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The information provided in this resource guide is current as of the printing of this publication. Listings are provided for information only and the County of Marin is not responsible for any errors or omissions. The County does not endorse any non-County agency or service listed in this publication.

**Choices for Living** is produced and paid for by the Marin County Department of Health and Human Services, Aging and Adult Services. Special thanks to Dan Steckline, Joan Glassheim - Editors, Terry Norton—Photography, and Chris Mai—Front Cover Graphic Design.

All County publications are available in alternative formats (Braille, Large Print, or CD), upon request. Requests for accommodations may be made by calling (415) 473-7446 (Voice), (415) 473-3232 (TTY) or by email at hhsmediatteam@marincounty.org.
Choices for Living (Choices) is a resource guide to help older adults and their families explore a variety of housing options available in Marin County. Individuals’ housing needs vary greatly and needs may change over time. We urge anyone considering a housing change to be as clear as possible about the lifestyle and location they seek, their current health and level of independence, and the financial means by which they will support their housing needs. Choices begins with information on care at home, housing assistance and independent living options, community programs and then progresses to assisted living, board and care facilities and skilled nursing facilities. Often, waiting lists are encountered when searching for housing in Marin; we urge you to place your name on these lists if applications are being accepted.
Marin County Demographics

Marin County lies north of the City and County of San Francisco, California and is just across the Golden Gate Bridge. U.S. Highway 101 extends in a north-south direction through the county’s urban corridor. The county covers 529 square miles and much of the land outside the 101 urban corridor is open space. The County’s older adult population is increasing at a rate that surpasses the national rate. Residents age 60 and above total 70,063, which represents 27% of the total population. At 45 years, Marin’s median age is the oldest in the Bay Area and the 14th oldest in California.
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<tr>
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Data gathered from 2015-2019 American Community Survey 5 Year Estimates

** Unincorporated City/Communities not available via ACS. Zip code is shared with other cites; demographic data included in neighboring CDPs and cities
Support at Home

**Home Care Agencies** offer non-medical or custodial, companion and personal care that ranges from shopping and transportation to assistance with activities of daily living. Caregivers may be companions, certified home health aides or certified nursing assistants. Home Care agencies are the employer of record and cover worker’s compensation and liability insurance.

**Home Care Referral Agencies** place or refer caregivers who provide non-medical or custodial, companion and personal care. Caregivers may be companions, certified home health aides or certified nursing assistants. Caregivers are generally independent contractors, not agency employees.

**Private Hire**—independent providers of care or registries which offer clients a list of caregivers. Clients hire caregivers directly.

**Medicare Certified/Licensed Home Health Care Agencies** provide home health services for persons who have a medical need and physician’s order for service.

**In Home Supportive Services**
415 473-INFO (4636)
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. To complete an application or for more information about IHSS, please go to [https://www.marinhhs.org/home-supportive-services-ihss.](https://www.marinhhs.org/home-supportive-services-ihss) IHSS intakes may also be completed over the phone by calling Information and Assistance at 415-473-INFO(4636).

**Marin Villages**
415 457-4633
[www.marinvillages.org](http://www.marinvillages.org)
Enables older adults to remain in their homes and maintain an active life by providing support through a variety of resources. Marin Villages is an alliance of local villages established by geographic area to build community through social and educational events and assistance with a variety of tasks from vetted volunteers. Local villages participating in Marin Villages include: Belvedere, Corte Madera, Fairfax, Greenbrae, Kentfield, Larkspur, Mill Valley, Novato, Ross, San Anselmo, San Rafael, and Tiburon.

**Sausalito Village**
415-332-3325
Sausalito Village provides members with volunteer services that help them to remain at home including transportation, technical assistance, healthcare advocacy, emergency preparedness, events, and volunteer opportunities.

**Marin Center for Independent Living**
710 Fourth Street, San Rafael
(415) 459-6245  [www.marincil.org](http://www.marincil.org)
Provides support and services for individuals with disabilities and older adults including: benefits application, navigation and planning, public and private programs enrollment, personal care assistance placement & matchmaking, home modifications, assistive technology, nursing home transition assistance, breast cancer advocacy such as financial planning and rental support, disaster preparedness, backup batteries and emergency resources, and vaccination and booster appointment assistance.
Day Services & Activities

The agencies identified below provide a variety of services including care in a supervised setting during some portion of the day, social and recreational activities, congregate meal programs, training, counseling, and home health services. Senior Center activities include recreation, music, creative arts, physical activity. Respite care includes the relief of relatives or caregivers while the primary caregiver is temporarily absent.

Vivalon
930 Tamalpais Ave, San Rafael
(415) 456-9062  www.vivalon.org

Connects older adults and people with disabilities in with a hub of essential services including transportation, meals, educational classes to enable older adults and family members to live more engaged and active lives.

