

MARIN COUNTY AGING & ADULT SERVICES

C CHOICES FOR LIVING

Marin Living Options for Older Adults

2024 Edition

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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.

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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 (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 in-home support and housing assistance options and then progresses to other long-term care options such as assisted living, continuing care retirement communities and skilled nursing facilities. Waitlists may be encountered when searching for housing in Marin; we urge you to place your name on these lists if applications are being accepted.

LIVELONGLIVEWELL
Marin County Aging And Adult Services

Information and Assistance

(415) 473-Info (4636)

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

Adult Protective Services

(415) 473-2774

24 hours a day, 7 days a week

In-Home Supportive Services

(415) 473-4636

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

Long Term Care Ombudsman

(415) 473-7446

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

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 78,695 which represents 30% of the total population. At 47 years, Marin's median age is the oldest in the Bay Area and the 11th oldest in California.



Community	Population	Median Age	Population over 60	Percent over 60
Alto	659	48.8	73	11.1%
Belvedere	2327	50.3	780	33.5%
Black Point - Green Point	1684	51.7	646	38.4%
Bolinas	1280	65.4	724	56.6%
Corte Madera	10,155	44.4	2,514	24.8%
Dillon Beach	442	38.1	125	28.3%
Fairfax	7,567	47.6	2,094	27.7%
Greenbrae **				
Inverness	1469	63.5	836	56.9%
Kentfield	7410	46.4	2149	29.0%
Lagunitas-Forest Knolls	1747	56.1	741	42.4%
Larkspur	12969	50.9	4264	32.9%
Lucas Valley - Marin Wood	6334	49.5	2165	34.2%
Marin City	3419	40.6	688	20.1%
Marshall **				
Mill Valley	14199	47.1	3869	27.2%
Muir Beach	407	56.2	152	37.3%
Nicasio	83	56.5	30	36.1%
Novato	53055	48.6	17349	32.7%
Olema **				
Point Reyes	383	66.5	281	73.4%
Ross	2537	46.4	661	26.1%
San Anselmo	12761	46	3460	27.1%
San Geronimo	427	46.1	84	19.7%
San Rafael	60891	44	16727	27.5%
Santa Venetia	3785	49.6	1345	35.5%
Sausalito	7233	54.4	2853	39.4%
Sleepy Hollow	2778	44.6	630	22.7%
Stinson Beach	371	63.8	209	56.3%
Strawberry	5632	44.6	1414	25.1%
Tamalpais - Homestead Valley	12196	44.9	2885	23.7%
Tiburon	9115	49.3	2744	30.1%
Tomaes	178	65.7	119	66.9%
Woodacre	1389	61.2	762	54.9%
Marin County*	260,485	47.4	78,695	30.20%

Data gathered from American Community Survey Table S0101 Data Set ACSST 5Y2022

*The total sum of all cities, towns, and county defined places does not equal Marin's total population, as there are residents that live outside of these areas (e.g. San Quentin).

** 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

Levels of Care in the Home

Home Care refers to non-medical care such as helping with meals, showers, cleaning, laundry, shopping, or transportation provided and is provided by someone who is not licensed to provide medical care.

Home Health Care refers to medical care such as wound care, therapy, medication management, or monitoring of medical conditions and is provided by someone licensed to provide the care prescribed by a physician.

In Home Supportive Services (IHSS)

(415) 473-INFO (4636)

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. Visit <https://www.marinhhs.org/home-supportive-services-ihss> for additional information. To complete an application for IHSS, please go to [IHSS Portal - Apply \(jotform.com\)](https://www.marinhhs.org/ihss-portal-apply). IHSS intakes may also be completed over the phone by calling Information and Assistance at 415-473-INFO(4636).

Marin County Aging and Adult Services Information and Assistance

(415) 473-INFO (4636)

Social workers answer calls from the public regarding the full range of social services and related resources available to Marin County older adults, adults with disabilities and family caregivers. Website includes additional information including a Community Resource Guide.

Monday-Friday 9:00 a.m. to 4:00 p.m.

