

# Resource Spotlight

USC Leonard Davis  
Family Caregiver Support Center

December 2019

**T**aking care of a loved one is a full time job. Family caregivers who work in addition to their caregiving duties understand how stressful the combined demands of personal and professional responsibilities can be. Fortunately, this stress can be alleviated by the California Paid Family Leave (PFL) program. The USC Family Caregiver Support Center is a proud participant and supporter of the California Work & Family Coalition, which educates and advocates for Californians to learn more about PFL.

PFL is funded by mandatory employee payroll

deductions and provides up to 6 weeks of partial pay (60-70%) for working family caregivers. Caregivers can apply for PFL through the EDD website at [edd.ca.gov](http://edd.ca.gov) or [californiapaidfamilyleave.com](http://californiapaidfamilyleave.com)

There are multiple ways to receive Paid Family Leave. We advocate for “intermittent leave” for our working family caregivers. “Intermittent leave” services are flexible, allowing caregivers a paid break for a few times out of the workweek to attend to caregiving duties such as taking their loved one to doctor appointments and/or picking

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## CALENDAR OF EVENTS:

- **Dec 3rd, 6:00-7:30 PM: Rancho Palos Verdes Support Group**  
Location: Mary & Joseph Retreat Center  
5300 Crest Rd., Rancho Palos Verdes, CA 90275
- **Dec 4th & 18th, 1:00-2:30 PM: Pasadena Support Group**  
Location: Pasadena Senior Center  
85 E. Holly St., Pasadena, CA 91103
- **Dec 4th & 11th, 5:30-7:30 PM: “Dealing with Dementia” Training (Rosemead)**  
Location: Rosemead Public Library  
8800 Valley Blvd., Rosemead, CA 91770  
**REGISTRATION IS REQUIRED. Please call Grace Avila at 213-821-6918 to register.**  
\*\*\*Please note: This is a two-part class, and you must attend both sessions.\*\*\*
- **Dec 5th, 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
- **Dec 10th, 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  
\*\*\*Please note: There will be only one session this month due to the holidays.\*\*\*
- **Dec 11th, 10:00-11:30 AM: Rosemead Support Group**  
Location: California Mission Inn (Massie Hall)  
8417 Mission Dr., Rosemead, CA 91770
- **Dec 11th, 12:00-2:00 PM: USC Support Group**  
Location: LACRC@USC - Davis School of Gerontology  
\*\*\*Please note: There will be only one session this month due to the holidays.\*\*\*
- **Dec 11th & 12th, 2:00-4:00 PM: “Dealing with Dementia” Training (Long Beach)**  
Location: Grace First Presbyterian Church (Fireside Room)  
3955 Studebaker Road, Long Beach, CA 90808  
**REGISTRATION IS REQUIRED. Please call Yvonne Kuo at 213-821-6919 to register.**  
\*\*\*Please note: This is a two-part class, and you must attend both sessions.\*\*\*
- **Dec 12th, 4:30-6:00 PM: Claremont Support Group**  
Location: Claremont Manor Care Center (OT Room)  
621 W. Bonita Ave., Claremont, CA 91711
- **Dec 12th, 6:00-7:30 PM: SPANISH Telephone Support Group**  
Please register by calling toll-free (855) 872-6060.
- **Dec 18th, 10:00 AM-12:00 PM: Downey Support Group**  
Location: Remita Health  
12620 Erickson Ave., Downey, CA 90242
- **Dec 18th, 1:30-3:00 PM: Azusa Support Group**  
Location: Silverado Sierra Vista Memory Care Community  
125 Sierra Madre Ave., Azusa, CA 91702
- **Dec 19th, 10:00-11:30 AM: “C.A.L.M. About: Difficult Family Dynamics” (Cerritos)**  
Location: Cerritos Senior Center  
12340 South St., Cerritos, CA 90703
- **Dec 19th, 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  
\*\*\*Please note: This month is out of sync with the group’s regular schedule due to the holidays.\*\*\*

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up their prescriptions. These shorter intermittent breaks can be used for about 5-6 months since care is periodic, making funds last longer than if used all at one time.

If you are a working family caregiver, we encourage you to ask your Family Care Navigator (FCN) about PFL. You can also visit the CA Work and Family Coalition website for more information:  
<http://www.workfamilyca.org/>



## **Additional Resources:**

### **CA Work & Family Coalition**

[workfamilyca.org](http://workfamilyca.org)

[paidfamilyleave.org](http://paidfamilyleave.org) (Spanish & English)

### **CA Employment Development Department (EDD)**

[edd.ca.gov](http://edd.ca.gov)

[californiapaidfamilyleave.com](http://californiapaidfamilyleave.com)

Medical providers, employers, advocates support line: **855-342-3645 (SDI) & 855-423-8449 (PFL)**

### **Legal Aid at Work**

Free & Confidential Work & Family Helpline:

**800-880-8047**

[legallaidatwork.org](http://legallaidatwork.org)



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.



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