MARIN COUNTY AGING & ADULT SERVICES

CHOICES FOR LIVING

Marin Living Options for Older Adults

2019-2020
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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 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, in collaboration with the Marin County Commission on Aging. Special thanks to Dan Steckline, Joan Glassheim, Anne Sommer - Editors, Terry Norton, Gary Bennett—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 hhsmediateam@marincounty.org.

Choices for Living 2019-2020
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 progresses to assisted living, board and care facilities and skilled nursing facilities. Often, waiting lists are encountered when searching for housing in Marin County; 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 70,0631 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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<th>Median age</th>
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<td>Greenbrae **</td>
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<td>Tiburon</td>
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<td>Tomales</td>
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<td>** Marin County **</td>
<td><strong>259,358</strong></td>
<td><strong>46</strong></td>
<td><strong>70,0631</strong></td>
<td><strong>27%</strong></td>
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Data gathered from 2012-2016 American Community Survey 5 Year Estimates
Available at [http://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml#none](http://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml#none)

** Unincorporated City/Communities not available via ACS. Zip code is shared with other cities; 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 workers’ 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.

MARIN VILLAGES
415 457-4633 www.marinvillages.org

Enables individuals to remain in their homes and maintain an active life by providing support through a variety of resources. Marin Villages is part of a nationwide movement and is an alliance of local villages established by geographic areas to build community through social and educational events, delivery of volunteer assistance and individual aid in accessing vetted help and services.

Currently the local villages in Marin include: Belvedere, Corte Madera, Fairfax, Greenbrae, Kentfield, Mill Valley, Novato, Ross, San Anselmo, San Rafael, and Tiburon. www.marinvillages.org

SAUSALITO VILLAGE is a network for Sausalito Seniors. www.sausalitovillage.org

IN HOME SUPPORTIVE SERVICES PUBLIC AUTHORITY

415 457-INFO (4636)

Serves low-income Medi-Cal eligible older adults and persons with disabilities who qualify for In-Home supportive Services by matching clients with care providers so they can remain independent and safe in their own homes.

WEST MARIN SENIOR SERVICES
415 663-8148
http://wmss.org

Provides in-home supportive services that fosters independence and active participation in the community.
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.

WHISTLESTOP
930 Tamalpais Ave
San Rafael  (415) 456-9062
www.whistlestop.org
info@whistlestop.org

Connects older adults and people with disabilities with a hub of essential services including transportation, meals and 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.

MARIN CENTER FOR INDEPENDENT LIVING
710 Fourth Street, San Rafael
(415) 459-6245
www.marinril.org

Provides a free one-stop resource for seniors and people living with disabilities to maximize their independence. Services include: home care worker registry, home access modifications, home safety checks, benefits counseling, resource information and referral, independent living skills counseling, peer support groups, advocacy for individuals, drug and alcohol meetings, employment and housing listings.

SKYVIEW DAY CLUB
70 Skyview Terrace, San Rafael  (415) 491-2500

Offers daytime activities (10 a.m. —3 p.m.) and an excursion club for older adults with memory loss. Organized activities include music, art, exercise, discussion groups and memory games in a safe, stimulating environment. Cost: $125 per day. Scholarships are available. $10 per 30 minutes additional time after 3 p.m.
MARGARET TODD SR CENTER
11560 Hill Road
Novato
(415) 899.8290
Provides social, educational, and fitness programs for adults of all ages. Classes include strength training, computers, dance and art. A one stop shop for information and referral and home to the Novato Independent Elders Program and the Novato Senior Citizens Club, a volunteer-run group specializing in social and recreational opportunities.

CORTE MADERA RECREATION CENTER
498 Tamalpais Drive
Corte Madera
(415) 927.5072
Offers programs for older adults every Thursdays, including bingo, a lunch club, and “Seniors in Balance” classes. Representatives from local senior organizations are on hand the second Thursday of each month.

CORTE MADERA AGE-FRIENDLY INTERGENERATIONAL CENTER
498 Tamalpais Drive
Corte Madera
(415) 991-4040
www.agefriendlycenter.org
People of all ages participate in programs including drawing, watercolors, mahjong, fitness, yoga, knitting, crafts. Tax deductible donations entitles attendance at all classes.

SAN GERONIMO VALLEY COMMUNITY CENTER
6350 Sir Francis Drake Blvd
San Geronimo
(415) 488.8888
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 are available Monday and Thursday and an emergency food pantry.

MILL VALLEY COMMUNITY CENTER
180 Camino Alto Mill Valley
(415) 383-1370
www.cityofmillvalley.org
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.
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.

Coordinates resources with community needs in West Marin. Offers emergency food pantry and senior brown bag program.

A Junior Accessory Dwelling Unit (JADU) 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 caregivers or family members. 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. The cost of conversion can be recouped from the rent or exchange of housing for services provided. Building requirements have been streamlined to make JADU conversions easier for homeowners.

