

MARIN COUNTY AGING & ADULT SERVICES



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.

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C*hoices 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.

LIVE **LONG** LIVE **WELL**

MARIN COUNTY **AGING AND ADULT SERVICES**

Information and Assistance

415 457-INFO (4636)

Monday-Friday 8:30 a.m. to 4:30 p.m.

Online Community Resource Guide:

[www. Marinhhs.org/resources/](http://www.Marinhhs.org/resources/)

In-Home Supportive Services

415 457-4636

Adult Protective Services

415 473-2774

24 hours a day, 7 days a week

Long Term Care Ombudsman

415 473-7446

Area Agency on Aging

415 457-4636

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.



Community	Population	Median age	Population over 60	Percent of population over 60
Belvedere	2,017	57	908	45%
Bolinas	1,281	53	479	37%
Corte Madera	9,694	45	2,328	24%
Dillon Beach	135	58	57	42%
Fairfax	7,598	46	2,003	26%
Greenbrae **	(No Data)			
Inverness	1,074	60	567	53%
Kentfield	6,907	47	2,113	31%
Lagunitas- Forest Knolls	1,530	45	401	26%
Larkspur	12,268	50	3,810	31%
Marin City	3,115	37	630	20%
Marshall **	(No Data)			
Mill Valley	14,318	46	3,764	26%
Nicasio	113	40	25	22%
Novato	54,790	44	14,349	26%
Olema **	(No Data)			
Point Reyes	574	59	267	46%
Ross	2,381	44	656	28%
San Anselmo	12,623	47	3,168	25%
San Geronimo	597	41	230	38%
San Rafael	59,948	42	14,049	23%
Sausalito	7,115	54	2631	37%
Stinson Beach	603	63	304	50%
Tiburon	9,170	50	3,012	33%
Tomales	245	53	114	46%
Woodacre	1,542	55	605	39%
Marin County	259,358	46	70,0631	27%

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

** 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 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.

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.

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

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

MARIN CENTER FOR INDEPENDENT LIVING

710 Fourth Street, San Rafael
(415) 459-6245

www.marincil.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

SKYVIEW DAY CLUB

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



SeniorsAtHome

A DIVISION OF JEWISH FAMILY AND CHILDREN'S SERVICES

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.

Day Services & Activities



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.



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.



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.



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.

Day Services & Activities



SAN RAFAEL COMMUNITY CENTER

618 B St. San Rafael 94901 415 485.3333

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.

WEST MARIN COMMUNITY RESOURCE CENTER

*11431 State Route One,
Pt Reyes Station 94956 415 663.8361*

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

Junior Accessory Dwelling Unit (JADU)

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 9:00a.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 9:00a.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.

Marin Housing Authority



MARIN HOUSING AUTHORITY

4020 Civic Center Dr.
San Rafael
415 491-2525
info@marinhousing.org

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.

ALTO STATION APTS	290 CAMINO ALTO CT	MILL VALLEY	94941	415 388.2337
BAY VISTA APTS	5 HUTCHINS WAY #100	NOVATO	94949	415 382.0901
BEE STREET HOUSING	408 BEE ST	SAUSALITO	4965	415 383.1321
BELVEDERE PLACE	162 BELVEDERE ST	SAN RAFAEL	94901	415 456.6243
BENNETT HOUSE	53 TAYLOR DRIVE	FAIRFAX	94930	415 457.7318
BRADLEY HOUSE	101 ESPERANZA	TIBURON	94920	415 883.1601
CASA NOVA	35 CARMEL DR	NOVATO	94945	415 491.2345
CECILIA PLACE HOME	321 CECILIA PLACE	TIBURON	94920	415 383.1321
FAIRFAX VEST POCKET	84 PARK RD	FAIRFAX	94930	415 460.1554
FARLEY PLACE	515 SAN RAFAEL AVE	BELVEDERE	94920	415 383.1321
FIRESIDE APTS	115 SHORELINE	MILL VALLEY	94941	415 331.8500
GOLDEN HINDE	5 GOLDEN HINDE	SAN RAFAEL	94903	415 491.2345
HOMESTEAD TERRACE	140 LINDEN LN	MILL VALLEY	94941	415 491.2345
ISABEL COOK	35 SUNNNYSIDE DR	SAN ANSELMO	94960	415 460.1554
KRUGER PINES	47 N KNOLL RD	MILL VALLEY	94941	415 491.2345
MACKEY TERRACE	626 OWENS	NOVATO	94949	415 883.1601
MARIA B FREITAS	456 FRIETAS PARKWAY	SAN RAFAEL	94903	415 479.7581
MARINELLI HOUSE	1327 LINCOLN AVE	SAN RAFAEL	94901	415 457.9273
NOVA-RO I	1128 OLIVE AVE	NOVATO	94945	415 897.3390
NOVA-RO II	1130 7TH ST	NOVATO	94945	415 897.3390