<https://www.marinhhs.org/information-assistance>

Marin Villages

(415) 457-4633

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

www.SausalitoVillage.org

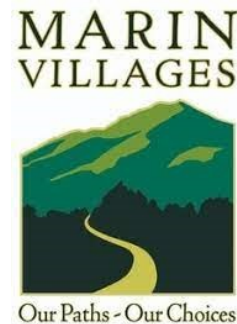
Sausalito Village provides members with volunteer services that help them to remain at home including transportation, technical assistance, healthcare advocacy, emergency preparedness, events, and volunteer opportunities.

Marin Center for Independent Living

710 Fourth Street, San Rafael

(415) 459-6245 www.marincil.org

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, and physical activity.



Vivalon

999 Third Street, San Rafael

(415) 456-9062 www.vivalon.org

Vivalon connects older adults and individuals with disabilities with a comprehensive array of crucial services, from specialized transportation to essential nutrition support, healthy aging classes, and an innovative immersive learning program to lead vibrant and fulfilling lives.



SAN RAFAEL
LIBRARY AND RECREATION

Community Centers

[Recreation and Childcare - San Rafael](http://cityofsanrafael.org)
(cityofsanrafael.org)

Albert J. Bono Community Center

50 Canal St. San Rafael 94901

(415) 485-3077

Provides classes, activities and events including martial arts, dance, exercise, open-gym sports, and art classes for children, adults, shoreline walking path, Wednesday Multicultural Older Adult Programs and Congregate Meal, and a public library.

San Rafael Community Center

618 B Street San Rafael 94901

(415) 485-3333

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

Terra Linda Community Center & Pool

670 Del Ganado Rd San Rafael 94903

(415) 485-3344

Provides classes, activities for preschool aged children and older adults and hosts the Terra Linda Seniors. Terra Linda Seniors host Bingo every Tuesday. Classes at the community center include exercise, tile painting, bridge, ceramics, dance and art. The Terra Linda Pool offers water exercise, lap swim, recreation swim, water walking and swim lessons.

Falkirk Cultural Center

1408 Mission Ave San Rafael 94901

(415) 485-3328

A 19th century eleven-acre county estate listed on the National History Register. Watercolor and pastel art classes offered. Rotating art exhibits through the year. Demonstration gardens managed by the Marin Master Gardeners.

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.



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

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.



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.



Mill Valley
Community Center

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

info@westmarincommunityservices.org

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

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.

Housing Assistance and Support



Marin Housing Authority (MHA)
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:

MHA 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.

MHA 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
Homestead Terrace	Mill Valley 28 units
Venetia Oaks	San Rafael 36 units,
Golden Hinde	San Rafael 40 units
Kruger Pines	Tiburon 56 units

MHA 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.

Openhouse

Bob Ross LGBT Senior Center
65 Laguna St
San Francisco, CA 94102 (415) 296-8995
<https://www.openhousesf.org/>

Supports LGBTQ+ seniors by providing housing, direct services, and community programs. They provide a [Bay Area Housing opportunity list](#) of affordable and low-income housing for seniors and adults with disabilities in several counties including Marin which is updated monthly.