Marin Adult Day Health Center
1905 Novato Blvd, Novato
(415) 897-6884

Treats the supportive needs of adults 18 and older with multiple, chronic conditions in a licensed Medi-Cal certified health facility day program setting. The program includes an individualized plan of care; skilled nursing, social services and rehabilitation therapies. Also provides assistance with activities of daily living; door-to-door transportation and healthy meals. All services, including meals and transportation are included in one daily fee that is covered by Medi-Cal, VA healthcare, and some long term care insurance. Marin ADHC offers a sliding fee scale based on income through a scholarship program.

San Rafael Community Centers
618 B St. San Rafael 94901
415 485.3333

The Albert J. Boro Community Center
Provides classes, activities and events including martial arts, dance, open-gym sports, and art classes for children, adults and older adults.

The San Rafael Community Center
Offers programs, classes and activities for preschool aged children, youth, adults and older adults and hosts the San Rafael Goldenaires Senior Citizens Organization, a recreational club. Classes include exercise, painting, mahjong, writing, bocce, and bridge. Special events include monthly trips, weekly bingo games, dinner dances and a craft fair.

The Terra Linda Community Center
Includes a pool, and park offer a variety of classes and activities for all ages.

Falkirk Cultural Center
A beautiful 19th century eleven-acre country estate listed on the National Historic Register that offers a curated art gallery and botanical gardens.
Day Services & Activities

Margaret Todd Senior Center
1560 Hill Road
Novato
(415) 899.8290
Provides social, educational, enrichment and fitness programs for adults of all ages. Programs include exercise and strength training classes for people over 50, yoga, tap dance, line dance sewing and more. Informational workshops and special events are also offered.

San Geronimo Valley Community Center
6350 Sir Francis Drake Blvd
San Geronimo
(415)488.8888
www.sgvcc.org
Offers a variety of program events and activities for people 60 years of age and over, including performing arts programs, visual art shows and receptions, monthly field trips, senior book club, mahjong, ping-pong, and a Senior Peer counseling group. There are also a variety of classes in Tai Chi and Yoga. Senior lunch programs and an emergency food pantry are available.

Corte Madera Community Center
498 Tamalpais Drive
Corte Madera
(415) 927.5072
Offers affordable programs and services for all abilities like chair yoga, Seniors in Balance, morning walks, weekly lunches, speakers, Bridge and Bingo.

Age-Friendly Intergenerational Center
PO Box 395 Corte Madera
(415) 991-9291
www.agefriendlycenter.org
Zoom, hybrid, and in-person programs include Painting with Watercolors, Acrylics, Fitness classes, varied levels of Yoga, Bridge and Mahjongg. Programming offers enrichment opportunities for all ages, and promotes healthy aging.

Mill Valley Community Center
180 Camino Alto Mill Valley
(415) 383-1370
Offers a seniors’ club with a wide variety of activities including board and card games, bingo, guest speakers, luncheons and day trips. There is also a swimming and fitness center.
Day Services & Activities

West Marin Community Resource Center
11431 State Route One
Pt Reyes Station 94956
(415) 663.8361

West Marin Community Services (WMCS) is the central hub for a diverse range of services that support residents in West Marin by providing critical support in many forms such as supplying food, clothing, household items, and much more to community members in need. Areas served include Dillon Beach, Tomales, Marshall Point Reyes Station, Inverness. Nicasio, Olema San Geronimo Valley (Lagunitas, Forest Knolls, Woodacre, etc), Bolinas, Stinson Beach and Muir Beach

West Marin Multi-Services Center
Marin Health & Human Services
1 6th St., Point Reyes Station
PO Box 331 Pt Reyes Station, CA 94956
M - F 9 - 4:30  closed 12 –1
(415) 473.3800

Services include: Information and Referral, Public Assistance benefits, Medi-Cal Eligibility, CalFresh (food assistance), CalWorks (employment assistance), West Marin Connections Program, Women Infant and Children (supplementary food assistance), Adult Protective Services (APS), In-Home Support Services (IHSS), Behavioral Health counseling and medication support, and victims witness advocacy.

Accessory Dwelling Unit (ADU)

An Accessory Dwelling Unit (ADU) is the conversion of part of a home to a self-contained mini-residence that can be used to earn additional rental income or provide housing for personal caregiver or family member. A typical conversion would add an outside entrance, a mini-kitchen and a lockable door between the new unit and the main living area to ensure privacy. More information is available at adumarin.org, and your local city or county planning department.
Housing Assistance and Support

**EAH Housing**
2169 E. Francisco Blvd.,
San Rafael  (415) 258-1800

Develops, manages and promotes quality affordable housing for families, people with disabilities, and older adults. Manages over 400 units with subsidized rents in Marin County of which two thirds are for older or disabled adults. Open Monday -Friday 9:00 a.m. to 5:00 p.m.

