

Caregiver Central

September 2018

Los Angeles Caregiver Resource Center @ USC

ABOUT US



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.



Los Angeles Caregiver Resource Center @ USC Leonard Davis School of Gerontology
3715 McClintock Ave.
Los Angeles, CA 90089-0191

LACRC@USC
CA Mission Inn
4807 Earle Ave.
Rosemead, CA 91770

TOLL-FREE PHONE:
1-855-872-6060

Website: www.fcscgero.org

Email: fcscgero@usc.edu

USC Leonard Davis
School of Gerontology

This project is funded, in part, by LA County Workforce Development, Aging, and Community Services, California Department of Health Care Services, and the USC Leonard Davis School of Gerontology.

Updates & Announcements

September 22nd is Fall Prevention Day. Falls can be serious health risks for older adults and can lead to other complications. In the spirit of the day, take a look around your (or your loved one's house) and ask yourself if you see any fall hazards. Common hazards include electrical cords, furniture that has been moved, rugs, and even dogs that get underfoot. Most people will begin to rearrange their furniture as they head into the holidays to accommodate seasonal decorations, but this type of reorganization can confuse those with dementia.

This month's educational theme at the center is "C.A.L.M. About: Collecting, Hoarding, & Caregiving." We will discuss the difference between collecting and hoarding. How do you help someone who is a hoarder? What are some tips for caregivers to help their loved ones reduce clutter and only keep those items which are

important to them? For dates and times that we will be discussing this topic, please refer to our calendar of events for more details.

We will be holding a 9-week class called "Stress-Busting Program for Family Caregivers" in La Verne for nine consecutive Mondays beginning Sept 10th to Nov 5th, 1-3:00 PM. This class will discuss tools for managing stress and how to cope with caregiving in more productive ways. For more details or registration information, please refer to our calendar of events.

After a brief break, the Telephone Support Group will be resuming this month with a new schedule and time. The Telephone Support Group will now be held on the fourth Thursday of the month, from 6:30 to 8:00 pm. Please call us at 1-800-540-4442 if you are interested in calling in for this unique support group.

USC CareJourney

USC CareJourney allows family caregivers to connect with our center and learn about the resources and services we offer. Caregivers can access information matching their unique caregiving needs 24/7 from their own computer or mobile device. To join, please visit our website at www.fcscgero.org and click on the link to register for **USC CareJourney**.

LACRC CareJourney™
PERSONAL CAREGIVER SUPPORT


Accomplishments This Past Fiscal Year




 **442 total clients**

 **Helped 130 families with respite funding**

 **\$106,162 total in respite awards**

 **New contract for Family Caregiver Support Program from LA County Workforce Development, Aging, and Community Services (WDACS)**

 **Implemented CareJourney** (online caregiver support program)

CALENDAR OF EVENTS:

- Sept 5th & 19th, 1:00-2:30 PM: Pasadena Support Group
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- Sept 6th, 1:00-2:30 PM: Santa Fe Springs Support Group (Presented in Spanish)
Location: Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs, CA 90670
- Sept 7th & 14th, 10:00 AM-12:00 PM: "Powerful Tools for Caregivers"
Location: Holman United Methodist Church
3320 W. Adams Blvd. (Crockett Library)
Los Angeles, CA 90018
REGISTRATION IS REQUIRED. Please call Lucila Torres (213-821-3107) or Alejandra Rojas (213-740-3953) to register.
- Sept 10th, 17th & 24th, 1:00 -3:00 PM: "Stress-Busting Program for Family Caregivers"
Location: Hillcrest Retirement Community
Galen Walker Board Room
2705 Mountain View Dr., La Verne, CA 91750
REGISTRATION IS REQUIRED. Please call Grace Avila (213-821-6918) or Mei Chi Kuo (213-821-6920) to register.
- Sept 11th & 25th, 11:30 AM-1:00 PM: First AME Church Support Group (*PEER-LED*)
Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- Sept 12th, 10:00-11:30 AM: Rosemead Support Group
Location: California Mission Inn (Massie Hall)
8417 Mission Dr., Rosemead, CA 91770
- Sept 12th & 26th, 12:00-2:00 PM: USC Support Group
Location: LACRC@USC - Davis School of Gerontology
- Sept 13th, 9:30-11:30 AM: "C.A.L.M. About: Collecting, Hoarding, & Caregiving"
Location: Adventist Health Glendale
Community Services Center Gym
311 A Vallejo Dr.
Glendale, CA 91206
(across from Vallejo Drive Church)
****PARKING – Please note the Rehab parking spaces in front of the gym are reserved for patient parking ONLY. Street parking is available as well as hospital parking. Parking will be validated if needed.**
- Sept 13th, 4:30-6:00 PM: Claremont Support Group
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- Sept 20th, 9:00-11:00 AM: "C.A.L.M. About: Collecting, Hoarding, & Caregiving"
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room B7
- Sept 27th, 10:00 AM-12:00 PM: Caregivers' Circle
Location: Potrero Heights Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- Sept 27th, 10:00 AM-12:00 PM: Long Beach Support Group
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- Sept 27th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342
- Sept 27th, 6:30-8:00 PM: Telephone Support Group
Please register by calling toll-free (855) 872-6060.

