, especially low- and middle-income residents.

**FAIRNESS AND EQUITY:** The CBP’s work is grounded in the fundamental belief that government should work to improve the lives of the people it serves. The CBP maintains a deep commitment to ensuring that public policies and programs respond effectively to the needs and interests of lower-income individuals, families, and communities throughout California.

**INTEGRITY:** The CBP conducts its work with the highest level of intellectual honesty, accuracy, and objectivity in order to effectively inform state fiscal, tax, and other public policies.

**EMPOWERMENT:** The CBP provides accessible, useable, and timely information on state fiscal, tax, and related public policies in order to expand civic engagement in policy debates.

## [In-Home Supportive Services \(IHSS\)](#)

The [In-Home Supportive Services Program \(IHSS\)](#) provides people who are [blind](#), [disabled](#), or over the age of 65 with personal assistance and in-home support services so they can live safely in their homes. Services range from assistance with household chores to personal care such as dressing and bathing to [paramedical services](#). The program is often seen as an alternative to assisted living or nursing facilities.

If you meet eligibility criteria, a county social worker will conduct a [needs assessment](#) to determine the types of IHSS services you require and the number of hours that will be paid for by the program. IHSS recipients may qualify for up to 283 hours of service per month. **Recent legislation allows for the use of some IHSS services at the workplace.**



### [YES on The Homeowners Protection Act](#)

More than two years ago, the U.S. Supreme Court ruled that government can use eminent domain to take a home to give to a private developer. Since that outrageous decision, more than 40 states have reformed their eminent domain laws, but California has failed to act.

[The Homeowners Protection Act](#) will prohibit the government from using eminent domain to take a home to transfer to a private developer.



### [Universal Insurance or Universal Healthcare?](#)

There's a lot of talk about healthcare reform. But only a fundamental change – a single-payer system, premised on an improved and expanded Medicare for all – will solve our nation's healthcare crisis and create a more humane, affordable system with one standard of quality care for everyone. Insurance-based plans create a windfall for HMOs and leave the insurance companies in charge of our health. Don't settle for the worst solution, demand the best.



We stand for age and youth working together to make the world a place where the young can look forward to growing old. We believe all people are entitled to certain fundamental rights:

- Meaningful employment.
- A country free from racism.
- Economic security.
- Decent and affordable housing.
- A world in peace.
- A life of dignity from birth to death, free from fear and abuse.

We are:

- Progressive.
- Environmentalist.
- Anti-racist
- Anti-war

We advocate, organize, and endorse positions and actions for peace and social justice, universal health care, electoral reform, non-privatization of public resources, civil rights, human rights, and civil liberties.

We initiated the call for [HANDS OFF SOCIAL SECURITY](#) in the SF Bay Area in 2005.

We call for the repeal of the entire [2003 Medicare Modernization Act](#) as well as the Medicare Drug Program, and call for universal, single-payer, single-tier healthcare as the solution to Medicare's problems.

We propose a [human rights amendment](#) to the California constitution, to encourage respect and observance of the Universal Declaration of Human Rights.

We demonstrated with GreenAction and other groups fighting [environmental racism](#) to close the PG&E power plant in Hunters Point.

We protested the [special registration of immigrants](#) after 9-11, and have demonstrated for [immigrants rights](#) and against government raids and other harassment of immigrants.

We have demonstrated against the [Patriot Act](#) and other laws being advanced as part of a developing police state.

More Information on SF Gray Panthers:

[Coming SF Gray Panther Activities](#)

[SF Gray Panther Committees](#)

[SF Gray Panthers Newsletters](#)

[SF Gray Panthers Blog](#)

[How to join the SF Gray Panthers on-line.](#)

[Read](#) about Gray Panthers history from the St. James Encyclopedia of Popular Culture

SF Gray Panthers, 1182 Market St, Room 203, San Francisco CA 94102

Phone: 415-552-8800, fax: 415-552-8801

e-mail: [graypanther-sf@sbcglobal.net](mailto:graypanther-sf@sbcglobal.net), web: <http://graypantherssf.igc.org/>

Location: Market at Hyde and 8th Sts,

We're next door to the Orpheum Theater box office, in the downtown direction. [Map](#)



[Health Access California](#) is a statewide 501(c)(4) non-profit organization founded in 1987 and dedicated to achieving quality, affordable health care for all Californians.