**Fair Housing of Marin**
615 B Street, San Rafael
(415) 457-5025

Provides assistance and information on discrimination in housing and mediates between landlords and tenants. Counsels individuals on fair housing laws. Monday—Friday 9:00. to 5:00.

**Home Match**
CREATING COMMUNITY

Front Porch
415 747-1925
www.frontporch.net

Home Match is a shared housing program that provides free services to find the right match for you. Turn an available room in your home to earn income, save money and create new social connections. Your home can make all the difference to a fellow community member facing a difficult housing market.

**Homeward Bound of Marin**
1385 N. Hamilton Parkway, Novato
(415) 382-3363
www.hbofm.org  info@hbofm.org

**Homeward Bound of Marin**
Jonathan’s Place
190 Mill St., San Rafael
(415) 457-9651

Jonathan's Place has four floors with covered parking, a shelter with 40+ beds and two upper floors with 32 units of permanent supportive housing. Housing tenants will pay affordable rents, with each floor sharing a kitchen and community room. The 32,000-square-foot building will serve the most vulnerable people in our community with round-the-clock staff for added support.

**Homeward Bound of Marin**
New Beginnings Center
1399 N. Hamilton Parkway, Novato
(415) 382-3532

An 80 bed dormitory with counseling, referral for community services, recovery support, and daily meals help residents move into long term housing. Vocational training programs are provided on site, including the Fresh Starts Culinary Academy; apprenticeships in janitorial and building maintenance; and landscaping; and gardening.
Provides a variety of housing assistance programs to low and middle income residents of Marin. Marin Housing owns and manages low cost rental units and provides direct rental subsidies and low interest home improvement loans to qualifying households. Wait times vary for services. Open Monday—Thursday 8:00 a.m. to 4:30 p.m. Programs include the following:

**Housing Choice Voucher**
A federally financed program that provides direct rental assistance in the private market for low-income families, seniors and the disabled. Once applicants receive a voucher, they pay 30% of their total household income for rent, and the subsidy covers the rest. Prospective tenants select their own apartment, enter into an agreement with the landlord, and secure the approval of the unit from Marin Housing. After getting on the waiting list, applicants should expect to wait up to 5 years. There are current list openings for applicants who are experiencing chronic homelessness, involuntarily displaced, state or federal witness protection. Call (415) 491-2525 for information.

**Public Housing**
Public Housing is rental housing built to provide safe and affordable places for low-income families and older and disabled adults. Marin County has five elderly developments with a total of 200 units:

- **Casa Nova**  Novato 40 units  
  Coordinator: Gayle Suits  415 491-2581  
  gsuits@marinhousing.org

- **Homestead Terrace**  Mill Valley 28 units  
  Coordinator: Gayle Suits  415 491-2581  
  gsuits@marinhousing.org

- **Venetia Oaks**  San Rafael 36 units,  
  Coordinator: Kathleen O’Keefe  415 446-7661  
  kokeefe@marinhousing.org

- **Golden Hinde**  San Rafael 40 units  
  Coordinator: Kathleen O’Keefe  415 446-7661  
  kokeefe@marinhousing.org

- **Kruger Pines**  Tiburon 56 units  
  Coordinator: Bernadette Stuart  415 444-6924  
  bstuart@marinhousing.org

**Shelter Plus Care**
This program provides rental assistance and supportive services to homeless individuals and families where the head of household has a serious mental illness. Shelter Plus Care participants lease privately owned apartments and pay 30% of their income toward rent. Participants receive support services from caseworkers and community based service providers in collaboration with Marin County Community Mental Health Services. For more information, call (415) 491-2525.
**Independent Living Options**

Independent Living Housing complexes often have a maximum or minimum income eligibility requirement. Residents must be 62 years or over and pay either 30% of their adjusted income for rent or an affordable housing rent established by the facility. The availability of units changes monthly.

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## Independent Living Options

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<td>Warner Creek</td>
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Residential Care Facilities

Residential Care Facilities for the Elderly (RCFEs), also known as “assisted living” or “board and care” homes, range in size from 4-6 bed homes to multi hundred bed communities. RCFEs are licensed by Community Care Licensing to provide room, meals, housekeeping, personal care and medication management. Monthly fees range from $5000 to $9000 and more and some require an entrance fee. Medi-Cal does not pay for residential care. Information about licensed RCFEs can be found at https://www.cdss.ca.gov/inforesources/community-care-licensing/facility-search-welcome

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<td>Young At Heart</td>
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(continued)
Residential Care Facilities

A Loving Touch
310 Golden Hinde Passage, Corte Madera
Six beds    415 472.2679
Provides 24/7 care, monthly fee is all inclusive. Assists with all activities of daily living. Services include activities, entertainment, outings. Medication management and transportation to and from medical appointments. Ambulatory and non-ambulatory residents accepted. Facility has dementia and hospice waiver.