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 Apartments	290 Camino Alto Court	Mill Valley	94941	415 388.2337
Bay Vista Apartments	5 Hutchins Way #100	Novato	94949	415 382.0901
Bee Street Housing	408 Bee Street	Sausalito	94965	415 383.1321
Belvedere Place	162 Belvedere Street	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 Drive	Novato	94945	415 491.2345
Casa Vista	55 Fairfax Street	San Rafael	94901	415 453.5531
Cecilia Place Home	321 Cecilia Place	Tiburon	94920	415 383.1321
Doretha Mitchell	52 Terrace Drive	Sausalito	94965	415 453.5531
Fairfax Vest Pocket	84 Park Road	Fairfax	94930	415 460.1554
Farley Place	515 San Rafael Avenue	Belvedere	94920	415 383.1321
Fireside Apartments	115 Shoreline	Mill Valley	94941	415 331.8500
Golden Hinde	5 Golden Hinde	San Rafael	94903	415 491.2345
Homestead Terrace	140 Linden Lane	Mill Valley	94941	415 491.2345
Isabel Cook	35 Sunnyside Drive	San Anselmo	94960	415 460.1554
Kruger Pines	47 N Knoll Road	Mill Valley	94941	415 491.2345
Mackey Terrace	626 Owens	Novato	94949	415 883.1601
Maria B Freitas	456 Freitas Parkway	San Rafael	94903	415 479.7581
Martinelli House	1327 Lincoln Avenue	San Rafael	94901	415 457.9273
Nova-Ro I	1128 Olive Avenue	Novato	94945	415 897.3390
Nova-Ro II	1130 7TH Street	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 Road	San Rafael	94903	415 492.9340
Pickleweed Apartments	651 Miller Ave	Mill Valley	94941	415 388.6829
Point Reyes Affordable	12 Giacomini Road	Point Reyes	949561	415 663.9026
Ponderosa Estates	1001 Drake Avenus	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 Avenue	San Rafael	94901	415 459.6558
Rotary Place	414 Bee Street	Sausalito	94965	415 332.7900
Rotary Valley San Rafael	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 Street	San Rafael	94901	415 459.4020
Sausalito Rotary	501 Olema	Sausalito	94965	415 332.7900
Sundance Apartments	95 Medway	San Rafael	94901	415 453.4977
Tam House I	34 Tamalpais	San Anselmo	94979	415 457.5633
Tam House II	61 Woodland	San Anselmo	94979	415 457.5633
Turina House	10 Labrea Way	San Rafael	94901	415 453.4977
Venetia Oaks	263 N San Pedro Road	San Rafael	94903	415 491.2345
Villas at Hamilton	410 South Palm Drive	Novato	94949	415 884.2535
Village Oduduwa	2 Park Circle	Marin City	94965	415 332.2100
West Marin Senior Housing	600 A Street	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 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 each licensed RCFE can be found at <https://www.cdss.ca.gov/inforesources/community-care-licensing/facility-search-welcome>

Corte Madera/Kentfield/Mill Valley

Aegis
A Loving Touch
Windchime
Marin Terrace
The Redwoods

San Rafael

Aldersly
Alma Via of San Rafael
Cogir
Daniel Rest Home
Drake Terrace

Novato

Anton Point
Atria Tamalpais Creek
Bel Marin Gardens
The Bluffs
Cedars Dante
Creekwood
Linger Longer Lane
Lomas Home
Oakmont
Sundance
Wildflowers
Young At Heart

Garden Home
Gentle Home Care
Golden Home
Greenwood
Haven House
Lomas
Long Life Living
Loving Long Life
Luna’s Home
Rose’s
Saint Michaels
Shalom House
Schon Hyme

San Anselmo/San Geronimo

Bello Gardens
Meadow Creek

Three Home Village
Terra Linda Christian
The Vincent

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



The Bluffs at 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.mbkseNIorliving.com

Situated in the heart of Hamilton Field with bay and mountain views, The Bluffs, 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.



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 Gate Regional Center.



Cogir of San Rafael

111 Merrydale Rd, San Rafael

54 beds 415 472.6530 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.



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.

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.



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.



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.

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.



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.



Linger Longer Lane

666a Peach Street Novato 94945
4 Beds 415 297.1122
www.LingerLongerLane.com

Care coordinator draws on years of experience as a Registered Nurse, and guides staff in providing optimal comfort and health to residents. Home is light and airy and modern.

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

36 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.



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.

Residential Care Facilities



Marin Terrace

297 Miller Ave, Mill Valley

49 beds 415 388.9526 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.



Meadow Creek Senior Living

40 Meadow Way San Geronimo, CA 94963

6 beds 707 799.1557

www.meadowcreekseiors.com

Located in the heart of San Geronimo, minutes from Spirit Rock and the SGVCC, this newly renovated Creekside home provides comfort and tranquility to residents. Offers 24 hour personalized care that fosters independence and enriching activities that help support living life to the fullest.