More information is available at Make Room for Marin at https://www.marincounty.org/depts/cd/divisions/housing/make-room-for-marin, 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. Assists anyone who meets local standards of low or moderate income. Manages over 400 units with subsidized rents in Marin County of which two thirds are for the elderly or disabled. Open Monday—Friday 9:00 a.m. to 5:00 p.m.

FAIR HOUSING OF MARIN
1314 Lincoln Ave., Suite A, 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 a.m. to 5:00 p.m.

COVIA SENIOR COMMUNITIES
930 Tamalpais Ave
San Rafael (415) 456-9068

Provides free consultations on affordable senior housing options. Offers shared housing referrals that link people looking for rooms to rent with seniors providing these rooms. Home owners can receive money for the room rent or exchange housing for services to help them remain in their homes and “age in place.”

HOMEWARD BOUND OF MARIN
1385 N. Hamilton Parkway, Novato
(415) 382-3363 www.hbofm.org

Provides shelter and supportive housing for homeless men, women and children in Marin County. Offers food, counseling, referral services and job training. Open Monday—Friday 9:00 a.m. to 5:00 p.m. Homeward Bound also operates the following centers:

MILL STREET CENTER
190 Mill St., San Rafael
(415) 457-9651

Serves as point of entry to Homeward Bound’s Adult Services Program. A fifty-five bed center serving single adult men and women for emergency night to night stays when referred by community service partners or requested by a “call-in” at 10:30 a.m. daily. Some beds are reserved for adults that have demonstrated their ability to end homelessness. As space becomes available, committed residents may move to the New Beginnings Center.

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; 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 displacement, or 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, elderly and disabled. Marin County has five elderly developments with a total of 200 units:

- **Casa Nova**  Novato 40 units
- **Homestead Terrace**  Mill Valley 28 units
  Coordinator: Gayle Suits 415 491-2581 gsuits@marinhousing.org
- **Venetia Oaks**  San Rafael 36 units,
- **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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<td>FIRESIDE APTS</td>
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Choices for Living 2019-2020
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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 small six bed homes to large 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 $4000 to $8000 and some require an entrance fee. Medi-Cal does not pay for residential care. Information about all licensed RCFEs can be found on the California Department of Social Services website which can be found at https://www.cdss.ca.gov/inforesources/Senior-Care-Licensing

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<td><strong>Corte Madera</strong></td>
<td>Cedars Dante</td>
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A Loving Touch
310 Golden Hinde Passage, Corte Madera
6 beds  415 472.2679
45 Meriam Drive  San Rafael
6 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 units  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.

Alma Via of San Rafael
515 Northgate Dr., San Rafael
137 units  415 491.1900      www.almaviaofsanrafael.org
Five levels of care including 24 hour assisted living and assistance with activities of daily living, 115 assisted living rentals, and 22 Alzheimer’s/dementia care apartments. Serves 3 meals a day, weekly housekeeping and laundry, beauty salon, 24 hour staff, transportation to doctor appointments, places of worship and shops. Activities include arts, bridge, films and exercise.

Atria Tamalpais Creek
853 Tamalpais Ave, Novato
116 units  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.
### Residential Care Facilities

#### The Anton Pointe
1470 South Novato Blvd, Novato  
9 beds  415 897.1055  
[www.theantonpointe.com](http://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.

#### Bello Gardens Assisted Living
46 Mariposa Ave, San Anselmo  
25 units  415 755.0087  
[www.bellogardens.com](http://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.

#### Cedars Dante
1914 Novato Blvd, Novato  
6 units  415 209.0608

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

#### Comforting Hands
73 Golden Hinde Blvd., San Rafael  
6 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.
Residential Care Facilities

Creekwood Senior Home
830 Tamalpais Ave, Novato
62 beds  415 897.2661  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. Move-in fee is $500.

Daniels Rest Home
28 Roosevelt Ave, San Rafael
6 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 units  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, mental well-being.

Garden Home
16 Garden Ave, San Rafael
4 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.
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.

L’Chaim House I & II
63 Nova Albion Way, San Rafael  6 units
777 Montecillo Road, San Rafael  6 units
415 435.1395  www.Lchaimhouse.com
Provides meals and snacks, 24 hour supervision and care, assistance with all activities of daily living. Residents participate in lunch, movies, theater and community outings. Activities include exercise, music, games and current events. Transportation and escort to doctor and dental appointments included.

Lomas Home
472 Alameda De La Loma, Novato  4 units
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.
Residential Care Facilities

Luna’s Home
1027 Las Pavadas Ave, San Rafael
4 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.

Long Life Living
36 Mt Foraker Dr., 15 Pikes Peak Dr., 67 Vallejo Way, San Rafael
18 beds in 3 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.

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

Marin Terrace
297 Miller Ave, Mill Valley
49 beds  415 388.9526  www.marin-terrace.com
Provides assistance with activities of daily living, reporting of any changes in physical and mental conditions, 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.
Residential Care Facilities

**Nazareth House**
245 Nova Albion Way, San Rafael
125 beds  415 479.8282  www.nazarethhousesr.com

Rooms include studios and 1 bedroom suites. Bocce court, gift shop and salon on premises. Provides 24 hour licensed nurse, 3 meals daily in the dining room, activity program, transportation, housekeeping, and laundry. The Care Center provides 24-hour care at a flat monthly rate and personal care is provided for an additional fee. Daily mass in the chapel. All faiths are welcome.