Aegis of Corte Madera
5555 Paradise Drive, Corte Madera
118 beds    415 927.4200    www.aegisofcortemadera.com
A community with 83 assisted living apartments and 35 in Memory Care. Provides independent living, assisted living, transitional memory care, as well as two dedicated memory care neighborhoods. Rent includes three meals, licensed nurses, care team, transportation, housekeeping and laundry services. Programs include daily exercise, multiple weekly outings, and shopping trips.

Aldersly
326 Mission Ave, San Rafael
137 beds    415 453.7425    www.aldersly.com
Offers independent living, assisted living, and memory care. The assisted living and memory care offers 3 meals a day, housekeeping, maintenance, security, van transportation, and a full activity program.

Alma Via of San Rafael
515 Northgate Dr. San Rafael
137 beds    415 491.1900    www.ElderCareAlliance.org
A community with the mission of helping older adults live a life of purpose and belonging rooted in holistic wellness. AlmaVia is a vibrant pet-friendly community with 5 levels of care including 115 assisted living and 22 memory-care apartments. All residents enjoy access to communal dining, programs designed to engage and enrich the mind, body and spirit. Other amenities include housekeeping, laundry, beauty salon 24 hour staff, and transportation around Marin.
Residential Care Facilities

Atria Tamalpais Creek
853 Tamalpais Ave, Novato
116 beds  415 892.0944  www.atriatamalpaiscreek.com

Offers activities, events, and amenities including a fitness center, outdoor garden, salon and spa. Pet-friendly and provides scheduled transportation to local doctors and errands. Offers Life Guidance Memory Care for older adults living with Alzheimer’s and dementia.

The Anton Pointe
1470 South Novato Blvd, Novato
Nine beds  415 897.1055  www.theantonpointe.com

Located in a residential setting, this home offers individual and companion suites. Mildly confused and incontinent patients accepted. Assistance provided in dressing and oral medications. Local transportation, exercise and activities program provided. Computer access available.

Bel Marin Gardens
119 Montego Key, Novato
Six beds  415 259.2954

A six-bed board and care facility that offers round-the-clock care to residents who need assistance in performing their activities of daily living.

Bello Gardens Assisted Living
46 Mariposa Ave, San Anselmo
25 beds  415 755.0087  www.bellogardens.com

Located near the historic downtown San Anselmo. Offers a variety of daily activities including exercise, arts and crafts, bingo and therapy pet visits. Private tours are available Monday through Friday and weekends by appointment.
Residential Care Facilities

**Cedars Dante**
1914 Novato Blvd  
Six beds  415 209.0608

Provides care, supervision, and activities for older adults with intellectual and developmental disabilities. Admission requires a referral from the Golden Gare Regional Center.

**Cogir of San Rafael**
111 Merrydale Rd, San Rafael  
54 beds  415 472.6530  [www.CogirSeniorLiving.com](http://www.CogirSeniorLiving.com)

COGIR of San Rafael provides a welcoming and secure Memory Care community. The focus is on each individual resident— from early onset to late stage dementia. We specialize in the care of your loved one creating a safe, friendly environment filled with meaningful activities like music and exercise programs, as well as daily support, medication management and special dietary plans.

**Comforting Hands**
73 Golden Hinde Blvd., San Rafael  
Six beds  415 479.1900  [www.comfortinghandsforever.com](http://www.comfortinghandsforever.com)

Assistance with activities of daily care, medication management, and incontinence care. Provides daily activities and companionship. Transportation is provided to medical and other appointments. Offers dementia and Hospice care.

**Creekwood Senior Home**
830 Tamalpais Ave, Novato  
62 beds  415 897.2661  [www.creekwoodseniorhome.com](http://www.creekwoodseniorhome.com)

Residents may use walker, cane or wheelchair. Accepts individuals with incontinence and mild dementia. Three meals and two snacks provided daily. Assistance given with all daily living activities including bathing, grooming, medication management and continence care. Daily activity program. Pets accepted upon approval.
Residential Care Facilities

**Daniels Rest Home**
28 Roosevelt Ave, San Rafael
Six beds  415 479.5522

Residents may use cane, walker or wheelchair. Mildly confused and incontinent patients are accepted. Assistance provided with bathing, grooming, oral medication and transportation.

**Drake Terrace**
275 Los Ranchitos Road, San Rafael
123 beds  415 491.1935  www.lifeatdraketerrace.com

Offers Independent, Assisted Living, and Memory Care in a choice of studios, one and two bedroom apartments, all with private baths and balconies. Provides meals, weekly housekeeping and personal laundry. Transportation available seven days a week. Provides personalized care plan if needed. Offers a variety of activities to enhance physical and mental well-being.

