CALIFORNIA.
The Los Angeles Caregiver Resource Center @ USC has been empowering family caregivers in the Los Angeles area since 1989. It is part of a statewide system of 11 Caregiver Resource Centers throughout California.

The Los Angeles Caregiver Resource Center @ USC provides services for family caregivers in Los Angeles County to aid in the caregiving process. We are committed to supporting caregivers through information and referral, education and training events, support groups, family consultations, online services, and respite.

LACRC@USC has been empowering family caregivers in the Los Angeles area since 1989. It is part of a statewide system of 11 Caregiver Resource Centers throughout California.

This year, the Los Angeles Caregiver Resource Center @ USC would like to focus on empowering family caregivers through education and respite. Learning more about topics related to caregiving is a great way to improve your skills or increase your own personal knowledge. Our former “Caring Conversations” educational series will change its name to “C.A.L.M. (Caregivers Are Learning More)” to reflect this new education initiative at the center.

We will begin to have coordinated monthly themes for our educational programs in 2016. This month’s theme is “C.A.L.M. (Caregivers Are Learning More)” About: Communicating Effectively with Healthcare Professionals.” This topic will cover how to get the most out of your conversations with doctors, nurses, discharge planners, and other healthcare professionals. We will discuss important questions you should be asking your family member’s healthcare team such as medication management, explanation of diagnosis, etc. If you are having trouble getting the information you want or need from your family member’s healthcare team, please join us for one of these educational sessions to learn how to improve your communication. Please refer to our calendar of events for more information on a presentation near you.

Lastly, we are working hard to serve our constituents well. We are in the process of rebranding our center, so don’t be surprised to see new designs and a fresh new look in the coming months. It’s a work in progress, so please bear with us during this transition.
**Family Caregiver Checklist**

One common problem for family caregivers when they first begin the caregiving process is confusion about where to begin and how to prioritize their various efforts. Below is a checklist of suggestions that may help you better prepare for your role as a family caregiver and serve as a preventative tool for caregiver burnout. This list will help you identify which areas of caregiving you are knowledgeable about and those you may need assistance with handling.

- **Know and familiarize yourself with your family member’s diagnosis**
- **Familiarize yourself with the legal aspects of family caregiving:**
  - Durable power of attorney
  - Living will
  - Trusts
  - Conservatorship
  - Advanced Healthcare Directive/Healthcare Proxy
- **Understand your family member’s health insurance policy and benefits**
- **Understand eligibility requirements for various aspects of long-term care planning:**
  - Medi-Cal & In-Home Supportive Services (IHSS)
  - Social Security Benefits
  - Veteran’s Benefits
  - Long-term Care Insurance
- **Determine the most appropriate living option for your loved one’s situation**
  - At Home
  - Residential Care Facility
  - (Skilled) Nursing Facility
- **Identify activities for self-care**
- **Develop a social support system by identifying an individual or community agency or organization with which you can discuss your caregiving experience**
- **Familiarize yourself with your community’s senior services and resources**

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**January 2016**

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**Joke of the Month:**

Q: What did Mr. and Mrs. Hamburger name their daughter?
A: Patty

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