

Stanford/VA - Palo Alto CADC

By *admin*

Created 01/15/2010 - 21:47

Web Site

[Stanford/VA-Palo Alto CADC](#) [1]

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Phone Numbers

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History and Background

The Stanford/VA Palo Alto CADC was established in 1989 and is located at the Department of Veterans Affairs Palo Alto Health Care System. One of the premiere assessment centers in Northern California, the Stanford/VA CADC offers specialized diagnostic and support services to optimize the cognitive, functional, and behavioral abilities of individuals with memory disorders and to improve health care delivery and quality of life for both patients and caregivers. **Our areas of service mainly comprise Santa Clara, San Mateo, Santa Cruz, San Benito, and Monterey Counties, as well as parts of Alameda and Stanislaus Counties.** The ethnically diverse populations residing in these areas include many individuals of Asian and Hispanic or Latino descent. **Our outreach efforts for some time now have focused on underserved and vulnerable populations, including veterans and ethnic minorities.** Our multilingual, diverse staff is sensitive to the unique issues facing these groups. Given the large number of Bay Area seniors at risk of developing cognitive impairment, the Stanford/VA CADC is actively addressing this problem by offering patients and their families access to state-of-the-art diagnostic assessments, referral services, specialized support groups, and educational programs about health maintenance, AD and the related dementias.

Clinical Services

The Stanford/VA CADC provides a high level of expertise in multiple health care disciplines. In addition to providing advanced caregiver support, community education, and professional training, **the Center has gained a strong reputation in the community for helping Californians with difficult-to-diagnose conditions.** Early identification of cognitive decline and AD is critical so that available treatments, which are most effective before extensive damage to the brain has occurred, can be started, and families can plan for the future, take advantage of available community services, and develop effective coping strategies. Our primary goal is to keep patients

in the community and avoid or postpone institutionalization.

Additionally, our staff is available for consultation and support throughout the course of the illness. **The availability of our ongoing crisis intervention services has played a significant role in helping many caregivers manage acute problems and may reduce reliance on California emergency services (911 phone calls, emergency room visits, etc.).**

Economic Development and Professional Training

The Stanford/VA CADC provides the basic infrastructure to attract new resources into the local economy leveraging the investment of the state by approximately 6-fold or more. These include support from various Federal sources, private Foundation grants, industry for clinical trials, and a range of specialized funds for research and student training.

The CADCs have helped to build a vital workforce for the growing needs of the State addressing the current and changing demographic needs in California. Our Center has played a significant role in the training and capacity development of local physicians, nurses, physician's assistants, health care professionals, and research investigators. In addition to being the site for a VA centrally-funded geriatric psychiatry fellow training program, the Center has provided educational opportunities through residencies, rotations, clerkships, continuing medical education courses, academic classes, lectures, and presentations.

Community Education

The Stanford/VA CADC's long-standing partnerships with many local physicians, professionals, and community organizations allow us to offer a network of education and support to patients and families. These collaborations include Alzheimer's Association of Northern California, Family Caregiver Alliance, Kaiser Permanente, the Parkinson's Institute and local senior centers such as Rosener House Adult Day Services. We have been instrumental in educating thousands of California patients, caregivers, and family members on the prevention and treatment of Alzheimer's disease, Mild Cognitive Impairment (MCI), and related disorders. For more than 20 years now, the Center has offered support groups to educate families on memory disorders, as well as to address psychosocial concerns.

INFORMATION ABOUT THE CLINIC

Referrals

Individuals with complaints of memory problems may be referred by self, their family, community agency, or personal physician. We often receive referrals from friends and family members of former and current patients, and many of these families end up being followed longitudinally by our center. The Stanford/VA CADC is not limited to Alzheimer's disease. We have the expertise for complex or unusual cases, and are happy to provide second opinions. Veterans and non-veterans are welcome.

Costs

Costs for diagnostic evaluations and professional services may vary on an individual basis. Please contact us for more information. Often, tests performed outside of our CADC may be necessary to complete a diagnostic workup, such as laboratory tests and/or brain scans.

Staff

- Jared R. Tinklenberg, MD, Staff Psychiatrist, Director
- Helen D. Davies, MS, APRN, BC, Psychiatric Clinical Nurse Specialist, Co-Director
- Jerome A. Yesavage, MD, Chief of Psychiatry, Co-Director

- Pauline Luu, BS, Program Administrator
- Reena Rao, BS, Clinical Assistant
- Virginia Dao, BA, Clinical Assistant
- Geriatric Fellows

Opportunities to Participate in Research

Our Center is part of the Stanford Aging Clinical Research Center and the VA Mental Illness Research Education and Clinical Care Center. We refer patients to clinical trials evaluating new ways of treating and diagnosing Alzheimer's disease. We also refer patients to studies of aging that focus on how different factors such as regular exercise may slow down cognitive decline in old age. Depending on your eligibility you may be invited to take part in one or more of these studies. For a full list of current research opportunities, please refer to the [Stanford/VA Palo Alto CADC website](#) [1].

[Read more](#) [4]

- [stanford](#)

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Links:

[1] <http://svalz.stanford.edu>

[2] http://www.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=VAMC, Dept of Psychiatry,3801 Miranda Avenue Palo Alto, CA 94304&ll=37.399193,-122.135546&ssp=0.011643,0.016973&g=3801 Miranda Avenue Palo Alto, CA 94304&ie=UTF8&hq=VAMC, Dept of Psychiatry&hnear=3801 Miranda Ave, Palo Alto, CA 94304&ll=37.408858,-122.147498&spn=0.023282,0.033946&z=15&iwloc=B

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[4] <http://cadc.ucsf.edu/cadc/cadc/centers/thecenters/stanford>