**Elegance Hamilton Hill**
1 Hamilton Hill Drive, Novato
40 Assisted Living Studios, 1 BRs, 2BRs
40 Memory Support Private Studios, Private 2BRs, Shared 2 BRs
415 889-8026  www.elegance-living.com

Situated in the heart of Hamilton Field with bay and mountain views, Elegance Hamilton Hill, with a rooftop lounge, offers Assisted Living and Memory Support. Provides assistance with all activities of daily living, and hospice care is available. Active on and off campus life, transportation and a Speaker Series.

**Garden Home**
16 Garden Ave, San Rafael
Four beds  415 306.7786

Provides care, supervision, and activities for older adults with intellectual and developmental disabilities. Admission requires a referral from the Golden Gate Regional Center.
Residential Care Facilities

**Gentle Home Care**
463 Nova Albion Way, San Rafael
Six beds  415 499.1632
gentlehomecare1@gmail.com

Gentle Home Care is a small, intimate home setting that offers personalized care and supportive services.

**Golden Home**
1234 Las Gallinas, San Rafael
28 beds  415 297.4342

Evaluates care needs and develops a care plan that fits individual need, including a schedule of daily assisted living tasks for caregivers. Regular monitoring of care plan to determine appropriate assistance. Family members are kept informed about changing needs.

**Greenwood Assisted Living**
233 West End Ave, San Rafael
46 beds  415 258.1560

Provides a program specific to Alzheimer’s and related dementias. Offers assistance with bathing, dressing, grooming, meals, medications and transportation. This is a 24 hour secure facility. Respite care is available. No pets.

**Haven House**
45 Meriam Dr, San Rafael
Six beds  415 472.2679

Located in a residential area, we provide care focused on comfort and quality of life. We offer home cooked meals and caring staff in a family environment. Facility has dementia and hospice waiver and provides medication management and assistance with all activities of daily living.
Residential Care Facilities

**Lomas Home**  
472 Alameda De La Loma, Novato  
Four beds  415 234.6378  
Provides care, supervision, and activities for older adults with intellectual and developmental disabilities. Admission requires a referral from the Golden Gate Regional Center.

**Long Life Living**  
6 Mt Foraker Dr., 15 Pikes Peak Dr., San Rafael  
12 beds in 2 locations  415 479.4890  
Provides 24 hour assisted living for older adults 55 and over. Offers personalized care, private rooms and assistance with all care needs, including dementia care.

**Loving Long Life**  
57 Vallejo Way, San Rafael  
Six beds  415 948.9395  
Provides 24 hour assisted living for older adults 55 and over. Offers personalized care, private rooms and assistance with all care needs, including dementia care.

**Lucas Valley Lodge**  
70 Mt. Tenaya Drive, San Rafael  
Six beds  415 377.4888  www.lucasvalleylodge.com  
Residents have private and semi-private rooms. Provides assistance with activities of daily living and medication management, hospice care, incontinence care, activities, laundry and housekeeping services. Transportation for medical appointments, trained caregivers, and call bell system in all rooms.
Residential Care Facilities

**Luna’s**
1027 Las Pavadas Ave, San Rafael
Four beds 650 387.9488

Provides care, supervision, and activities for older adults with intellectual and developmental disabilities. Admission requires a referral from the Golden Gate Regional Center.

**Marin Terrace**
297 Miller Ave, Mill Valley
49 beds 415 388.9526  [www.marin-terrace.com](http://www.marin-terrace.com)

Provides assistance with activities of daily living, laundry, housekeeping, medical management. Meals provided 3 times a day with snacks in between and on request. Assistance to/from meals is available. Bed checks are conducted every two hours, and resident and responsible party coordination is offered.

**Oakmont of Novato**
1465 S Novato Blvd, Novato
85 apartment beds 628 215.1200  [oakmontofnovato.com](http://oakmontofnovato.com)

Services include fitness classes, special diet accommodations, health assessments, emergency response pendants, full time nurse, help with bathing, medication management, wander guard system, contracted services with physical therapists, audiologists. Resident driven activities including outings, happy hour, music.

**Oakmont of San Rafael**
3773 Redwood Highway, San Rafael
91 apartment beds 628 336-1400  [oakmontofsanrafael.com](http://oakmontofsanrafael.com)

Personalized Care Plans provided in Assisted Living and Memory Care. Rent includes all meals, utilities, A/C, cable, Wi-Fi, housekeeping, laundry, transportation, shuttle bus, emergency alert pendants, Wander Guard system, movie theatre, bar & lounge. Daily activities include exercise classes, art, games, and educational lecture series.
Residential Care Facilities

**Paradise Residential Care**  
4210 Paradise Dr, Tiburon  
Four beds  415 889-6396  
[Permarin.weebly.com](http://Permarin.weebly.com)  permarin@gmail.com

Paradise is a small single level RCFE with a maximum capacity of 4. Provides a Family environment that includes activities of daily living, activities tailored to individual interest, medication management, hospice care. Accessible by cane, walker, wheelchair. Mildly confused and incontinent residents accepted.

