

Resource Spotlight

April 2020

USC Leonard Davis
Family Caregiver Support Center

As we all adjust to the COVID-19 pandemic, I am frequently reminded of the words of Rosalynn Carter from 60 years ago:

“There are only four kinds of people in the world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers.”

Each day we read or hear about social isolation because of mandated physical distancing. There are headlines about the availability of home-based services (meals, medicines, medical care) being a top priority. Demands for paid sick and medical leave are now a national focus. What is not often

acknowledged is that spouses, adult children, siblings, parents, grandchildren, relatives, close friends, and neighbors have been and will continue to be our nation's first responders. What is different for these people now is their ability to care has been changed by the new demand for supplies and services from many more people. As a Center, we are making calls to caregivers (present and past) to see how we can help. We have made programs virtual (online/phone) so you have the latest COVID-19 caregiver information. For our community, please reach out to caregivers in your circle and help them obtain critical supplies. Reach out to them and have a chat. Physical distancing doesn't have to mean social isolation.

Caregivers Fight On!
Dr. Donna Benton, Director

Caregiver Self-Care

“DO THE FIVE M'S”

By Dr. Donna Benton, USC Family Caregiver Support Center

- #1 MAIL** *Stay connected; use email or old-fashioned “snail mail.”*
- #2 MUSIC** *Pick up your music collection. Fill your home with music. Sometimes music gives us a different feeling in our body and helps us feel good.*
- #3 MOVIES** *Watch movies at home. Find movies that make you laugh for stress relief. Take breaks from watching the news about COVID-19; don't watch it 24/7.*
- #4 MEALS** *Be creative about meals. Depending on your diet, whip something up that you really enjoy. You can even have a cupcake (or a whole cake!) delivered.*
- #5 MINDFULNESS** *Practice mindfulness. Now more than ever, yoga and meditation classes are available online at little or no cost.*

Let Us Care For You As You Care For Your Loved One

Join Our Program Through CareJourney:

1. Go to <https://www.fcsc.usc.edu/>
2. Look for the vertical tab “USC FCSC CareJourney” on the upper right of our home page.
3. Click on the tab, then click on **Log In or Join**
4. Complete the **Become a Member** section on the right.

COMMUNITY RESOURCES

USC Family Caregiver Support Center/LACRC:

fcsc.usc.edu | (800) 540-4442

Los Angeles County Residents:

www.211la.org | Call 2-1-1

County of Los Angeles (COVID-19) Response:

covid19.lacounty.gov | (213) 974-1234 (county operator)

County of Los Angeles Public Health:

publichealth.lacounty.gov

Eldercare Locator:

eldercare.acl.gov | (800) 677-1116 (Spanish also available)

California Coronavirus (COVID-19) Response:

Covid19.ca.gov | **Statewide COVID Hotline (833) 544-2374 - Open 7 days a week from 8:00 a.m. to 5:00 p.m., Pacific Daylight Time.**

California Department of Public Health:

cdph.ca.gov | (877) 777-5799 (COVID-19 Call Center)

Centers for Disease Control and Prevention (CDC):

cdc.gov | (800) 232-4636

U.S. Department of Health & Human Services:

www.hhs.gov | (877) 696-6775



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

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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