For more than fifteen years, Health Access has played a significant role in leading the movement for health care reform in California.

Health Access has promoted universal health care proposals and advocated for specific incremental reforms that promise to provide immediate health care services to California's most vulnerable populations.

Health Access is truly unique among organizations that advocate for health care reform in its ability to work at both the grassroots and senior policy levels to advocate for substantive reforms.

Health Access works with a broad coalition of more than 200 member organizations representing communities of color, immigrants, people with disabilities, children, seniors, people of faith, labor, and working families.



**The Prescription Access Litigation (PAL) Project** works to make prescription drug prices more affordable for consumers, using class action litigation and public education. PAL and its members seek to challenge illegal pricing tactics and deceptive marketing by drug companies, Pharmacy Benefit Managers, and other pharmaceutical industry players.

PAL is a national coalition of more than 125 organizations, including consumers, seniors, health care, labor, legal services, women's health and human services groups in 36 states and the District of Columbia.

PAL and its members have been involved in 28 class action lawsuits challenging drug industry tactics to illegally raise the price of prescription drugs. To date, 7 of these cases have settled (for a combined total of \$438 million), allowing consumers who were illegally overcharged to be reimbursed and putting drug companies on notice that their illegal tactics will not go unopposed.



Join us in making Medicare For All a reality. Sign up to receive important information and alerts. Help spread the word about Medicare For All -- full health care access with free choice of doctor, no deductibles, no premiums, no co pays and no insurance company red tape. Help drive insurance company money-changers out of the temple of medicine.

## **Senior Communities in California**

**SeniorAdvisor.com is the best way to make confident decisions about senior assisted living and services.**

Browse pricing, ratings, and reviews for over 70,000 senior communities.



[Learn more](#)

## Californians are waiting for health care reform. What are California's leaders waiting for?



There is a limited window of opportunity for state policymakers to take action this year to fix California's broken health care system, and, in recent polling, 9 of 10 Californians have demanded reform. Beginning today, The California Endowment is launching a comprehensive, statewide health reform advertising campaign calling for meaningful action on health care.

The campaign will consist of television, print and Internet advertisements that will run in major media outlets in order to reinforce that action must be taken now to make health care accessible and affordable for everyone.

To learn more, please visit [CAHealthReformNow.org](http://CAHealthReformNow.org).



[The Center for California Homeowner Association Law](#) is a clearinghouse of consumer education, training, and referral services for the estimated 7 million California homeowners, who now live in a common interest development (CID) and for consumers who are considering purchasing an association home.

The Center is also a storehouse of information for nonprofits providing services to homeowners, for government agencies with jurisdiction over CIDs, and for public officials, journalists, and researchers delving into the public policy issues raised by CIDs in their role as quasi-local governments.

The focus of the Center is the web of laws and regulations creating the CID legal framework that governs both the lives and the property of association homeowners.



[The California OneCareNow Campaign](#) is the nation's first-ever statewide grassroots campaign for universal health insurance. Teams in more than 365 California cities are conducting grassroots educational and public awareness "action" events--one event per day, in a different city, for one year--to demand quality, affordable healthcare for all Californians.



[Raging Grannies](#) worldwide rage for peace, social and political justice, and environmental preservation. Our purpose is to create a better world for our children and grandchildren. We operate with a sense of outrage, a sense of humor, and a commitment to *non-violence*.

There are more than 60 Raging Granny groups in the US and Canada and some in other parts of the world including Japan and Israel.



## California Senior Legislature

In 1980, the State Legislature requested the California Commission on Aging to develop a forum through which older Californians could develop their legislative priorities.

The [California Senior Legislature](#) (CSL) was established in 1981. It is a nonpartisan, volunteer organization made up of 120 elected members.

The 40 Senior Senators and 80 Senior Assembly Members are elected by their peers (persons 60 years of age and older) to represent seniors throughout the State.



[Tenants Together](#) is a nonprofit organization dedicated to defending and advancing the rights of California tenants to safe, decent and affordable housing. As California's only statewide renters' rights organization, Tenants Together works to improve the lives of California's tenants through education, organizing and advocacy. Tenants Together seeks to galvanize a statewide movement for renters' rights.