**The Redwoods**  
40 Camino Alto, Mill Valley  
134 beds  415 383.2741  
[www.theredwoods.org](http://www.theredwoods.org)

Offers multiple levels of care - from independent and residential to skilled nursing on a monthly rental basis. Provides transportation, housekeeping, beauty salon, communal gardens, laundry areas, and/or laundry service, 3 daily meals, a full service staff and over 100 activities weekly. A non-sectarian, not for profit organization.

**Roses Quality Care Home**  
1 Roosevelt Ave, San Rafael  
Eight beds  415 479.9638

Provides assistance with activities of daily living, bathing, grooming, dressing. Offers laundry, housekeeping, meals, and medication management services. Resident may use a cane or walker. Mildly confused or incontinent residents are accepted.

**Saint Michaels**  
416 Fourth St., San Rafael  
42 beds  415 453.4600

Evaluates care needs of residents and develops care plans that include a schedule of daily assisted living tasks provided by caregivers. The care plan is monitored regularly to determine appropriate levels of assistance needed by the resident. Family members are kept informed about changing needs. Admission requires a referral from Behavioral Health.
Residential Care Facilities

Schon Hyme
25 Villa Ave, San Rafael
12 beds   415 524.8058

A 12 bed facility for ambulatory and non ambulatory residents located near a park, hospital, and Dominican University. Provides assistance with Activities of Daily Living. Hospice and dementia waiver are in place.

Shalom House
566 Wakerobin Lane, San Rafael
Five beds   415 717-3928

Provides care of elderly Jewish persons living with Alzheimer’s disease with a high ratio of caregivers to resident. Offers a comprehensive recreation program. The facility has a dementia and hospice waiver and provides family support.

Stockstill House
12051 State Route 1, Pt Reyes Station
Eight beds   415 663.0722   www.wmss.org

Provides assistance with bathing, incontinence, transfers, medications, and transportation to medical appointments. Onsite dental hygiene and podiatry care. Offers activities and outings exercise and friendly visits. Monthly teas open to the community. Hospice and dementia waivers in place. Accepts residents with mild dementia. Secured perimeter with walking path. RN on call.

Sundance Villa
1414 Cambridge St., Novato
Five beds   415 892.7641

Provides personal services including 24/7 care, assistance with activities of daily living, hygiene, grooming and medication management. Offers transportation to doctors appointment, day trips and dinner out. Provides 3 meals and two snacks daily, exercise program and gardening projects. Accessible by cane, walker or wheelchair. Mildly confused and incontinent patients accepted.
Residential Care Facilities

Three Home Villages
655, 675, 679 Rosal Way, San Rafael
Six beds per home (18 total) 415 461.6136

Offers help with bathing, dressing, medications, transportation, and special needs. Residents with cognitive issues and incontinence are accepted. Provides outings, exercise program and entertainment. The three-home community supports extended social opportunities.

Terra Linda Christian
598 Kernberry, 344 Devon, 631 Bamboo Terrace, San Rafael
Six beds per home (18 total) 415 499.0614

Residents may use a cane or walker. Mildly confused and some incontinent residents are accepted. Provides assistance with oral medications, bathing, grooming and medical transportation. Offers exercise and activities programs for residents.

Wildflowers
256 Sunset Parkway, Novato
Six beds 415 883.2345

Licensed for ambulatory and non-ambulatory residents providing 24-hour care and supervision for older adults who are no longer able to live safely at home. Provides assistance with personal care, including incontinence, medications, meals and laundry.

Windchime of Marin
1111 Sir Francis Drake Blvd., Kentfield
55 beds 482.4100 www.windchimeofmarin.com

Offers a place for those who are in need of Memory care and Alzheimer’s assistance. There are two floors of rooms for residents with mild to advanced memory impairment. Care includes grooming, medication management, supportive dining and activities. Assistance for all aspects of daily living is provided, including transportation.
Young at Heart II
37 Mendocino Lane, Novato
Six beds   415 892.9536

Accepts walker or cane, mildly confused, and those with incontinence. Provides assistance with Activities of Daily Living, grooming, dressing, and medication management. Offers activities, meals, hygiene care, daily exercise. Hospice care is available.

For Additional Information about Residential Care Facilities for the Elderly (RCFEs) or RCFE Resident Rights

Marin County
Long-Term Care Ombudsman Program

Phone: 415-473-7446
Email: Ombudsman@Marincounty.org
www.marinhhs.org/long-term-care-ombudsman-program
A Continuing Care Retirement Community (CCRC) is a multi-level care setting that offers contracts that guarantee the availability of higher levels of care when needed. Generally speaking, a CCRC will expect an older adult to move in when they are able to live independently and when a greater level of care is needed such as assisted living, memory care, or skilled nursing care (if available), that transition can happen as per contract agreement without having to move to another community setting.