**The Redwoods**
40 Camino Alto, Mill Valley
134 units  415 383.2741
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
8 beds  415 479.9638

Provides assistance with activities of daily living, bathing, grooming, dressing. Offers laundry, housekeeping, meals, and medication management services. Residents 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.
Residential Care Facilities

**Sam’s House**
38 Wharf Rd., Bolinas
6 beds  415 868.2866  415 450.1027
[www.samshousemarin.com](http://www.samshousemarin.com)

Offers private rooms, some with private bathrooms. Provides nutrition management and an adaptive activity program for residents. Mentally and physically challenged older adults are welcome.

**Sams’s House North**
39 Carrie St., Tomales
6 beds  707 878.2283  415 450.1027
[www.samshousemarin.com](http://www.samshousemarin.com)

Offers nutrition management and an adaptive activity program for residents. Mentally and physically challenged older adults are welcome.

**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
5 beds  415 491.0604

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
8 units  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, 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
5 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 wheel chair. Mildly confused and incontinent patients accepted.

Sunrise of San Rafael
11 Merrydale Road, San Rafael
54 units  415 472.6530
www.sunriseseniorthliving.com
An assisted living and memory care community with 54 studio/1 bedroom apartments. Short-term respite stays and coordination of hospice care services are available. Activity programs include exercise, music, and group outings. Provides 24 hour care staff, laundry, housekeeping, security, and 3 meals daily.

Three Home Villages
655, 675, 679 Rosal Way, San Rafael
6 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 3 home community supports extended social opportunities.
Residential Care Facilities

Terra Linda Christian
598 Kernberry, 344 Devon, 631 Bamboo Terrace, San Rafael
6 beds each location for total of 18    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 I & II
256 Sunset Pkwy, 119 Montego Key, Novato
6 beds each    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 for medical and social outings. A respite club is available for 3 – 30 days.

Young at Heart I & II
37 Mendocino Lane, Novato
6 beds    415 209.6185
652 Olive Ave    Novato
6 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.
Continuing Care Retirement Communities

A Continuing Care Retirement Community (CCRC) is a setting that offers independent living, assisted living and nursing home care, all in one place. Generally a CCRC will expect an older adult to move in when they are still healthy enough to live independently. As residents age and their needs change they can get a greater level of care without having to uproot. They can also stay within the community and receive short term nursing care if needed after an illness, then move back to independent or assisted living once they recover.

Aldersly
326 Mission Ave, San Rafael
www.aldersly.com
20 Skilled nursing  122 assisted living
415 453.5686  415 453.7425
Offers independent living, assisted living and nursing home care. Residents are giving preferential access to the SNF, which provides 6 days a week of rehabilitation, all skilled services and a full activity program with high ratio of staff to residents. The RCFE 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
Offers wellness and health care services. Entrance and monthly fee cover most physician services, hospitalization costs and future assisted living and skilled nursing care. Amenities include indoor and outdoor swimming pool and spa, fitness studio, library and gardens, flexible meal plan, housekeeping, utilities, maintenance and transportation. Small pets welcome.

Villa Marin
100 Thorndale Drive, San Rafael
31 skilled nursing / 28 assisted living (personal care)
(415) 492.2408  www.villa-marin.com
Offers assisted living and skilled nursing for those who want/need these services. Both units are staffed with 24 hour care including nursing. A physician is on site 5 days per week and available after hours and weekends on call. There is a full activity program which includes outings.

Choices for Living 2019-2020
### 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 their 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 residents’ 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 Convalescent & Rehabilitation Hospital
30 Hacienda Drive, Tiburon
56 beds  415 435.4554   www.marinconvalescent.com
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.

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.postacutecareca.com
Offers continuous nursing, medical, and other health and social services on a 24 hour 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.novatohealthcare.org](http://www.novatohealthcare.org)

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.

**Pine Ridge**
45 Professional Center Parkway, San Rafael  
101 beds 415 4709.3610  
[www.marinerhealthcare.com](http://www.marinerhealthcare.com)

Provides 24 hour 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/Medi-Cal.
Skilled Nursing Facilities

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.

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.

The Skilled Nursing Facility Checklist on page 28 is a useful tool in assessing nursing homes. Complaints or concerns about a skilled nursing facility should be directed first to the administrator of the facility. If the complaint is not resolved, contact the Long-Term Care Ombudsman Program at 415 473.7446 for assistance.
Skillled Nursing Facility Evaluation Checklist

GENERAL ATMOSPHERE

- 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?

QUALITY 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?

PATIENT’S RIGHTS

- Is privacy assured when the residents receive care?
- Are residents treated with dignity and respect?

- Are call bells 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?

DIETARY

- 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?

ACTIVITY PROGRAM

- 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?
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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
ombudsman@marincounty.org