

Caregiver Central

January 2020

Los Angeles Caregiver Resource Center @ USC

ABOUT US

USC Leonard Davis
Family Caregiver Support Center

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.

LACRC

LOS ANGELES CAREGIVER RESOURCE CENTER
A program of the USC Family Caregiver Support Center

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



Updates & Announcements

Our 19th Annual Caregivers Are Learning More (C.A.L.M.) Conference on Saturday, November 9th welcomed more than 275 attendees. The participants were a mixture of family caregivers, other interested family members, professionals in the aging field, and other community partners. We began the day with a workshop introducing CareMaps from Atlas of Caregiving. CareMaps refers to an interactive community program which helps caregivers think of their support networks and how to map out the people involved in their specific caregiving situation. This workshop was an introductory class to a larger, more in-depth workshop developed for smaller groups. Following that, caregivers could attend breakout sessions on Paid Family Leave, How to Talk to Your Doctor, the Master Plan on Aging, and Diet and Nutrition. Our resource fair featured 26 of our community partners offering a variety of different services and information for caregivers. The Caregiver Meditation Room presented an opportunity for participants to sit and relax in a comforting space. We finished the day with Laughter Yoga, which had people laughing uproariously. Next year will be our 20th Annual CALM Conference, themed "Celebrating the Caregiver in You." We hope you will join us in 2020 to celebrate this milestone!

As we move into the new year, we have plans to roll out our new training "Dealing With Dementia." This



The 19th Annual CALM Conference was themed "Identifying the Caregiver in You."

workshop goes over the Dealing With Dementia Guide produced by Rosalynn Carter Institute for Caregiving; it covers what is in the guide and where to find the information when you need it. The guide contains detailed information about caring for someone with dementia, suggestions for problem solving, stress management, and caring for yourself while you care for your loved one. If you are caring for someone who has dementia, this workshop is for you! We debuted our first two trainings at the beginning of Dec 2019 and will be scheduling more throughout the spring of 2020. Please be on the lookout for upcoming dates and times when our staff will be teaching this new workshop at a location near you!

We wish you and yours a wonderful start to the new year, and we look forward to connecting with you in 2020!

Bridging Language Barriers

Amelita Espinosa cares for her husband who survived a stroke fifteen years ago. Caregiving is her full-time job. She cares for her husband who has memory loss and other health issues, including diabetes and high blood pressure. Stressed by the financial burden of caregiving and the inability to secure gainful employment, she sought support by joining our program.

Ms. Espinosa speaks mainly Tagalog with limited English, which made initial correspondence with Alejandra Rojas, Family Care Navigator (FCN), a bit challenging. Fortunately, Alejandra called the AT&T LanguageLine. By using this resource, Alejandra was able to communicate with her client through the use of an interpreter to help facilitate the conversation and learn more about Ms. Espinosa's caregiving situation.

Not long after their initial conversation, Alejandra scheduled a home visit to meet with Ms. Espinosa in person. When Alejandra arrived to Ms. Espinosa's house, she once again utilized the AT&T LanguageLine for a conference call. They spoke through an interpreter who helped translate the

complex medical scales which FCNs use to assess caregivers' health and well-being. By using an interpreter, Alejandra was able to communicate with Ms. Espinosa, as well as her husband, Mr. Espinosa.

Ms. Espinosa mentioned she is normally private about her church and her faith. However, she felt comfortable sharing this source of support with Alejandra through the interpreter since she felt a relationship forming between them. Alejandra explained having an interpreter of the same culture helped build rapport with Ms. Espinosa. By the end of the visit, Ms. Espinosa gave a tearful and heartfelt hug to Alejandra as a form of appreciation for their session. She trusts Alejandra more now that she can communicate effectively with her via interpreter. She even agreed to begin individualized consultation as a result of their meeting.

By managing language barriers with the use of the AT&T LanguageLine, we overcome the myth of not being able to communicate across diverse languages. This tool allows our FCNs to educate caregivers about our program, answer questions, and provide information about resources available in our community.



Amelita Espinosa with her husband, for whom she is a caregiver.

Every Step Matters With Community Partnership

Local partnerships not only connect our center with the community, but it makes us stronger and more effective in our efforts to support family caregivers. Our partnership with Alzheimer's Los Angeles for their 4th Annual Walk for Alzheimer's event exposed our program to more than 500 participants who were in attendance. This exposure allowed us to educate attendees about our program services, and reach more community members in a single event.

From the exhibitor networking at set-up, to the pre-walk warm-up, the event was lively even before the one-mile walk began. With music, games, contests, and an upbeat dance-along at center stage, there was never a dull moment at this fundraiser. Participants explored the exhibitor fair and had the opportunity to meet with our staff as we shared with them about our program, the resources available in the community, and directed them to other exhibitors beneficial to their needs. After the walk was over, more than \$250,300 were raised by the joint effort of our center, Alzheimer's L.A., and other community supporters.

Thank you to all who were able to donate, walk, and support our partnership with Alzheimer's Los Angeles. To continue furthering our efforts to identify family caregivers and support their journey; please consider donating directly to the USC Family Caregiver Support Center by sending checks **payable to the USC Family Caregiver Support Center** and mail to:

**USC Family Caregiver Support Center
c/o Donations
3715 McClintock Ave.
Los Angeles, CA 90089**

You may also visit our donation information website at
<https://www.fcsc.usc.edu/contact-us/donate/>

Every little bit helps. #CaregiversFightOn



Caregivers and other supporters line up as the Walk for Alzheimer's begins.



The USC FCSC resource table providing information and resources to community members attending the Walk.



USC FCSC staff, caregiving families, and supporters pose for a victory picture at the end of the Walk for Alzheimer's.

THE LAST WORD:

Free Events Around Town

Central LA Region:

SENIOR AEROBICS (AGES: 55-100)

DATES: Fridays

TIME: Call for details

WHERE: City Terrace Park, 1126 N. Hazard Ave.,
Los Angeles, CA 90063

CONTACT: General: (323) 260-2371

<https://parks.lacounty.gov/city-terrace-park/>

Gateway Cities Region:

LYNWOOD COMMUNITY HEALTH FAIR

DATE: Saturday, January 18, 2020

TIME: 10:00am-2:00pm

WHERE: Lynwood City Park, 11301 Bullis Road,
Lynwood, CA 90262

CONTACT: (310) 603-0220, ext. 319

<https://www.eventbrite.com/e/lynwood-community-health-fair-free-backpacks-free-kids-haircuts-tickets-74354810239>

San Gabriel Valley Region:

SAN GABRIEL LUNAR NEW YEAR FESTIVAL

DATE: Saturday, February 8, 2020

TIME: 11:00am-8:00pm

WHERE: Mission Playhouse, 320 S. Mission Dr.,
San Gabriel, CA 91776

CONTACT: For more information, please contact
San Gabriel's Community Services Department at
(626) 308-2875 or visit <http://sglunarnewyear.org/>

