

Caregiver Central

November 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

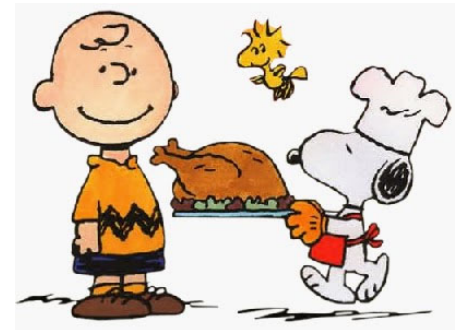
This project is funded, in part, by LA County Workforce Development, Aging, and Community Services, California Department of Health Care Services, and the USC Leonard Davis School of Gerontology.

Updates & Announcements

Don't forget to join us for our 18th Annual "Caregivers Are Learning More" Conference on Saturday, November 3rd, 9:00 AM-2:00 PM! This conference is expected to draw almost 300 people. This year's theme is "Stepping Stones of Care," which is meant to explore the different levels of care your loved one may go through while you are on your caregiving journey, and how to know what is an appropriate level of care for your loved one. Among the topics for the day are: how to hire in-home help, types of care facilities, how to plan and pay for long term care, and differences between palliative and hospice care. We will also have a resource fair for you to gather information about community resources. Join us for a day of education, fun, and resources. Please call us at 1-855-872-6060 or visit www.fcscgero.org to register. We hope to see you there!

This month, we will be launching our Rancho Palos Verdes support group at the Mary & Joseph Retreat Center. This new group will be meeting every first Tuesday of the month, 6:00-7:30 PM. For more details and information, please contact Lucila Torres, support group leader, at 213-821-3107.

This month's educational theme at the center is "C.A.L.M. About: Hospital Discharge Planning." We will discuss the ins and outs of hospital discharge planning. What are some of the things you should be aware of? What should you look out for? Are there questions you should be asking?



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

In the News

The Associated Press-NORC Center for Public Affairs Research recently concluded a poll on long-term caregiving. Our director, Dr. Donna Benton, was interviewed and included as part of the interactive video piece of the project.

“Family and friends provide the majority of care for the nation’s growing senior population. Unfortunately, their own personal and professional lives often pay the price,” said Trevor Tompson, director of The AP-NORC Center. “The survey shows that caregivers are struggling with their own physical and mental health, and they don’t always seek out care for themselves when they need it. Many have a hard time finding healthy ways to cope, instead turning to behaviors like sleeping less,

eating more, or even drinking alcohol or smoking more. It raises the question: Who’s caring for our caregivers?”

Five Things You Should Know

From The AP-NORC Center’s Long-Term Caregiving Poll Among adults age 18 and older with experience providing long-term care:

- Eight in 10 pay for costs associated with caregiving out of their own pockets, and 13 percent spend upwards of \$500 a month on these expenses
- One-quarter have reduced how much they save for their own retirement as a result of caregiving expenses
- One-quarter say that caregiving makes it harder to manage their own health.
- Only 54 percent have a plan in place for who would provide care in the event they were no longer able to do it themselves.
- Sixty-three percent cope with difficult caregiving situations by praying or meditating, but 44 percent sleep less and 17 percent drink more alcohol.

CALENDAR OF EVENTS:

- **Nov 1st, 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

- **Nov 3rd, 9:00 AM-2:00 PM: 18th Annual Caregiver Conference**

Location: USC FCSC
3715 McClintock Ave., Los Angeles, CA 90089

- **Nov 5th, 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 CLOSED.

- **Nov 6th, 6:00-7:30 PM: Rancho Palos Verdes Support Group**

Location: Mary & Joseph Retreat Center
5300 Crest Rd., Rancho Palos Verdes, CA 90275

- **Nov 7th & 21st, 1:00-2:30 PM: Pasadena Support Group**

Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103

- **Nov 8th, 9:30-11:30 AM: “C.A.L.M. About: Hospital Discharge Planning”**

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.**

- **Nov 8th, 4:30-6:00 PM: Claremont Support Group**

Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711

- **Nov 13th & 27th, 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

- **Nov 14th, 10:00-11:30 AM: Rosemead Support Group**

Location: California Mission Inn (Massie Hall)
8417 Mission Dr., Rosemead, CA 91770

- **Nov 14th & 28th, 12:00-2:00 PM: USC Support Group**

Location: LACRC@USC - Davis School of Gerontology

- **Nov 15th, 10:00 AM-12:00 PM: Long Beach Support Group**

Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808

- **Nov 15th, 10:00 AM-12:00 PM: Caregivers’ Circle**

Location: Potrero Heights Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640

- **Nov 15th, 6:00-7:30 PM: Lake View Terrace Support Group (*PEER-LED*)**

Location: Lake View Terrace Library
12002 Osborne St., Lake View Terrace, CA 91342

NOVEMBER 2018

MON	TUES	WED	THURS	FRI
			01 1:00-2:30 PM Santa Fe Springs Support Group	02
<div style="background-color: red; color: white; padding: 10px; border-radius: 15px; display: inline-block;"> Caregiver Conference Saturday, November 3rd 9:00 AM - 2:00 PM </div>				
05 1:00-3:00 PM Stress-Busting Program for Caregivers (La Verne)	06 6:00-7:30 PM Rancho Palos Verdes Support Group 	07 1:00-2:30 PM Pasadena Support Group	08 9:30-11:30 AM C.A.L.M. About: Hospital Discharge Planning (Glendale) 4:30-6:00 PM Claremont Support Group	09
12	13 11:30 AM-1:00 PM First AME Support Group	14 10:00-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group	15 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	16
19	20	21 1:00-2:30 PM Pasadena Support Group		
26	27 11:30 AM-1:00 PM First AME Support Group	28 12:00-2:00 PM USC Support Group	29	30



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USC Family Caregiver Support Center
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THE LAST WORD:

Time to Laugh