Oakmont of Novato

1465 S Novato Blvd, Novato

85 apartment beds 628 215.1200 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.



The Redwoods

40 Camino Alto, Mill Valley

134 beds 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.

Residential Care Facilities



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 Marin County Behavioral Health.



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.

Residential Care Facilities

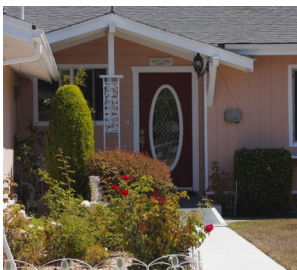


Stockstill House

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.



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.



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.

Residential Care Facilities



The Vincent

3773 Redwood Highway, San Rafael

91 apartment beds 628 336-1400 www.thevincentsl.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.



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.

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?

Continuing Care Retirement Communities

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.

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

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

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 Silveira 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

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 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?

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?

Additional Resources

California Advocates for Nursing Home Reform (CANHR)

Provides direct advocacy, community education, legislation and litigation to support the rights of residents living in assisted living and skilled nursing facilities. Fact Sheets and other resources are available on their website. (415) 974-5171 <https://canhr.org/>

Center for Medicare Advocacy

Provides education and advocacy to ensure fair Medicare access for older and disabled individuals. Published Fact Sheets and Issue Briefs are available on their website that include tips to appeal a denial of Medicare coverage. (860) 456-7790 <https://medicareadvocacy.org/>

Health Insurance Counseling & Advocacy Program (HICAP)

Provides free and unbiased personalized counseling and education about Medicare. (800) 434-0222 <https://senioradvocacyservices.org/hicap/>

Livanta

Provides medical case review as part of the Medicare denial of coverage appeal process. Information about the appeal process can be found on their website. (877) 588-1123 <https://www.livantaqio.cms.gov/en>

Medicare

Provides information about Medicare-certified nursing homes such as health inspections, staffing and other quality measures. <https://www.medicare.gov/>

California Health Facility Information Database (Cal Health Find)

Provides information about skilled nursing facilities including performance history. <https://www.cdph.ca.gov/Programs/CHCQ/LCP/CalHealthFind/pages/home.aspx>

The Marin County Health and Human Services Public Assistance Branch

Provides options to apply for Medi-Cal as well as information about eligibility requirements. (877) 410-8817 <https://www.marinhhs.org/medi-cal>

The Alzheimer's Association

Provides education and support for all those affected by Alzheimer's and dementia. (800) 272-3900 <https://www.alz.org/>

Jewish Family and Children Services

Provides a variety of programs to help older adults remain healthy, active, and independent. (415) 449-3777 <https://www.jfcs.org/find-help/seniors/>

Love is the Answer (LITA)

Provides a variety of programs designed to decrease social isolation and improve the quality of life for residents living in assisted living and skilled nursing facilities. (415) 472-5482 <https://litamarin.org/>

The Spahr Center

Provides a variety of programs designed to support the health and well-being of LGBTQ+ and HIV+ community members. (415) 457-2487 <https://www.thespahrcenter.org/>



Do you ever wish there was a
"one stop" place to access the bewildering
maze of services and resources
available in Marin County?

Well now there is!

At **One Door** a real person will assist you in locating services for older adults, people with disabilities, and family caregivers. We'll connect you to the appropriate resource regardless of your preferred language or residency status.



Call 415-473-INFO (4636)

or



www.onedoor Marin.org

There is no charge for One Door to help you access services:

- ✓ Housing Navigation
- ✓ Securing Food
- ✓ Transportation Services
- ✓ Long-Term Care Options
- ✓ Available Financial Assistance
- ✓ Applying for Public Benefits
- ✓ In-Home Caregiving
- ✓ Home Safety
- ✓ Accessing Care
- ✓ Aging in Place
- ✓ Social Well-being



*One Door is a collaboration between these organizations
that form Marin County's state-designated ADRC:*



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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





Marin County Aging and Adult Services

10 N San Pedro Road, San Rafael CA 94903

(415) 473-INFO (4636)

To request a copy email 473-info@marincounty.org

