

## SERVICES FOR FAMILY CAREGIVERS

California was the first state in the nation to address the impact of cognitive disorders on families. Each Caregiver Resource Center offers a full complement of family services designed to assist caregivers of adults with chronic and disabling conditions. Multilingual staff is available at some CRCs to serve diverse caregiver populations. Services are free or low cost and include:

**Specialized Information:** Advice and assistance on caregiving issues and stress, diagnoses, and community resources.

**Family Consultation and Care Planning:** Individual sessions and telephone consultations with trained staff to assess needs of individuals who are incapacitated and their families, and to explore courses of action and care options for caregivers.

**Respite Care:** Financial assistance for in-home support, adult day care services, short-term or weekend care, and transportation to assist families caring at home for an adult with a disabling condition.

**Short-term Counseling:** Family, individual, and group sessions with licensed counselors to offer emotional support to caregivers coping with the strain of the caregiving role.

**Support Groups:** Monthly meetings in a supportive atmosphere to share experiences and ideas to ease the stress of caregiving.

**Professional Training:** Individually tailored workshops on long-term care, patients management, public policy issues, and legal and financial issues.

**Legal and Financial Consultation:** Personal consultations with experienced attorneys regarding powers of attorney, estate and financial planning, conservatorships, community property laws, and other matters.

**Education:** Special workshops on topics such as diagnosis, treatment, long-term care planning, and stress management to help caregivers cope with day-to-day concerns.

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**Edmund G. Brown, Jr.**  
Governor

**Diana Dooley**  
Secretary, California Health and Human Services Agency

**Jennifer Kent**  
Director, California Department of Health Care Services

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# California's CAREGIVER RESOURCE CENTERS (CRCs)



*Resources for families and caregivers of adults with chronic, disabling health conditions*

**C**aring for a loved one with a cognitive disorder or another disabling health condition forever changes the lives of families, partners, and friends. There can be devastating effects on those providing long-term care: financial pressures, legal quandaries, health problems, emotional turmoil.

Fortunately, in California, there is help. Eleven nonprofit Caregiver Resource Centers (CRCs) throughout the state each year serve hundreds of families and caregivers of adults affected by chronic health conditions. These debilitating disorders include Alzheimer's disease, multi-infarct disease, or other dementias; cerebrovascular diseases such as stroke or aneurysm; degenerative diseases that cause both physical and cognitive impairment such as Parkinson's, Huntington's, multiple sclerosis, and amyotrophic lateral sclerosis; brain injury due to trauma or infection; brain tumor; and other conditions.

Each Caregiver Resource Center serves as a point of entry to services available to caregiving families in every county of California. While each center tailors its services to its geographic area, all CRCs have a core component of programs that provide information, education, and support for caregivers. The CRCs are united by shared values emphasizing choice, collaboration, innovation, quality, participation, respect, and diversity.

## CAREGIVER RESOURCE CENTERS

### Family Caregiver Alliance / Bay Area Caregiver Resource Center

785 Market Street, Suite 750  
San Francisco, CA, 94103  
(415) 434-3388, (800) 445-8106 (toll-free)  
Website: [www.caregiver.org](http://www.caregiver.org)  
Email: [info@caregiver.org](mailto:info@caregiver.org)  
*Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara Counties*

### Caregiver Resource Center of Orange

(a program of St. Jude Medical Center)  
130 W. Bastanchury Road  
Fullerton, CA 92835  
(714) 446-5030, (800) 543-8312 (regional)  
Website: [www.caregiveroc.org](http://www.caregiveroc.org)  
Email: [ocrcuser@stjoe.org](mailto:ocrcuser@stjoe.org)  
*Orange County*

### Coast Caregiver Resource Center

(a program of Cottage Rehabilitation Hospital)  
2415 De La Vina Street  
Santa Barbara, CA 93105  
(805) 569-8950  
(toll-free outside Santa Barbara)  
Website: [www.cottagehealth.org/services/rehabilitation/caregiver-services](http://www.cottagehealth.org/services/rehabilitation/caregiver-services)  
Email: [info@coastcrc.org](mailto:info@coastcrc.org)  
*San Luis Obispo, Santa Barbara, and Ventura Counties*

### Del Mar Caregiver Resource Center

1537 Pacific Avenue, Suite 300  
Santa Cruz, CA 95060  
(831) 459-6639, (800) 624-8304  
Website: [www.delmarcaregiver.org](http://www.delmarcaregiver.org)  
Email: [info@hpcn.org](mailto:info@hpcn.org)  
*Monterey, San Benito, and Santa Cruz Counties*

### Del Oro Caregiver Resource Center

8421 Auburn Boulevard, Suite 265  
Citrus Heights, CA 95610  
(916) 728-9333, (800) 635-0220 (regional)  
Website: [www.deloro.org](http://www.deloro.org)  
Email: [crc@deloro.org](mailto:crc@deloro.org)  
*Alpine, Amador, Calaveras, Colusa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo, and Yuba Counties*

### Inland Caregiver Resource Center

1430 East Cooley Drive, Suite 124  
Colton, CA 92324  
(909) 514-1404, (800) 675-6694 (California)  
Website: [www.inlandcaregivers.com](http://www.inlandcaregivers.com)  
Email: [info@inlandcaregivers.org](mailto:info@inlandcaregivers.org)  
*Inyo, Mono, Riverside, and San Bernardino Counties*

### Passages Caregiver Resource Center

(formerly Mountain Caregiver Resource Center)  
25 Main Street, Suite 202  
Chico, CA 95929  
(530) 898-5925, (800) 822-0109 (regional)  
Website: [www.passagescenter.org](http://www.passagescenter.org)  
Email: [mcrc@csuchico.edu](mailto:mcrc@csuchico.edu)  
*Butte, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama, and Trinity Counties*

### Redwood Caregiver Resource Center

1140 Sonoma Avenue, Suite 1B  
Santa Rosa, CA 95405  
(707) 542-0282, (800) 834-1636 (regional)  
Website: [www.redwoodcrc.org](http://www.redwoodcrc.org)  
Email: [nps@redwoodcrc.org](mailto:nps@redwoodcrc.org)  
*Del Norte, Humboldt, Lake, Mendocino, Napa, Solano, and Sonoma Counties*

### Southern Caregiver Resource Center

3675 Ruffin Road, Suite 230  
San Diego, CA 92123  
(858) 268-4432, (800) 827-1008 (toll-free)  
Website: [www.caregivercenter.org](http://www.caregivercenter.org)  
Email: [scrc@caregivercenter.org](mailto:scrc@caregivercenter.org)  
*San Diego and Imperial Counties*

### USC Family Caregiver Support Center

(formerly Los Angeles Caregiver Resource Center)  
USC School of Gerontology  
3715 McClintock Avenue  
Los Angeles, CA 90089  
(855) 872-6060 (toll free)  
Website: [fcscgero.org](http://fcscgero.org)  
Email: [fcspgero@usc.edu](mailto:fcspgero@usc.edu)  
*Los Angeles County*

### Valley Caregiver Resource Center

3845 North Clark Street, Suite 201  
Fresno, California 93726  
(559) 224-9154, (800) 541-8614 (regional)  
Website: [www.valleycrc.org](http://www.valleycrc.org)  
Email: [info@valleycrc.org](mailto:info@valleycrc.org)  
*Fresno, Kern, Kings, Madera, Mariposa, Merced, Stanislaus, Tulare, and Tuolumne Counties*