SEPTEMBER 2018

MON	TUES	WED	THURS	FRI
03 	04 	05 1:00-2:30 PM Pasadena Support Group	06 1:00-2:30 PM Santa Fe Springs Support Group (Spanish)	07 10:00 AM-12:00 PM Powerful Tools (Los Angeles)
10 1:00-3:00 PM Stress-Busting Program for Caregivers (La Verne)	11 11:30 AM-1:00 PM First AME Support Group	12 10:00-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group	13 9:30-11:30 AM C.A.L.M. About: Collecting, Hoarding, & Caregiving (Glendale) 4:30-6:00 PM Claremont Support Group	14 10:00 AM-12:00 PM Powerful Tools (Los Angeles)
17 1:00-3:00 PM Stress-Busting Program for Caregivers (La Verne)	18	19 1:00-2:30 PM Pasadena Support Group	20 9:00-11:00 AM C.A.L.M. About: Collecting, Hoarding, & Caregiving (Baldwin Park)	21
24 1:00-3:00 PM Stress-Busting Program for Caregivers (La Verne)	25 11:30 AM-1:00 PM First AME Support Group	26 12:00-2:00 PM USC Support Group	27 10:00 AM-12:00 PM Montebello Caregivers' Circle 10:00 AM-12:00 PM Long Beach Support Group 6:00-7:30 PM Sylmar Support Group 6:30-8:00 PM TELEPHONE Support Group	28

SAVE THE DATE!
Caregiver Conference
Saturday, November 3, 2018
9:00 AM - 2:00 PM



University of Southern California
USC Family Caregiver Support Center
3715 McClintock Ave.
Los Angeles, CA 90089-0191

NON-PROFIT ORG
U.S. POSTAGE PAID
UNIVERSITY OF
SOUTHERN CALIFORNIA

THE LAST WORD:

CA Task Force on Family Caregiving

The California Task force on Family Caregiving released its Final Report (“Picking Up the Pace of Change in California”) on policy recommendations for state legislators on the topic of caregiving. The recommendations are intended to address some of the challenges California family caregivers face and help caregivers continue in their roles without harm to themselves. The CA Task Force on Family Caregiving concluded that existing policies in CA to support caregivers have not kept pace with changing needs.

- **Recommendation 1:** Support the financial wellbeing of family caregivers and limit the extent to which caregiving increases poverty risk and long-term financial insecurity.
- **Recommendation 2:** Modernize and standardize caregiver assessments across the state to increase service utilization tracking.
- **Recommendation 3:** Equip caregivers with education and training for their specific situation.
- **Recommendation 4:** Increase access to affordable caregiver services and respite.
- **Recommendation 5:** Integrate family caregivers into hospital processes, support them in navigating care transitions, and offer more support and education regarding complex care tasks.
- **Recommendation 6:** Increase funding to the CA Caregiver Resource Center system to expand services.
- **Recommendation 7:** Support a statewide advisory council on matters affecting family caregivers that provides advice on integrating caregiver issues across state departments, services, initiatives, and programs, and provides policy expertise to the legislature.