

February 2010

Dear Clients and Friends:

My mother has moved into a board and care facility in Spring Valley. At age 88 and at a point where she needed regular assistance with the activities of daily living, this move has been a big relief to all of us in the Shackelford family.

Finding just the right place wasn't easy. We had help from a case manager, but there was still a lot of investigation for us to do.

I found a fantastic website which makes this job a lot easier. It's CalQualityCare.org, and the site was created by the California HealthCare Foundation (www.chcf.org).

It would be hard to improve this online service. You can look for facility care or help with care at home, searching by city, county or zip code. You can limit the search to a specific need, such as Alzheimer's or hospice, and you can separate out the facilities that will accept Medi-Cal.

Up comes a list with addresses, phone numbers and a map plotting the results. If you're going to be visiting frequently, it's nice to be able to see all the locations within an area that makes sense. Click on a location, and you'll find out the type of facility, how many beds, the description of clients they serve, and whether it's owned privately or by a non-profit organization. Only a few of these are rated, but it's a new website so more ratings will be added. For the facilities which have been rated, there is more information than I could begin to list here.

If you know someone who needs long-term care, CalQualityCare.org is the place to start.

Regards,



Charles M. Shackelford