

San Francisco VA Health Care System

Program of General Caregiver Support Services Resource List

VA Support Services

National Caregiver Support Line: 1-855-260-3274

SF Caregiver Support Line: 415-750-6689

SF Patient Experience Office: 415-750-6650

Veterans Crisis Line: 1-800-273-8255

White House VA Hotline: 1-855-948-2311

County Veterans Service Office:

Find a CVSO (1-844-737-8838)

Alameda County VSO

<https://www.alamedacountysocialservices.org/our-services/Veterans/contact>

6955 Foothill Blvd

Room 143, First Floor

Oakland, CA 94605

510-577-1926

veterans@acgov.org

Humboldt County VSO

<https://humboldt.gov.org/517/Veterans-Service-Office>

1105 6th St., Suite F

Eureka, CA 95501

707-445-7611

vso@co.humboldt.ca.us

Lake County VSO

<http://www.lakecountyca.gov/Government/Directory/VeteransServices.htm>

Saul Sanabria

285 North Main St.

Lakeport, CA 95453

707-263-2384

Saul.Sanabria@lakecountyca.gov

Marin County VSO

<https://www.marinhhs.org/veterans-services>

10 North San Pedro Rd.

San Rafael, CA 94903

415-473-6193

hhsvetsservices@marincounty.org

Mendocino County VSO

<http://www.cacvso.org/mendocino-county-office/>

Ulyses Lopez

405 Observatory Ave.

PO Box 839

Ukiah, CA 95482

707-463-4226

lopezu@co.mendocino.ca.us

360 N. Harrison St.

PO Box 1306

Fort Bragg, CA 95437

707-964-5823

189 Main St.

Willits, CA 95490

707-463-4226

* by appt only

Napa County VSO

<https://www.countyofnapa.org/203/Veterans-Services>

Dell Pratt, Veterans Services Officer

650 Imperial Way, Suite 202

Napa, CA 94559

707-253-4558

vets@napavets.com

San Francisco Human Services Agency

<https://www.sfhhsa.org/services/access-empowerment/county-veterans-service-office-cvso>

2 Gough St.

San Francisco, CA 94103

415-934-4200

sfcvso@sfgov.org

San Mateo County VSO

<https://hsa.smcgov.org/veterans-office>

*Currently operating by phone only

795 Willow Road Bldg 348

Menlo Park, CA 94025

650-802-6598

Sonoma County VSO

<https://sonomacounty.ca.gov/Human-Services/Adult-and-Aging/Veterans-Service-Office/>

3725 Westwind Blvd, 1st Floor

Santa Rosa, CA 95403

707-565-5960

vso@schsd.org

Caregiver Resources for Military Caregivers and Caregiver Stakeholders:

American Red Cross Military and Veteran Caregiver Network - <https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html> 1-877-272-7337

- Hero Care Resource Directory allows you to search for community-based resources, national support organizations as well as program and services serving every zip code in America.

Operation Family Caregiver <https://www.operationfamilycaregiver.org/>

- Provides free and confidential support to families of those who have served

Swords to Plowshares - Bay Area-based nonprofit organization dedicated to supporting all veterans every step of the way. Phone: 415-727-8387

<http://www.swords-to-plowshares.org>

San Francisco Service Center
1060 Howard St.
San Francisco, CA 94103
M-F: 8am - 4 pm

Oakland Service Center
330 Franklin St, Ste 100
Oakland, CA 94607
M-F: 8:30 am - 4:30 pm

Warrior Care Recovery Coordination Program – Defense Health Agency

<https://warriorcare.dodlive.mil/Caregiver-Resources/Military-Caregiver-Support/>

Organizations with Caregiver Respite Grants:

Elizabeth Dole Foundation may be helpful as they offer free caregiver respite specifically for military and veteran caregivers.

[Respite Relief - Hidden Heroes](#)

Hilarity for Charity: <https://wearehfc.org/>

- This is the non-profit whose mission is to care for families facing Alzheimer's and educating young people about living a brain-healthy life.
- Caregiver Respite Grant Program - <https://wearehfc.org/programs/grant-program/>

Family Caregiver Alliance: <https://www.caregiver.org/> – serves family caregivers in Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara Counties

Redwood Caregiver Resource Center: <http://www.redwoodcrc.org/> – serves family caregivers throughout the Redwood Empire including counties of Del Norte, Humboldt, Mendocino, Lake, Sonoma, Napa, and Solano.

Institute on Aging: <https://www.ioaging.org/> - based in SF, they work with clients in SF, Marin, San Mateo, Santa Clara and other areas of the Peninsula.

- They also operate the Friendship Line for California which is a lifeline for people aged 60+ and adults living with disabilities to connect with someone by phone
<https://www.ioaging.org/friendship-line-california>

Alzheimer's Association - <https://www.alz.org/help-support/caregiving>

- They are a fabulous organization with comprehensive information on their website to help caregivers of individuals with Alzheimer's & Dementia.
- Template for personal facts insights that you can provide a paid care provider in your home:
<https://www.alz.org/media/Documents/personal-facts-insights.pdf>

Employment Resources

- VA CWT or Voc Rehab services if the caregiver is a Veteran.
- [Employment & Resources for Caregivers - Hiring Our Heroes](#)
- Rehabilitation Services Administration
State Vocational Rehabilitation Agencies
<https://rsa.ed.gov/about/states>
- USA Jobs. They have some good FAQ's and government hiring paths.
- Career One Stop, Sponsored by the U.S. Department of Labor
<https://www.careeronestop.org/ExploreCareers/explore-careers.aspx>