## Aldersly

326 Mission Ave, San Rafael  
137 beds  
415 453.7425  www.aldersly.com

Aldersly is a CCRC that offers independent living, assisted living, and memory care. The assisted living and memory care offers 3 meals a day, housekeeping, maintenance, security, van transportation, and a full activity program.

## The Tamalpais

501 Via Casitas Greenbrae  
341 residences 52 skilled nursing beds  
(415) 461.2300 www.thetam.org

The Tamalpais is an accredited life plan continuing care retirement community (CCRC) offering apartments for active seniors, as well as assisted living, skilled nursing and short-term rehabilitation care. We believe healthy aging is about finding purpose, passion, and enjoyment. Tours are available.

## Villa Marin

100 Thorndale Drive  San Rafael  
31 skilled nursing / 28 assisted living (personal care)  
(415)492.2408 www.villa-marin.com

Villa Marin is an HOA/CCRC which means residents own their unit/condominium. Full amenity package including meals, housekeeping, indoor pool, library, exercise programs and a gym. Full transportation services are also available. Health Care Center offers assisted living and skilled rehabilitation services, clinic, an on-site physician five days a week and on-call after hours.
# Residential Care Facility Evaluation Checklist

## General Atmosphere
- Is the facility warm and hospitable?
- Do the residents interact with one another?
- Do the residents appear interested and involved?

## Physical Considerations
- Is the location convenient for the resident, family and friends?
- Are the exits clearly marked?
- Is the furniture in good repair?
- Is the facility generally clean?
- Does the room temperature seem comfortable?
- Is the facility free of unpleasant odors?
- Does the facility have an emergency plan?

## Food Services
- Are kitchen and dining areas clean and comfortable?
- Are the menus posted for review? Do they seem nutritious and well balanced?
- Are special dietary requirements accommodated?
- Are there healthy snacks available between meals?

## Bedrooms and Bathrooms
- Is there easy access to beds?
- Is there adequate lighting and storage?
- Is the bathroom clean and accessible?
- Are there enough bathrooms?
- May the resident decorate ones’ own room?

## Social/Activity Rooms
- Is there enough room available for the residents to gather or visit with family/friends?
- Is the telephone available where private calls can be made?

## Services/Activities
- Will the facility provide or help to arrange for transportation to medical services?
- Will arrangements be made for a resident to worship as he/she pleases?
- Are there group and individual activities provided inside the home?
- Are there outside trips for those who choose to go? Wheel chair vans, if needed?
- Are the Ombudsman and Residents’ Rights posters prominently displayed?

## Staff
- Can staff speak and understand the resident’s language?
- Is the staff courteous and kind to the residents?
- Does the staff appear to have an understanding of the resident’s limitations and needs?
- Is the staff trained in CPR and First Aid?

## Financial Business/Admissions
- What services are covered by the basic monthly fee?
- If there is a prolonged hospital or nursing home stay, how long will the room be held?
- Does the administrator handle resident’s personal money? Is he/she bonded?
- What are the house rules? Is smoking or alcohol allowed, what are the staff schedules, visiting hours?
- Has the facility made provisions for safeguarding the resident’s personal property and valuables?

## Medical and Safety Considerations
- Are fire extinguishers and smoke alarms visible?
- Are rooms and hallways well lit?
- Are medications stored in a locked environment?
Skilled Nursing Facilities

Skilled Nursing Facilities (SNFs), also referred to as convalescent hospitals or nursing homes, are licensed by the California Department of Public Health to provide medical care and supervision for individuals that qualify for nursing home admission.

Information about all Medicare and Medi-Cal certified nursing homes can be found on the Nursing Home Compare website which can be found at: www.medicare.gov/nursinghomecompare/

**Marin Post Acute**
239 N San Pedro Road, San Rafael
168 beds  415 479.3450

Offers round-the-clock long term custodial and short-term skilled nursing care. Services include rehabilitative and respite care. Provides physical, occupational, and speech therapy programs. A range of room options, a full service kitchen, and activity department are offered. Accepts Medicare and Medi-Cal.

**Northgate Post Acute Care Center**
40 Professional Center Parkway, San Rafael
52 beds  415 479-1230  www.northgatepostacute.com

Offers continuous nursing, medical, and other health and social services on a 24 hours basis, under physician directed care and RN supervision. Serves patients who are not in an acute phase of illness or require services in a hospital. Works with those who require primary, restorative or skilled nursing services on an inpatient or custodial care basis. Accepts Medicare and Medi-Cal.

**Novato Health Care Center**
1564 Hill Road, Novato
181 beds  415 897.6161  www.novatohc.com

Specializes in rehabilitation after a hospital stay, as well as palliative and long term care, including a memory care/dementia unit. A team of physicians monitor residents’ medical condition. Accepts Medicare, Medi-Cal, and most insurances.
Skilled Nursing Facilities

**Pine Ridge**  
45 Professional Center Parkway, San Rafael  
101 beds  415 479.3610  
[www.marinerhealthcare.com](http://www.marinerhealthcare.com)  
Provides 24 hours care ranging from short-term rehabilitation therapy to long-term restorative nursing care. Accepts Medicare and Medi-Cal.