[It's Our Healthcare!](#) is a coalition of working families and consumers, representing seniors, labor, and California's diverse communities. The campaign includes AARP, California ACORN, California Alliance for Retired Americans, California Black Health Network, California Council of Churches/California Church Impact, California Labor Federation, California Pan-Ethnic Health Network, CALPIRG, Congress of California Seniors, Consumers Union, Health Access California, Latino Coalition for a Healthy California, National Council of La Raza, and SEIU.

Our goal is to empower and educate Californians to change our health care system so that it works for everyone. We intend to create a stronger, shared understanding of how our individual health care problems relate to larger problems with our health care system, and together we will use this shared understanding to create solutions that protect individuals and families.

## **[Hospital Discharge Rights](#)**

Make sure you have everything you need before going home. You have the right to appeal your discharge!



## **Facts about Alzheimer's in California**

### **Trends among California's diverse population are changing the face of Alzheimer's disease**

- Alzheimer's is often underreported and diagnosed at a later stage in the disease among people of color.
- The number of people living with Alzheimer's disease will triple by 2030 among people of Hispanic descent, and among those of Asian and Pacific Islander descent.
- The number of African-Americans living with Alzheimer's disease will double by 2030.
- The number of Caucasians with Alzheimer's will also double, but will account for the largest growth in absolute numbers.

### **Deaths from Alzheimer's disease continue to rise**

- Alzheimer's disease is now the sixth leading cause of death in California.
- Compared to other leading causes of death in California, Alzheimer's disease showed the greatest increase from 2000 to 2004 — 58.3 percent.
- Between 2000 and 2004, the greatest increase in reported deaths from Alzheimer's disease occurred among African-Americans and Asian/Pacific Islanders.
- Before 2004, Alzheimer's was not even listed among the top 10 causes of death in California.

### **1.1 million Californians now provide unpaid care for people with Alzheimer's**

- About 1.1 million Californians currently provide unpaid care for a person with Alzheimer's disease or dementia. This number is also expected to double. Women tend to shoulder the vast majority of care giving and account for 75 percent of all caretakers.
- Caregivers of people with severe memory problems and dementia spend an average of 54 hours per week providing help as compared to 31 hours spent by caregivers to people without memory problems.
- Caregivers disproportionately report being forced to miss work, reduce their work hours, quit their jobs or change jobs due to care giving demands.
- Family caregivers of people with severe memory problems are more likely than other family caregivers to experience financial hardship, report health difficulties, experience emotional stress and suffer from sleep disturbance.

## **One in eight California Baby Boomers who reach age 55 will develop Alzheimer's disease**

- One in six will develop some kind of dementia, including Alzheimer's.
- By 2030, the number of Californians with Alzheimer's disease between the ages of 55 and 74 will nearly double. This age group will represent 15 percent of those older than 55 who have Alzheimer's disease.
- During the next 20 years, an average of 11,000 Californians will develop Alzheimer's disease each year.
- By 2030, the number of people living with Alzheimer's disease in California will nearly double, growing to more than 1.1 million.

## **Financial impacts will affect all Californians**

- California employers experience an estimated \$1.4 billion in lost productivity annually from full-time employed caregivers who miss work, reduce their work hours, quit their jobs or change their jobs to care for someone with Alzheimer's disease.
- The cost of caring for an individual with Alzheimer's disease is approximately 31 percent more than caring for a person with a serious physical ailment.
- Alzheimer's disease is a major contributor to Medi-Cal costs: a person with Alzheimer's or a related dementia costs Medi-Cal 2.5 times the cost of caring for a person not having this diagnosis.
- Taxpayers will ultimately shoulder the increased burden placed on Medi-Cal because of rising numbers of people with Alzheimer's and other types of dementia.



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## Disability Action Coalition

### Our Sponsors

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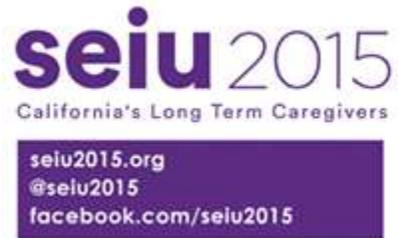
More sponsors will be announced soon, if you are interested in becoming a sponsor visit our [Become a Sponsor](#) page and/or contact Allie Cannington at [allie@cfilc.org](mailto:allie@cfilc.org) or call 916.606.5300.

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