

Resource Spotlight

March 2020

USC Leonard Davis
Family Caregiver Support Center

Many of us have heard of AARP, but not everyone knows what it is. People in the community may assume AARP is a membership-only type of organization based upon what they've heard in the past. AARP defines itself as "a nonprofit, nonpartisan organization that empowers people to choose how they live as they age." Much of this empowerment is based upon the idea that educating the public and community gives people

the opportunity to make impactful, informed decisions about their life choices.

The USC Family Caregiver Support Center uses guides and resource hotlines from AARP in order to provide beneficial guidance to caregivers who may lack access to needed assistance and care. AARP has a branch of its organization dedicated to the well-being of family caregivers. This branch, known as the Caregiver Resource Center, provides guides

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CALENDAR OF EVENTS:

- March 4th, 11th, 18th, & 25th, 1:00-2:30 PM: Pasadena Support Group
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- March 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
- March 5th, 12th, 19th and 26th, 1:30-3:30 PM: Stress Busting Program for Family Caregivers (Pasadena)
Location: Regency Park Oak Knoll
255 S Oak Knoll Ave, Pasadena, CA 91101
REGISTRATION REQUIRED. Please call Mei-Chi Kuo at (213) 821-6920 or Yvonne Kuo at (213) 821-6919.
- March 10th & 24th, 11:30 AM-1:00 PM: First AME Church Support Group (*PEER-LED*)
Location: First AME Church: Allen House
249 South Harvard, Los Angeles, CA 90018
- March 11th, 10:00-11:30 AM: Rosemead Support Group
Location: California Mission Inn (Massie Hall)
8417 Mission Dr., Rosemead, CA 91770
- March 11th & 25th, 12:00-2:00 PM: USC Support Group
Location: LACRC@USC - Davis School of Gerontology
- March 12th, 10:00 AM-12:00 PM: Monrovia Support Group
Location: Human Services Association
605 S. Myrtle Ave., Monrovia, CA 91016
- March 12th, 4:30-6:00 PM: Claremont Support Group
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- March 12th, 6:00-7:30 PM: SPANISH Telephone Support Group (Presented in Spanish)
Please register by calling toll-free (855) 872-6060.
- March 14th, 9:00 AM-1:00 PM: "Dealing With Dementia" (Azusa)
Location: Silverado Sierra Vista Memory Care Community
125 Sierra Madre Ave., Azusa, CA 91702
- March 18th, 1:30-3:00 PM: Azusa Support Group
Location: Silverado Sierra Vista Memory Care Community
125 Sierra Madre Ave., Azusa, CA 91702
- March 19th, 9:00-11:00 AM: "CALM About: Community Resources for Caregivers" (Baldwin Park)
Location: Kaiser Permanente Baldwin Park Medical Center
101 Baldwin Park Blvd., Baldwin Park, CA 91706
- March 19th, 10:00 AM-11:30 AM: "CALM About: Taking Care of YOU: Caring for the Caregiver" (Cerritos)
Location: Cerritos Senior Center
12340 South St., Artesia, CA 90701
- March 25th, 6:00-7:30 PM: "CALM About: Understanding Difficult Behaviors of Dementia Patients" (Pasadena)
Location: Regency Park Oak Knoll
255 S. Oak Knoll Ave., Pasadena, CA 91101
- March 26th, 10:00 AM-12:00 PM: Montebello Caregivers' Circle
Location: Potrero Heights Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- March 26th, 1:30-3:00 PM: Long Beach Support Group
Location: Grace First Presbyterian Church, Fireside Room
3955 N. Studebaker Rd., Long Beach, CA 90808
- March 26th, 6:00-7:30 PM: Lake View Terrace (Sylmar) Support Group (*PEER-LED*)
Location: Lake View Terrace Library (Sylmar)
12002 Osborne St., Lake View Terrace, CA 91342
- March 26th, 6:30-8:00 PM: Telephone Support Group
Please register by calling toll-free (855) 872-6060.

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and assistance regarding relevant caregiving topics (i.e. in-home care, long-term care, legal advice, Medicare coverage). Each topic covers different detailed plans about more sub-topics, like caregiver burnout, home health aides, power of attorney, etc.

Additionally, AARP provides videos and community articles about resources for family caregivers. If a family caregiver has any further questions regarding a resource, AARP provides a Caregiving Question-and-Answer section. These resources and guides are all available in Spanish as well as other languages. Although AARP is a national organization, it also provides information about local resources and guides for family caregivers. To find these local

guides in addition to national resources, please visit AARP at their website at <https://www.aarp.org/caregiving/>. With these detailed guides, we are able to direct our family caregivers to accessible and supportive programs across LA County.

Stay tuned for future articles about our partnership with AARP and how we can all work together to serve the community!