**Professional Post Acute**  
81 Professional Center Parkway, San Rafael  
99 beds  415 479.5161  
Specializes in wound and tracheostomy care. Physical, occupational, speech therapy and intravenous medications are provided. Accepts Medicare, Medi-Cal, Blue Cross, Aetna and United Insurance.

**The Redwoods**  
40 Camino Alto, Mill Valley  
58 beds  415 383.2741  
[www.theredwoods.org](http://www.theredwoods.org)  
Provides short or long-term care, hospice and respite care as well as rehabilitation therapy. Physical, speech, and occupational therapy available. Focuses on individualized care and provides an extensive activities program. Accepts Medicare and Medi-Cal.

**San Rafael Healthcare and Wellness Center**  
1601 5th Ave, San Rafael  
54 beds  415 456.7170  
Specializes in aggressive wound care management and rehabilitation services. The latest technology and equipment is offered to ensure successful functional outcome. Physical, occupational and speech therapy, 24 hour RN and LVN, and diverse social activities are offered. Accepts Medicare and Medi-Cal.
Skilled Nursing Facilities

Smith Ranch Skilled Nursing & Rehabilitation Center
1550 Silveria Parkway, San Rafael
80 beds  415 499.1000

Works with a rehabilitation population only for short term stay. Physical therapy, occupational therapy, and speech therapy are provided.

South Marin Health & Wellness
1220 S Eliseo Drive, Greenbrae
60 beds  415 461.9700

Offers an array of services including restorative therapy, short-term rehabilitation and family support. Resident and family councils meet regularly to ensure that residents’ needs are being met. Medical specialist, nurses, nutritionists, therapists, dieticians and social workers work to establish a comprehensive treatment plan. Accepts Medicare and Medi-Cal.

Tiburon Hills Post Acute
30 Hacienda Drive, Tiburon
56 beds  415 435.4554

A private-pay facility located in the Tiburon hills. Accepts long term care insurance and offers physical therapy, speech therapy and occupational therapy. Care is provided for residents needing twenty-four hour support. Provides a variety of activities for residents.

For Additional Information about Skilled Nursing Facilities (SNFs) or Resident Rights

Marin County Long-Term Care Ombudsman Program

Phone: 415-473-7446
Email: Ombudsman@Marincounty.org
www.marinhhs.org/long-term-care-ombudsman-program
Skillled Nursing Facility Evaluation Checklist

**Genera l A tmosphere**
- ✓ Is the facility clean and relatively free of odors?
- ✓ Is the facility maintained at a comfortable temperature for patients?
- ✓ Are halls reasonably uncluttered?
- ✓ Are the Administrator and Director of Nursing easily accessible for residents or their responsible party?
- ✓ Is there a noticeable attitude of caring expressed toward the residents by all of the staff?
- ✓ Do the residents communicate with each other?
- ✓ Are visitors welcome?
- ✓ Are call lights placed within the resident’s reach?
- ✓ Is an effort made to provide for roommate compatibility?
- ✓ Is there a program to restrict the use of physical restraints?

**Staff**
- ✓ Is the relationship between staff and residents warm, polite and respectful?
- ✓ Do staff wear name tags?
- ✓ Does the facility offer training and continuing education programs for all staff?
- ✓ Does the same team of nurses and Certified Nursing Assistants (CNA’s) work with the same resident on an on-going basis?
- ✓ Is there a full-time social worker on staff?

**Quali ty of Care**
- ✓ Does the resident or his/her family participate in developing the residents care plan?
- ✓ Do the residents look well taken care of? Are they dressed for the season and time of day?
- ✓ Do residents who need assistance with eating receive it?
- ✓ Does staff respond quickly to residents calls for assistance?
- ✓ Is water readily available and are residents offered assistance in drinking water on a regular basis?
- ✓ Is a menu posted, and is it adhered to?
- ✓ Are meals hot and attractively served?
- ✓ Are fresh fruit and vegetables available?
- ✓ Are personal food likes and dislikes considered in meal planning?

**Dietary**
- ✓ Is the calendar posted for the current month?
- ✓ Do activities take place as scheduled?
- ✓ Are there a variety of activities and do they seem to meet the resident’s needs?
- ✓ Is there an activity plan for every resident, including room-bound and disoriented patients?

**Patient’s Rights**
- ✓ Is privacy assured when the residents receive care?
- ✓ Are residents treated with dignity and respect?
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### Marin County

#### Long-Term Care Ombudsman Program

**Advocates for residents of assisted living and skilled nursing facilities**

**Free and Confidential**

**Volunteer Opportunities Available**

(415) 473-7446  
Email: ombudsman@marincounty.org