Independent Living Options

NOVA-RO III	31 PINHEIRO CIRCLE	NOVATO	94945	415 897.3390
PARNOW HOUSE	164 N SAN PEDRO RD	SAN RAFAEL	94903	415 492.9340
PICKLEWEED APTS	651 MILLER AVE	MILL VALLEY	94941	415 388.6829
POINT REYES AFFORDABLE	12 GIACOMINI RD	POINT REYES	949561	415 663.9026
PONDEROSA ESTATES	1001 DRAKE AVE	MARIN CITY	94965	415 332.8039
REDWOODS	40 CAMINO ALTO	MILL VALLEY	94941	415 383.2741
RIVIERA SAN RAFAEL	445 CANAL	SAN RAFAEL	94901	415 453.4977
ROSS VALLEY HOUSING	PO BOX 2969	SAN ANSELMO	94979	415 457.5633
ROTARY MANOR	1821 FIFTH AVE	SAN RAFAEL	94901	415 459.6558
ROTARY PLACE	414 BEE ST	SAUSALITO	94965	415 332.7900
ROTARY VALLEY SR	10 JEANNETTE PRANDI	SAN RAFAEL	94903	415 479.3029
SAN CLEMENTE PLACE	33 SAN CLEMENTE	CORTE MADERA	94925	415 924.0400
SAN GERONIMO VALLEY	15 SAGE LANE	SAN GERONIMO	94963	415 488.4890
SAN RAFAEL COMMONS	302 FOURTH ST	SAN RAFAEL	94901	415 459.4020
SAUSALITO ROTARY	501 OLEMA	SAUSALITO	94965	415 332.7900
TAM HOUSE I	34 TAMALPAIS	SAN ANSELMO	94979	415 457.5633
TAM HOUSE II	61 WOODLAND	SAN ANSELMO	94979	415 457.5633
VENETIA OAKS	263 N SAN PEDRO RD	SAN RAFAEL	94903	415 491.2345
VILLAS AT HAMILTON	410 S PALM DR	NOVATO	94949	415 884.2535
VILLAGE ODUDUWA	2 PARK CIRCLE	MARIN CITY	94965	415 332.2100
WEST MARIN SR HSG	600 A ST	POINT REYES	94956	415 663.9160
WARNER CREEK	806 DIABLO	NOVATO	94947	415 582.1460

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>

Bolinas	Novato	San Rafael
Sams House	Anton Point	A Loving Touch
	Atria Tamalpais Creek	Alma Via
Corte Madera	Cedars Dante	Comforting Hands
Aegis	Creekwood	Daniel Rest Home
A Loving Touch	Lomas Home	Drake Terrace
	Sundance Villa	Garden Home
Kentfield	Wildflowers I & II	Golden Home
Windchime	Young at Heart	Greenwood Assisted Living
		L’Chaim House I, II
Mill Valley	Tomales	Long Life Living I, II, III
Marin Terrace	Sam’s House North	Lucas Valley Lodge
The Redwoods		Lunas House
	San Anselmo	Nazareth House
	Bello Gardens	Rose’s
		Saint Michaels
		Schon Hyme
		Shalom House
		Sunrise
		Terra Linda Christian 3, 4, 5
		Three Home Villages

Residential Care Facilities



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, team, transportation, housekeeping and laundry services. Programs include daily exercise, multiple weekly outings, and shopping trips.

care



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

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

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

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.

Residential Care Facilities



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



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.



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.



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

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

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.

Residential Care Facilities



Stockstill House

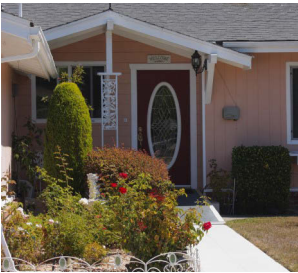
12051 State Route 1, Pt Reyes Station

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.sunriseseniorliving.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.

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 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.

Skilled Nursing Facilities



Novato Health Care Center

1564 Hill Road, Novato

181 beds 415 897.6161

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

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

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.

Skilled 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**

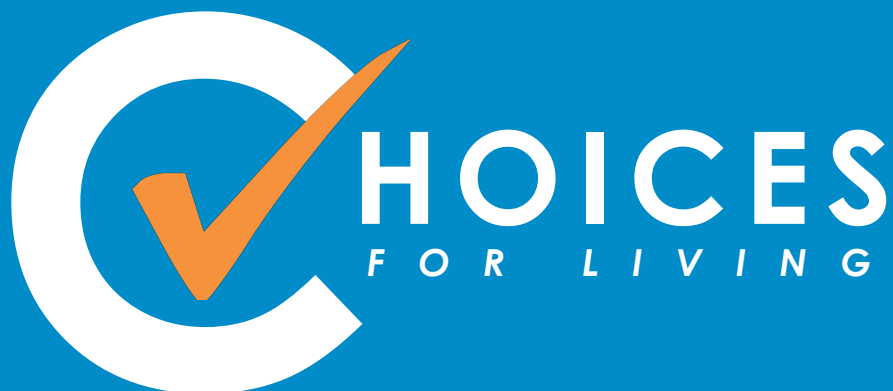
Free and Confidential

Volunteer Opportunities Available



(415) 473-7446
ombudsman@marincounty.org





*Marin County Aging and Adult Services
10 N San Pedro Road, San Rafael CA 94903
(415) 457-INFO (4636)
www.LiveLongLiveWellMarin.org
To request a copy e-mail 457-info@marincounty.org*

